

# Staying at Evelina London

**We know that the thought of staying in hospital can be worrying and a bit scary, and we want to help reassure you.**

Everybody at Evelina London cares about you and wants you to be comfortable during your stay there. As well as lots of really nice nurses and doctors to look after you, there are some fun things for you to do too. There are play rooms with lots of toys, and lots of different arts and crafts activities you can do from the comfort of your own bed.

Speaking of beds, you will have your own bed and there will be a pull up bed next to you, so mum or dad can stay too!

There are also people called play specialists who love to spend time playing with you. They help you to understand what is happening and also give you fun things to do and play games – in December they might even arrange a visit from Santa!

If you find yourself feeling sad or lonely in hospital there are things you can do to make yourself feel better:

1. Speak to your nurses and play specialists – they are there to help and your play specialist is there to play!
2. If you can, speak to other patients in the same boat as it often helps to speak to others who understand what you're going through
3. There's all sorts of toys, games and arts & crafts activities for you to play with – plus special play rooms on each ward

There are often different fun group activities and events taking place as well – keep your eyes peeled for posters with information about fun events taking place at the hospital.

There's lots and lots of information available on [Evelina London's website](#), including these helpful videos about life at Evelina:

- [On the day of your operation at Evelina London Children's hospital](#)
- [What to bring with you to hospital](#)
- [What to do if you don't understand something](#)
- [Making friends in hospital](#)
- [Things to do in hospital](#)
- [What to do if you feel lonely or sad](#)
- [Breakfast, lunch and dinner in hospital](#)
- [Having fun in hospital](#)