

Lexi's Letter

How far can you share it?

Since we started to share Lexi's Letter, healthcare professionals and educators have been letting us know how they have used it.

We have created a series of short case studies to help and inspire continued use, so that Lexi's wish to make hospital treatment better for all children and young people, can be achieved.

Case Study



Great North Children's Hospital Play Team

Unless you have supported a child or young person in hospital, you may not have heard of play teams and the amazing work they do.

Whilst Lexi, aged 13 and 14, was on the Bubble Ward at the Great North Children's Hospital, part of Newcastle Hospitals NHS Foundation Trust, she valued the support of the play team greatly. So, health play specialists Laura and Kayleigh were an obvious place to start when we wanted to make sure that Lexi's Letter reached as many healthcare professionals as possible.

They started close to home, sharing Lexi's Letter with all nursery nurses and play teams at the GNCH.

Then thinking of their wider sphere of influence, Laura and colleague Ellie shared it in their induction presentation to junior doctors. This reached junior doctors starting their role across all teams at the GNCH.

So far, the team have shared Lexi's Letter with approximately 30 health care professionals who will be supporting 100s of patients and families.

We hope this will help you to share Lexi's Letter in your organisation. Please use the hashtag #LexisLetter

To view our Lexi's Letter animation, [click here](#)

To download a poster of Lexi's Letter, [click here](#)

I see a lot of healthcare professionals.



Things which are normal for you might be strange or scary for me...



I might feel self-conscious about my body...



Having worked with Lexi and got to know her and her family it was emotional for us to share Lexi's Letter with the wider team, however it was very well received and all of these people now have a better understanding of what it is like to be a young person in hospital.

Laura Telford

Thank you!

For all of your expertise, your care and your commitment to the wellbeing of your patients, even when I'm grumpy.

From Lexi

