



Children's Hospices across London

[www.chal.org.uk](http://www.chal.org.uk)

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



[www.demelza.org.uk](http://www.demelza.org.uk)  
South East London  
**01795 845 200**



[www.ellenor.org](http://www.ellenor.org)  
South East London  
**01474 320 007**



[www.havenhouse.org.uk](http://www.havenhouse.org.uk)  
North and East London  
**0208 505 9944**



[www.noahsarkhospice.org.uk](http://www.noahsarkhospice.org.uk)  
North London  
**0208 449 8877**



[www.richardhouse.org.uk](http://www.richardhouse.org.uk)  
East and North London  
**0207 540 0243**



[www.shootingstarhospice.org.uk](http://www.shootingstarhospice.org.uk)  
South, South West and North West London  
**01932 823 100**

## USEFUL RESOURCES

BLISS  
[www.bliss.org.uk](http://www.bliss.org.uk)

CBUK  
[www.childbereavementuk.org](http://www.childbereavementuk.org)

CHILD DEATH HELPLINE  
[www.childdeathhelpline.org.uk](http://www.childdeathhelpline.org.uk)

RAINBOW TRUST  
[www.rainbowtrust.org.uk](http://www.rainbowtrust.org.uk)

SANDS  
[www.sands.org.uk](http://www.sands.org.uk)

TAMBA  
[www.tamba.org.uk](http://www.tamba.org.uk)

THE LULLABY TRUST  
[www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

TOGETHER FOR SHORT LIVES  
- ADVOCACY SUPPORT SERVICE  
[www.togetherforshortlives.org.uk](http://www.togetherforshortlives.org.uk)

WELL CHILD  
[www.wellchild.org.uk](http://www.wellchild.org.uk)

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



**NHS** London Neonatal  
Operational Delivery Network

in partnership with

**CHAL**  
Children's Hospices across London

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

For more information, please refer to  
[www.londonneonatalnetwork.org.uk](http://www.londonneonatalnetwork.org.uk)  
and [www.chal.org.uk](http://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 beeping 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
- Support if your baby moves from hospital to home, so you can feel confident in caring for your baby within your family
- Care for you and your baby after death
- Memory days

*\*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.