

Welcome to Bursledon House

Information for parents and guardians

Welcome to Bursledon House. We have written this factsheet for parents as a guide to your child's care and education while they are at Bursledon House. We hope it will help to answer some of the questions you may have. If you have any other questions or worries, please ask a member of our team.

Bursledon House

Bursledon House is a ten-bedded unit at Southampton Children's Hospital for children between the ages of 0 and 16 years (or in some cases up to 17 years). Children stay on the unit overnight during the week (Monday to Friday).

At Bursledon House, your child will receive 24-hour care and support from our dedicated nursing team. The nursing team includes experienced nurses, health care assistants and associate nurse practitioners.

Your child will also be looked after by a multi-disciplinary team (MDT), which includes paediatricians (specialist children's doctors), nurses, psychologists, occupational therapists, physiotherapists, play specialists, a psychiatrist and a dietitian. The team will put together an individual care plan for your child that is specific to their needs, within the structure of the Bursledon House routine.

Parents or carers of pre-school age children may be able to stay overnight with their child at Bursledon House and be with them throughout the day. In most cases, parents or carers of school age children do not stay overnight with their child and come in to see them during visiting hours (see below).

Your child's stay at Bursledon House

What to bring

For their stay at Bursledon House, your child will need to bring:

- school uniform (if they are school age)
- appropriate footwear
- casual clothes
- plenty of underwear
- medication
- toiletries
- sun cream
- special items such as a teddy bear or pictures

We provide duvets, duvet covers, pillows, pillow cases and towels, but please do bring your own if your child prefers this.

Rooms

We have a mixture of single and shared rooms, which we allocate based on the needs and circumstances of all the children on the unit. This may change during your child's time at Bursledon House. We will let you know if your child will be returning to a different room the following week.

Meals and dietary needs

During your child's stay at Bursledon House, we will provide their meals during the week and can cater for all of their dietary needs. Your child will be able to choose from a varied menu. We promote healthy eating and discourage fizzy drinks and sweets during the week. Please hand all food, drinks and snacks to a member of staff to store in the kitchens (rather than in your child's room).

We will keep a record of your child's dietary and fluid intake and record their weight each Monday and Friday during their stay.

Bursledon House School

At Bursledon House, we are very fortunate to have a school on site for school age children during term time. The school includes separate primary and secondary classrooms.

Our teaching staff will support your child throughout their time in hospital. They will be aware of your child's individual treatment plan and will liaise with your child's own school. Your child will be on the register at both schools during their stay, so their normal school place will not be affected.

The Bursledon House School teaching staff will meet with you and your child on your first day and you can request to meet with them again at any time through your child's time at Bursledon House.

Your child should wear their own school uniform at Bursledon House School. If they don't have a school uniform, they can wear a white polo shirt and dark trousers or skirt.

School timetable

School time: 9 to 10.15am

Break time: 10 to 10.45am

School time: 10.45am to 12 noon

Lunchtime: 12 noon to 1pm

School time: 1 to 3.15pm (with a 15 minute break)

Visiting times

In most cases, parents of school age children do not stay in hospital with them (see below). Visiting times are:

- 4 to 5pm
- 6 to 8pm

There is free parking at the front of Bursledon House for visitors to the unit. We have outside facilities including a teenage hut, playground, benches and grass area, which you are welcome to use with your child. Please remember that you are responsible for your child (both indoors and outdoors) while you are visiting.

Bedtime

During the 6 to 8pm visiting period, parents of younger children should help them to have a bath or shower and get ready for bed. Older children should also have an evening shower or bath and settle in their rooms for 9pm. We appreciate that bedtimes will vary for each child. If you are visiting, please leave promptly so that we can keep to the structured routine for the children on the unit.

Mobile phones

The use of mobile phones is permitted from 3 to 9pm for secondary school age children only. Phones will be stored safely in the treatment room out of those hours and returned when requested at the end of the school day.

We encourage all visitors to the unit to be mindful of their own personal use of mobile phones while they are here.

Your child's first day

We will give you a date and time for your child to come into Bursledon House. Sometimes this can be at short notice, such as the week before.

On your child's first day, you and your child will be greeted by our receptionist. One of our nurses will show you and your child to their room with their belongings.

Please allow at least an hour to complete your child's admission paperwork with their nurse and doctor. If you are not staying on site with your child, you can leave once you have completed this paperwork. Our staff will help your child to settle into their new surroundings.

We understand how daunting it can be for a child to stay here without a parent, but please be assured that our team are very experienced in helping children settle in. Most children enjoy their stay after their initial nervousness.

Friday meetings

Each Friday afternoon, you will have a half hour meeting with your child's doctor and nurse. This is to discuss your child's progress and their plan for the weekend. We will make sure that you have any medication your child has been prescribed and a weekend form (to be completed by a parent). This form will help us to see how your child progresses over the weekend. After the meeting you and your child can go home.

Bursledon House closes at 5pm on Friday and re-opens at 7.30am on Monday. Please make sure your child returns by 9.30am on Monday with their weekend form and medication, in time for school which starts at 10am. Please ask a member of the nursing team if you need to make other arrangements.

Parents

When you are at Bursledon House, please take full responsibility for your child both outside and inside the building. Our staff will supervise and care for your child when you are away.

We ask all parents and children to be respectful to each other and towards staff members.

Parents of pre-school age children

Parents of pre-school age children will often stay with their child overnight at Bursledon House and be with them during the day.

Parents of school age children

In some special circumstances, parents of school age children may stay at Bursledon House during their child's stay. In these cases we ask that you leave the unit in the morning by 8.45am and return at 4pm. The visiting times for other members of your family are as above.

If you are staying overnight at Bursledon House

For safety reasons, please hand in any medication of your own so that it can be locked in the treatment room for safe keeping. No drugs or alcohol are permitted on the hospital site. Smoking and vaping are also not permitted.

Facilities for parents

You are welcome to use our 'parents and staff only' kitchen. Tea, coffee and milk are available. We will give you the code to the kitchen door when you arrive. Please wash and dry up any cutlery and crockery you use. If you are unable to access the upstairs kitchen, please talk to a member of our team, who will be happy to help.

Other accommodation for parents

If you need somewhere to stay locally during the week (for example, if you live a long way from the hospital) you can apply for a parent room in Ronald McDonald House (purpose-built parent accommodation next to the hospital). Ronald McDonald House can only allocate rooms when a child has been admitted to hospital, so this cannot be pre-booked or guaranteed.

Contact us

Nurses' station: **023 8120 6916**

Reception: **023 8120 6674**

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www.uhs.nhs.uk/childrenshospital

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For help preparing for your visit, arranging an interpreter or accessing the hospital please visit **www.uhs.nhs.uk/additionalneeds**