

# Starlight Express Room

## Visual Guide

The Starlight Express Room is a medical-free place for kids and their families.

The room is run by **Captain Starlight** and our Starlight Team Members. The Starlight Express Room is a unique space filled with laughter, smiles, fun people and enjoyable activities.

Everyone is welcome, so come and say 'Hello'!  
You can bring parents, siblings, visitors or a volunteer from your ward.



This is the **Starlight Express Room** at the **John Hunter Children's Hospital**. It is located on Level 2 (Ward J2).

You can visit the Starlight Express Room anytime between the hours of **9:30am-4:30pm**, Monday to Friday.



When you arrive at the Starlight Express Room you might be greeted by **Captain Starlight** or a **Starlight Team Member**.

They wear purple!

You can ask them to help or play with you at any point in your visit.



Every time you visit the **Starlight Express Room**, you'll need to "check-in." There are tablets on stands to help you do this. The friendly Captain Starlights and Starlight Team Members are here to assist you if you need help.

You will need an adult to check you in each time. If you are under 8 you must have an adult with you at all times.



Captain Starlights are super heroes from Planet Starlight.

There are many different Captain Starlights who you might meet during your time in-hospital.

You might also come across Captain Starlight on the wards and clinics of the hospital.



You can do lots of things in the Starlight Express Room!

You can play video games on a Nintendo switch, PlayStation or Xbox.

Ask a Starlight team member if you would like to change the game.



There is a big screen where you can sit and watch a movie. You can also request movies, TV shows and songs.



Sometimes there are **performances** or **events**.

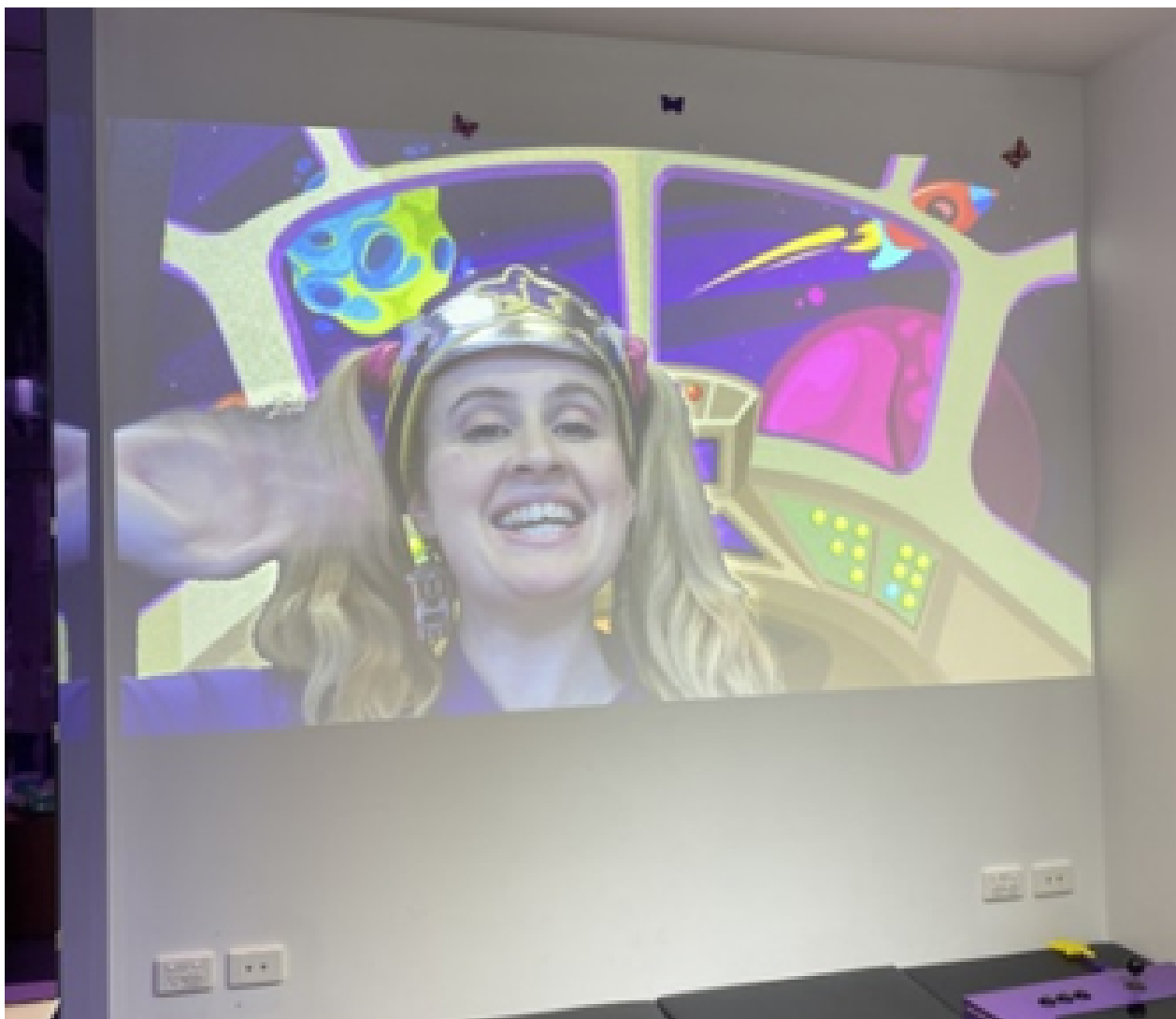
During these times the room can be a little bit busy or loud. These events are pre-planned so you will be told before you enter the room if there is something happening.

Don't forget: you can leave the Starlight Express Room at any time or ask a Starlight team member for a quiet space to play.



You can join in the **Arts and Craft** activities at the craft table.

There is always something fun to do!



Every morning at 9:30am Captain Starlight hosts a **Morning Show** on Starlight TV.

Starlight TV is on Channel 100. You can watch the show in the Starlight Express Room or from your hospital bed.

Call 4985 5336 to play along, or text 0455 154 713 to request a movie.



At midday everyday Captain Starlight plays a fun **game**. Each day is a different game:

Monday - Kahoot

Tuesday - Big Game

Wednesday - Wheel of Fortune

Thursday - BINGO

Friday - Kahoot



On Wednesday Captain Starlight hosts some special activities:

11am-11:30 - **Tiny Stars**, a playgroup for 0-5 years olds (everyone welcome)

3-3:30pm - **Caps Cookoff**, Captain Starlight's very own live cooking show.



You might also see some of the **Livewire** team inside the Starlight Express Room.

They wear navy blue.

If you are aged 12 or over, speak to the Livewire team about the activities they provide. Livewire are in the hospital:

Thursday – 1pm–7:30pm

Friday – 12:30pm–5:30pm



There is often music playing in the Starlight Express Room.

If it is ever **too loud** or the lights are **too bright** please ask a Captain Starlight to change the settings.



When it is time to leave the Starlight Express Room please don't forget to **"check-out"** so we know you've left the Starlight Express Room.

We hope you had a great time!

We really hope you found this Visual Guide helpful for getting to know the Starlight Express Room. We'd love to hear any feedback you have since we're always looking to make our programs as inclusive as possible.

Click the icon below to share your thoughts.



**Thank you!**



**Starlight**  
Children's Foundation