

Starlight Express Room

Visual Guide

The Starlight Express Room is fun place for kids and their families.

The room is run by **Captain Starlight** and our Starlight Team Members. The SER 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 a place free from medical chat.



This is the **Starlight Express Room** at the **Sydney Children's Hospital**. It is located on Level 3 just opposite the ward: C3 South.

You can visit the SER anytime between the hours of 10am–5pm, Monday to Friday.



When you arrive at the Starlight Express Room you might be greeted by Captain Starlight.

They are super heroes from Planet Starlight.

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

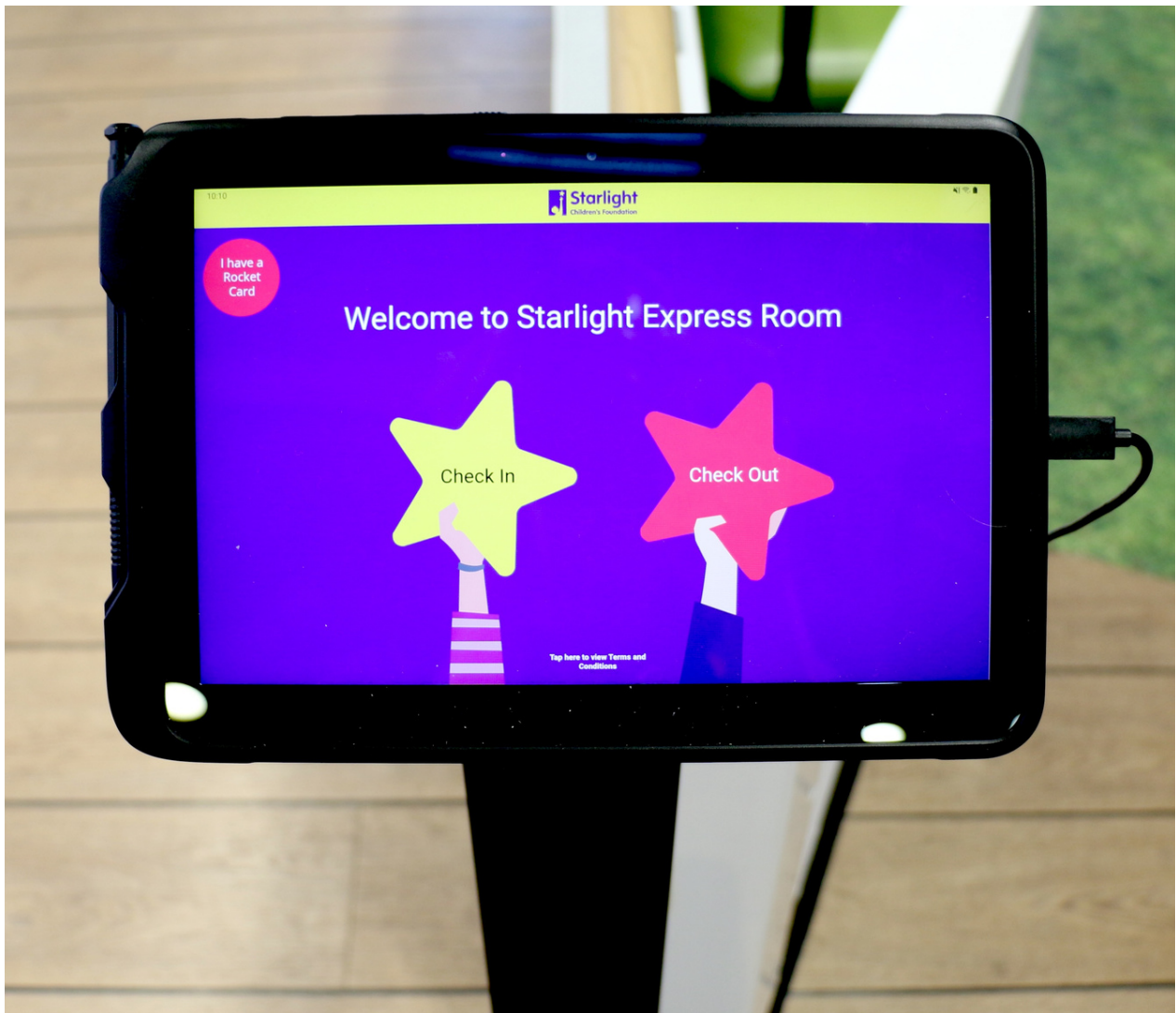
You might also come across Captain Starlight on the wards and clinics of the hospital.



You might also meet one of our **Starlight Team Members or volunteers.**

They wear purple too.

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



You will be asked to **"check-in"** to the Starlight Express Room every time you visit. There are tablets on stands for you to do this. Captain Starlight or a Starlight Team Member are here to help you with this.

