USEFUL RESOURCES

BLISS
www.bliss.org.uk

CBUK
www.childbereavementuk.org

CHILD DEATH HELPLINE
www.childdeathhelpline.org.uk

RAINBOW TRUST
www.rainbowtrust.org.uk

SANDS
www.sands.org.uk

TAMBA
www.tamba.org.uk

THE LULLABY TRUST
www.lullabytrust.org.uk

TOGETHER FOR SHORT LIVES - ADVOCACY SUPPORT SERVICE
www.togetherforshortlives.org.uk

WELL CHILD
www.wellchild.org.uk

A FAMILY GUIDE TO ADDITIONAL SUPPORT FOR YOUR BABY BEYOND THE NEONATAL UNIT

This leaflet has been developed by parents, the London Neonatal Network and CHaL.

For more information, please refer to www.londonneonatalnetwork.org.uk and www.chal.org.uk

in partnership with

NHS
London Neonatal Operational Delivery Network

CHaL
Children’s Hospices across London

The following children’s hospices cover all of London. Their contact details and broad geographical areas are below.

www.demelza.org.uk
South East London
01795 845 200

www.ellenor.org
South East London
01474 320 007

www.havenhouse.org.uk
North and East London
0208 505 9944

www.noahsarkhospice.org.uk
North London
0208 449 8877

www.richardhouse.org.uk
East and North London
0207 540 0243

www.shootingstarchase.org.uk
South, South West and North West London
01932 823 100

www.chal.org.uk
HOSPICE CARE
Leaving the familiar environment of the hospital can be daunting. One of your options may be hospice care.

Although the word ‘hospice’ can sometimes invoke images of suffering and sadness, in reality, children’s hospices are the complete opposite – they are uplifting places, full of love, energy and warmth.

CALM AND WELCOMING ATMOSPHERE
Staff at hospices are medically trained and can perform some clinical procedures and checks, but it’s far from the world of noisy, bustling wards, busy doctors and bleeping machinery. There’s a calm atmosphere, cheerful nurses and carers, and you can often hear music or singing. Children’s artwork and play schedules decorate the walls, and in that way a hospice feels more like a nursery or school than a medical institution.

THE BEST OF BOTH WORLDS
A children’s hospice is a homely environment. Staff are available 24/7 to support and take care of you so that you can spend precious time with your baby as a family. Without the need to worry about cooking, washing up or even changing your sheets, you can devote yourself to each special moment. And because the medical side of things is taken care of, you don’t need to fret about playing nurse to your son or daughter. You can simply be the most important people to your child - parents and carers.

“I’m so glad we took Eva to Shooting Star House - we created memories we will cherish forever.”
Mum Sarah Miles

WHAT TO EXPECT
In most children’s hospices you can stay in family accommodation to be close to your baby.

Other services include:
• Support in caring for your baby from a nurse-led team
• An environment with outdoor space
• Sensory room
• Music and play therapy
• Family counselling
• Sibling support groups

*Services vary between individual hospices

HOSPICE AT HOME OR ON THE NEONATAL UNIT
One option may be to receive hospice care within your own home or on the neonatal unit. Some hospices provide care 24 hours a day, seven days a week (with an out-of-hours on-call facility). Members of the team can visit you and your baby while you’re on the neonatal unit.

ARRANGING YOUR BABY’S MOVE TO YOUR HOME OR LOCAL CHILDREN’S HOSPICE
If you think hospice care might be right for you and your baby, you can speak direct to one of our CHaL hospices or you can make a referral yourself rather than waiting for medical professionals to do it for you. Referral forms are on the individual hospice websites but, if possible, please first speak to the lead nurse on your neonatal unit.