

TOP TIPS FOR WHAT YOU CAN DO WHEN IN THE HOSPITAL

Pack The Essentials

Make sure you pack your essentials like your phone charger or your headphones or anything else from home to make you feel more comfortable like a comfy pillow or favourite blanket.

Reading

Enjoy reading? – bring some books with you to hospital or log into your local library and access some free audiobooks. You can listen to these on your phone and they won't cost you a thing.

Pamper Pack

Feel like you might need some pampering in hospital? Take some nail-polish or a facemask so you can do something nice for yourself while you're in there.

Activities

Puzzle books/ crosswords/wordfinds are still available in the magazine section of the supermarket. If you need something to get you away from a screen for a while – ask a member of your whānau to get you some for you before you go into hospital to keep you busy.

Podcasts

Got a list of podcasts you've been meaning to listen to or shows you've been meaning to watch?

Download them before you get into hospital and save them to your device so you're all good in case there are any wi-fi challenges in hospital.

Group Chat with whānau & Friends

Friends or family want to stay in touch but you're finding it hard to update everyone?

Set up a chat group so you can stay in touch and update everyone together rather than having to say the same thing to different people.

If you wanted you could also ask people to send you photos, netflix recommendations, jokes or messages to brighten your day.

Get Crafty

If you enjoy crafting and have some craft equipment at home – bring it with you. Even a notebook or journal you can write or draw in can be handy. Colouring in books could also be a simple creative activity you could do.