An introduction is the start of a therapeutic relationship. Underpinning the campaign are our core values that help to improve compassionate care and promote a better patient experience.

**COMMUNICATION**
Is of paramount importance. Timely and effective communication which is bespoke to the patient makes a huge difference and starts with a simple introduction.

**THE LITTLE THINGS**
Really do matter – they aren’t little at all, they are indeed huge and of central importance in any practice of healthcare and in society. This could be someone sitting down next to you rather than looming over you or holding the door open for someone coming through.

**PATIENT AT THE HEART OF ALL DECISIONS**
“No decision about me without me”. These words ring true in healthcare as the most important person is the patient and everything should be done with them in mind.

**SEE ME**
See me as a person first and foremost before disease or bed number. Individuals are more than just an illness, they are a human being, they are a family member, they are a friend etc and we should all remember to see more of an individual than just the reason they are using healthcare.

www.hellomymameis.org.uk