

<b>Jessop Wing, Sheffield – Neonatal Unit</b>	Tree Root Walk Sheffield S10 2SF
<b>Switchboard</b>	<b>Unit Telephone Number</b>
0114 2711900	0114 2268356

## Maps & Directions

### How to access the unit

NICU is on level 2 of the Jessop Wing and is signposted from the lift area. Access is via the main doors and you will need to press the buzzer to gain access. Please bear with us as, at times, the staff are caring for a baby and cannot answer immediately.

### Nearest Car Park

There are limited parking spaces in the Jessop Wing pay and display car park (postcode for SatNav is S10 2SF) and the Royal Hallamshire Hospital (post for SatNav is S10 2JF) has a multi-storey car park (pay at exit). There is also some street parking on the side roads around the hospitals (parking meters).

### Car Parking Charges

All parents who have a baby on the neonatal unit are entitled to free parking in the Jessop Wing car park providing they display a permit in the windscreen of their car. Please ask staff for an application form for a permit but please note, this permit does not guarantee a parking space. Other visitors will have to pay for parking either in the Jessop Wing (open 24 hours) or Hallamshire Hospital (open weekdays 6.30 am to 10.30 pm) so please bring plenty of change.

Parking charges are currently:-

- £2.50 up to 2 hours
- £3.70 for up to 4 hours
- £8.40 for over 4 hours.

Meter parking on roads around the Jessop Wing is available for up to 4 hours.

### Nearest Bus Stop

The Jessop Wing is served by the 51, 52 and 95 buses which stop outside Weston Park Hospital (5 minute walk) and the Hallamshire Hospital is served by the 60, 120 and 10 buses which stop close to the main hospital building.

### Nearest Railway Station

Sheffield station is 2 miles from the Jessop Wing and your journey can be completed by either bus or supertram.

## Visiting Information

### Parents

Parents are encouraged to visit at any time.

<b>Number of Visitors</b>
We ask that a maximum of 2 people are by the cot side at any one time because space is limited in the unit. Other family members and friends can use the neonatal waiting room or family room and take turns to see your baby.
<b>Siblings</b>
Brothers and sisters can see baby at any time, provided they are accompanied by a relative.
<b>Grandparents</b>
Grandparents can come to the unit at any time.
<b>Family &amp; Friends</b>
If you would like any of your family and friends to see your baby without you being present, please tell the nurse caring for your baby and a record will be made of this request. Without this record, your visitors will only be able to come to the unit if you are present.
<b>Restrictions</b>
While we welcome visitors, we do ask that children under the age of 14 years who are not brother or sister of the baby do not come to the unit due to the risk of infection. Please also see the section below on 'Hygiene and Infection Prevention'.
<b>Hygiene &amp; Infection Prevention</b>
Everyone who comes to the Neonatal Unit is asked to help us reduce the risk of infection by washing their hands at the sink, which is located just inside the ward doors. We ask that you use the alcohol hand rub when entering and leaving the nurseries. On arrival we ask that coats are hung on pegs inside the neonatal unit and bags/valuables stored in the secure lockers located in front of the family room. Before touching your baby you need to wash your hands and ensure all jewellery from hands and wrists is removed. This can also be stored in the lockers. If you or your family and friends are unwell with tummy upset, cold sores, sore throat, coughs, colds or have been in contact with chicken pox, please call the unit to see if it is safe for them or you (if you have had contact) to come in.

<h2>Ward Information</h2>
<b>Mobile Phone Use</b>
You are able to use your phone to take pictures on the neonatal unit. However, please respect other families by using the waiting rooms (not the nurseries) to take or receive telephone calls.
<b>Parent Facilities</b>
There is a vending machine which has hot and cold drinks in the family room on the unit.
<b>Parent Accommodation</b>
We currently have 7 parents rooms (located on a corridor on the main unit). These all have a toilet and washbasin. Separate shower rooms are located on the parent corridor, there is a parent kitchen which has a microwave, kettle, fridge and freezer and a washing machine. Cereals, milk, tea and coffee are provided for breakfast. We also have 4 family flats which are a short walk from the Jessop Wing.
<b>Breastfeeding Facilities &amp; Support</b>
Neonatal Infant Feeding Link team – 0114 226 8217 Jessop Wing Infant Feeding Team – 0114 226 8249 Breastfeeding in Sheffield <a href="http://www.breastfeedinginsheffield.co.uk">www.breastfeedinginsheffield.co.uk</a>

