

Let's help you feel
yourself again

Staying in bed means you can quickly lose your strength and independence. So if you get up and dressed as soon as you can while you are in hospital, you will recover faster.

get up

get dressed

feel better

We

care

Please bring with you to hospital:



- Day clothes and shoes
- Regular medication
- Glasses
- Night clothes
- Dentures
- Hearing aids
- Non-slip slippers
- Toiletries
- Usual walking aids
- Any medical or community care plans (if applicable)

We

care