

12th May 2020

Dear teachers and parents,

The Covid-19 crisis has affected us all in many different ways. Undoubtedly those who have experienced among the most turbulent of times are patients in our country's hospitals. Our patients have been required to adhere to new visiting restrictions and continue their route to recovery in the strangest of circumstances we could have ever imagined. Patients are now without the close contact and support of their families and friends who typically occupy their bedsides following their difficult days in hospitals.

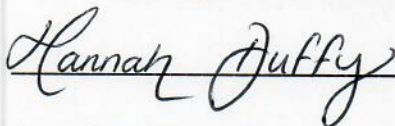
An integral part of our role as Speech and Language Therapists is to maximise individuals' ability to communicate. In our rehabilitation department in Monaghan Hospital we have adapted to the new needs to enable patients to communicate alternatively with loved ones. Advancing technology and mobile phones have proved an invaluable tool in this adaptation process. However, for some of our patients the arrival of a letter or card from their families and friends to their hospital bedside is a feeling that cannot be replaced.

The speech and language therapy team have devised an initiative that champions communication across our community. We are asking school children to **'Post your Kindness'** to hospital patients to help them through this difficulty time, this may include:

- Letters/ cards
- Art e.g. paintings, drawings, crafts.

Those willing to be part of the 'Post your Kindness' campaign can post to us at: Post your Kindness, Monaghan Hospital, Mullaghmonaghan, Co. Monaghan.

Looking forward to hearing for you soon,



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