<b>Facilities for Siblings</b>
We have toys for siblings to play with in both the waiting area (outside the unit) and in the family room (inside the ward). We also have sibling packs – please speak to one of the nurses if you would like one.
<b>Parent Support Group</b>
The Jessop Wing has a support group – the Sheffield Little Miracles Group – run via the Bliss Charity, which provides support for local parents who have a baby on the unit and would like to meet other parents. The Sheffield Little Miracles Group is run by parents of ex premature babies. Grandparents, siblings and friends are all welcome. The Little Miracles Network has 3 sections, Little Miracles (main community page), Little Miracles parent to parent and O2 Kids for families with children on home oxygen or home ventilation. A Bliss Volunteer also visits the neonatal unit weekly to provide support – please ask for further details. For more information contact: <a href="mailto:Sheffieldlittlemiracles@yahoo.co.uk">Sheffieldlittlemiracles@yahoo.co.uk</a> or visit website <a href="http://www.bliss.org.uk/Sheffield-bliss-family-group">http://www.bliss.org.uk/Sheffield-bliss-family-group</a> or Facebook (Little Miracles Sheffield Bliss Support Group) Bliss Charity Helpline 0500 618140 <a href="http://www.bliss.org.uk">www.bliss.org.uk</a>
<b>Religious &amp; Spiritual Support</b>
The chaplaincy services consist of a team of NHS staff who can provide spiritual care and religious support for all families on the neonatal unit. The team includes chaplains from the main traditions including Christian, Muslim and Buddhist faiths and support is available 24 hours a day. Chaplains are available to all families; you do not have to be religious to ask for support and there is a chapel (which contains multi-faith prayer rooms) located on A floor of the Royal Hallamshire where services are held at 11.00 am every Sunday. There are also Muslim prayer rooms on B Floor corridor (to the left of the shops).
<b>Play Specialists</b>
We do not have any play specialists but toys are available in both waiting rooms.
<b>Telephone &amp; Computer Access</b>
We do not have computer access for parents but the nearest public telephone is on level 1 by the main entrance.
<b>Bereavement Support</b>
Sheffield Teaching Hospitals – Kerry Marston-Giroux, Bereavement & Operational Support Administration, Level 1, Jessop Wing (telephone number 0114 226 1167). Chaplaincy – see section on ‘Religious and Spiritual Support’. Twins or multiple births support groups – TAMBA <a href="http://www.tamba.org.uk/bereavment">www.tamba.org.uk/bereavment</a> Stillbirth and neonatal death – SANDS <a href="http://www.uk-sands.org/support">www.uk-sands.org/support</a>
<b>Counselling</b>
Families are offered an appointment to see one of the neonatal consultants approximately 6 weeks after their bereavement for support and follow up.

<b>Other Important Stuff</b>
Financial support – you may be able to apply for a grant from the Family fund which is the largest provider of grants to families who have seriously ill children. Families may be able to claim travel costs if they receive certain benefits or if they are bringing breast milk to their baby. If you feel this may apply to you then please see the family support Sister or the nurse in charge of the unit. The family support sister (Sandra Brown) is available to provide practical advice, emotional support and guidance to the families of the babies on the unit. This includes one to one support with expressing, breast feeding, skin to skin and parent craft. As well as supporting families Sandra works closely with the nurses and doctors and other clinical staff to promote family centred care on the unit. Sandra can be contact on 0114 2268759 or at <a href="mailto:Sandra.brown@sth.nhs.uk">Sandra.brown@sth.nhs.uk</a>

<b>Who is who?</b>
<b>Clinical Lead</b>
Dr Simon Clark Consultant Neonatologist Telephone Number: 0114 226 8545 <a href="mailto:Simon.clark@sth.nhs.uk">Simon.clark@sth.nhs.uk</a>
<b>Nurse Manager</b>
Claire Howard Matron
<b>Breastfeeding Advisor</b>
Neonatal Infant Feeding Link Team – 0114 226 8217 Jessop Wing Infant Feeding Team – 0114 226 8249
<b>Family Centred Care/Developmental Care Lead</b>
Dr Porus Bustani, Consultant Neonatologist Caryl Skene, Nurse Consultant Sandra Brown, Family Support Sister Jennie Schooling, Physiotherapist

<b>What to expect</b>
<b>Ward round</b>
Ward rounds take place throughout the day and you are encouraged to stay in the nurseries while the ward rounds are in progress.
<b>Baby Rest Time</b>
When your baby is sleeping, covers are placed over the cot or incubator to reduce noise and protect your baby from bright lights.
<b>Who to talk to about your baby's care</b>
Either the doctor or the nurse looking after your baby will be able to talk to you about your baby's care and any treatments that may be needed – please ask at any time.

<b>Talking to the Medical Team</b>
You can speak to a doctor on a daily basis and you are welcome to participate in discussions about your baby during ward rounds. Please also feel free to ask for an appointment to discuss your baby's care with a consultant or a senior doctor at any time.
<b>Who to talk to if you have any concerns</b>
If you have any concerns please speak to the nurse looking after your baby or the nurse in charge of the unit.
<b>Patient Advocacy Liaison Services (PALS)</b>
The team can be contacted Monday to Friday 9.00 am to 5.00 pm. Outside these times you can leave messages for the team to respond to on the next working day. Telephone Number: 0114 271 2400 Email: <a href="mailto:pst@sth.nhs.uk">pst@sth.nhs.uk</a> In person in the Patient Partnership Department on B Floor, Royal Hallamshire Hospital.

<h2>Hospital Services</h2>
<b>Catering/Refreshment Facilities</b>
There is a dining room on the first floor which opens 7.30 am to 6.00 pm on Monday to Friday and 7.30 am to 3.00 pm on Saturday to Sunday. There are also 2 shops which sell sandwiches, hot drinks, sweets etc. and these are located in the outpatient area and near the main reception.
<b>Other shops on site and nearby</b>
WH Smith on B floor of the Hallamshire Hospital which sells newspapers, sandwiches and confectionary – open Monday to Friday 6.00 am to 8.00 pm / Saturday 7.00 am to 7.00 pm / Sunday 9.00 am to 7.00 pm. Boots Chemist on C floor of Royal Hallamshire – open Monday to Friday 8.30 am to 7.00 pm / Saturday 9.00 am to 2.00 pm (closed on Sunday). Humphrey's Newsagent on Glossop Road, Broomhill area (10 minute walk from Jessop Wing) has several local shops, mini supermarket and coffee shops – please ask unit staff for directions.
<b>Cashpoint Machine</b>
There is a cashpoint machine on B road of the Hallamshire Hospital (outside) which is a 2 minute walk from the Jessop Wing.
<b>Access to a Midwife</b>
There is a maternity assessment unit on site which is open Monday to Friday 8.30 am to 4.30 pm and staff can arrange an appointment if necessary.
<b>Interpreting Services</b>
A telephone interpreting service is available for most languages and a face to face interpreter can be arranged via ward staff.
<b>Laundry Facilities</b>
Baby clothes are washed on the unit. There are no laundry facilities for parents.