

The 'Good Health' logo, featuring the word 'GOOD' in a large, bold, black font with cartoon eyes on the 'O's, and the word 'HEALTH' in a white, blocky font on a blue background.

starts at

HOME

"My husband helped my recovery when I was in hospital."

When visiting a loved one in hospital, there are little ways you can help them get well and home sooner.

Simple steps like encouraging them out of bed to get dressed can make a big difference to their recovery.



Find out more here about how good health can start at home.

