



# HELLO FRIEND

My name is..... and I am .....years old.

While you are in hospital I know you don't have many visitors so I wanted to write you a friendly letter. I am glad you are safe and the doctors and nurses are looking after you. You are not alone and you are loved.

**While we are in lockdown this is what I have been doing**

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**My favourite things I have been doing are**

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**When I am sad this is what makes me happy**

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**Write down here what makes you happy!**

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**I hope you like my picture for you!**

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Please return your letters to:  
MHM Wales Union Offices Quarella Road Bridgend CF31 1JW