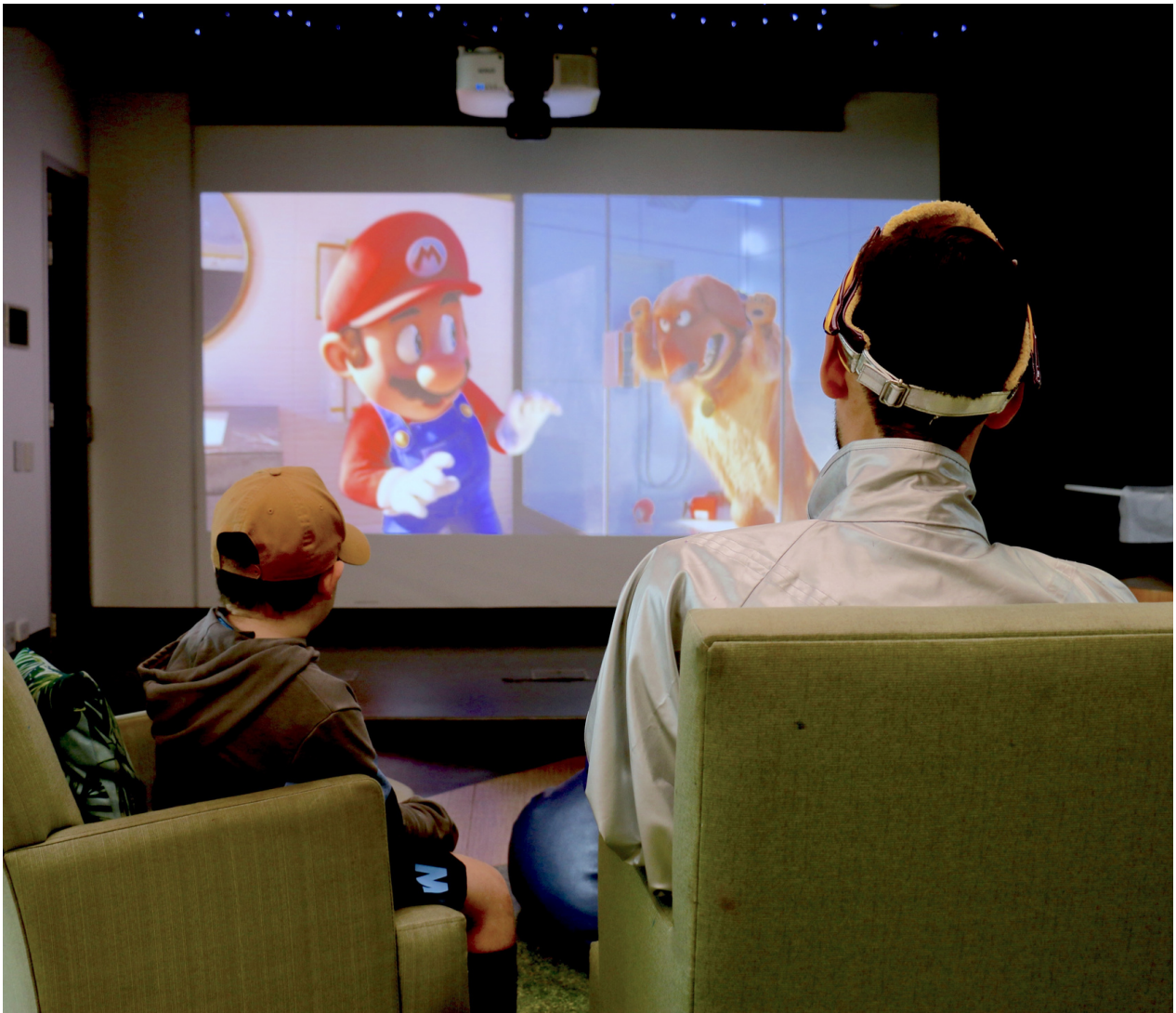
You will need an adult to check you in each time. If you are under 8 you must have an adult with you at all times.



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.



You can play board games and card games at our games table

We have games out every day, there's lots to choose from!



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

There is always something fun to do!



The **face-painting station** has glitter tattoos, nail painting and face painting.



Sometimes there are **performances** or **events** on the stage. 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.



On Mondays, Wednesdays and Fridays from 10-10:30am there is some relaxed live music from Captain Starlight, Child Life therapists, and Music therapists.

This program is called **Little Starlight's**. All are welcome!



You and your family can sit down and relax in the **kitchen**.

You can enjoy a tea, coffee or hot chocolate here.



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:

Monday, Tuesday, Wednesday, Friday: 12pm–8pm.
Thursday: 11am – 6pm



There is often loud music and sounds 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