

Facilities for parents visiting their baby on the Neonatal Unit

 **Information for parents**
Neonatology



PROUD TO MAKE A DIFFERENCE

SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST



Having a baby on the Neonatal Unit can be stressful and tiring for you and your family. This leaflet is designed to help you and your family whilst your baby is here.

Please note:

In times of high infection rates in the community (for example Covid-19), we may need to review and alter our visiting policy. This is to protect the wider health of families, our staff and the public. You will be informed as soon as possible if changes to our visiting policy need to be made.

Food and drink

- Parents staying in our overnight accommodation are entitled to a snack at lunch and a hot meal at dinnertime. Please ask the nurse caring for your baby and they will be able to arrange this for you.
- There is a **coffee bar** on Level 1 of the Jessop Wing selling sandwiches, snacks and drinks.
 - Monday to Friday 9.00am - 4.30pm
 - Saturday and Sunday 10.00am - 4.30pm
- There is a **canteen service** on D floor of the Royal Hallamshire Hospital which sells hot meals, snacks and drinks.
 - Open 7 days a week 8.00am - 8.00pm
- You are able to pay by cash and card at both the coffee bar and the canteen.
- Surrounding the hospital there are various **cafés and restaurants. There is a local guide available to parents on the Neonatal Unit.**
- The Family Kitchen is next to the Special Care desk and has somewhere for you to sit and eat, and there is a microwave and a fridge available for you to use. Tea, coffee and milk is provided for you to make a hot drink and there is a cold drinks machine on Level 2 corridor.

You are permitted to bring hot drinks on to the unit but they must be **in secure covered and insulated cups. Hot drinks will not be permitted whilst you are having cuddles with your baby.**

Rest and overnight accommodation

- The Neonatal Unit has 7 bedrooms with bathroom facilities and 4 self-contained flats near to the hospital on Beech Hill Road. They are available so that you can be near your baby.
- Parents from outside the Sheffield area and parents/carers with babies near discharge will be given priority to use these rooms. This may not be for the whole of your babies stay.
- There may be occasions when we are unable to provide you with accommodation. If this is the case, we will work with you to try and find an alternative solution.
- We have a number of fully reclining chairs for you to rest and stay close to your baby.
- Unfortunately we are unable to accommodate your baby's siblings (brothers and sisters) long term. However, in urgent cases we can provide equipment for a young child to stay for 1 or 2 nights on the Neonatal Unit. The flats on Beech Hill Road are suitable for families with siblings to stay longer if required, subject to availability.
- On the Neonatal Unit there is a small sitting room for parents where you can rest or watch TV. There is a selection of toys for your children to play with.
- Please ensure your children are supervised at all times.
- There is a waiting area adjacent to the Neonatal Unit for your friends and family to use.

Toilets

- There is a unisex toilet by the entrance to the Neonatal Unit. This toilet is suitable for use by people with disabilities. There are also toilets on Level 1 of the Jessop Wing.

Breast pumps

- Please speak with the nurse caring for your baby who will be able to signpost you to where you can obtain a pump to use at home. Breast pumps are also available throughout the unit to use next to your baby, as well as in our private breastfeeding rooms.

Telephones

- There is a payphone by the main entrance to the Jessop Wing.
- Mobile phones should be on silent whilst you are visiting your baby. They can be used to make calls outside of the unit.
- Mobile phones must be wiped clean before use on the unit.

Valuables

- At the entrance to the Neonatal Unit there are lockers where you can lock away your valuables.
- There are also coat pegs where you should hang up all your outdoor clothing.
- All valuables are left at your own risk.

Banking

- There is a cash machine on B Road outside the main entrance to the Royal Hallamshire Hospital.

Parking

- On-street parking around the Royal Hallamshire Hospital and the Jessop Wing may be limited at times.
- You are entitled to a parking pass whilst your baby is on the Neonatal Unit. This pass will allow you to park for free in the Jessop Wing car park but does not guarantee you a space.
- There is a pay and display car park next to the Royal Hallamshire Hospital and a Q-park facility (with lifts) is available nearby on Durham Road.
- Information regarding public transport serving the Jessop Wing is available at the hospital main entrance.

Smoking

- Sheffield Teaching Hospitals NHS Foundation Trust **is a no smoking area**. Smoking is not permitted in or around the hospital or its grounds.

Other parent information

- In the corridor opposite Room 6 you will find a parent board, which will be updated with seasonal information about the Neonatal Unit, as well as any events or support groups.

V-Create

We understand that sometimes you may not be able to be with your baby or stay as long as you wish. Please ask your nurse who will be able to set you up an account on V-Create.

This system allows the nursing staff caring for your baby to take photos and record video clips of your baby, to update you on their progress when you are not there.

This content is sent to you and you will be notified via text and/or email. The content is then available for you to download and share with your family and friends if you wish.



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