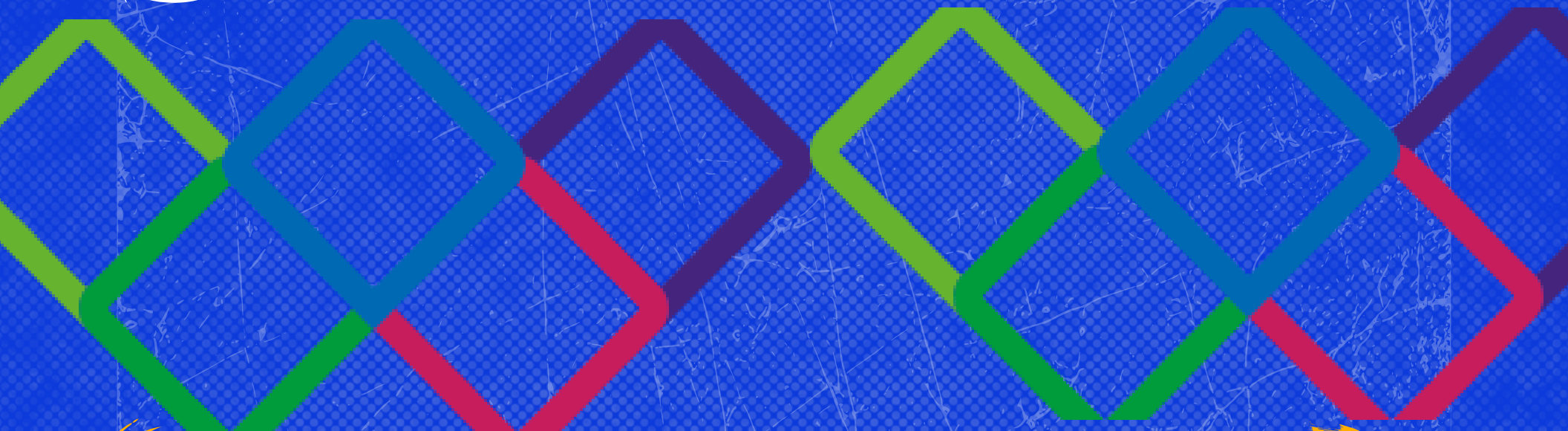


WELCOME TO THE PAEDIATRIC WARD



We are here to help you feel better. Let us know how we can help you!


Chelsea and Westminster Hospital
NHS Foundation Trust

 connecting care for children



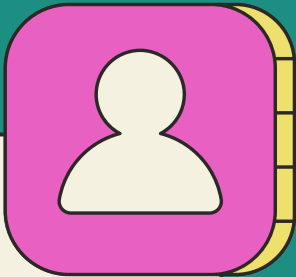


THIS BOOKLET IS TO EXPLAIN HOW THE WARD WORKS, WHO WILL BE LOOKING AFTER YOU AND WHAT IS AVAILABLE TO YOU.

WE HOPE WE CAN GET YOU FEELING BETTER SOON!

YOU ARE ON WARD

IN BED



Hello..
Tell us about yourself

My name is

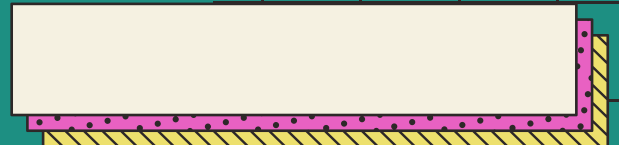
I am from

I am years old

FAVORITE COLORS



FAVORITE MUSIC



HOBBIES



FUN FACTS



Where am I?

You are in one of the paediatric wards of the main hospital site at Chelsea & Westminster. The paediatric wards are Apollo, Mercury, Neptune or Mars.

Apollo

Mercury

Neptune

Mars

Floor 1

Lift bank B

020 3315

3610

Floor 1

Lift bank C

020 3315

8685

Floor 4

Lift bank C

020 3315

8866/ 8865

Floor 1

Lift bank C

020 3315

3706



Address:

**Chelsea and Westminster
Hospital**

369 Fulham Road

London

SW10 9NH

Click [here](#) for transport links and route guidance.

VISITING TIMES: 10 AM TO 9PM

MEALTIMES ARE PROTECTED: 12PM TO 1PM

A Typical Day



We know wards are busy places and may look different to your normal day so we hope this helps.

1



07:00 onwards Lights on

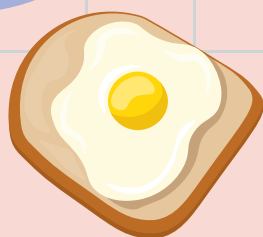
Rise and shine! If you are well enough: shower, walk around, say hello!

2



08:00- 08:15- Nurses handover & will come around shortly after. Observations are usually taken at 10am, 2pm, 6pm (and 10pm, 2am + 6am). This may be more frequent if you are unwell, requiring oxygen or additional support.

3



07:30 onwards Breakfast

The breakfast trolley will be around and the hostess will also come to take lunch and dinner orders

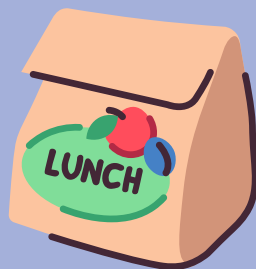
4



09:30 onwards Doctors' Ward round

They will come around to see how you are feeling today and what we need to do to get you better. Specialities such as CAMHS, surgical or gastro teams may visit later in the day

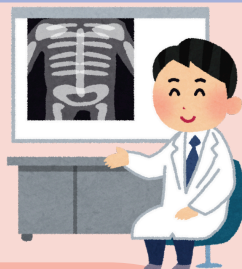
5



12:00 to 13:00 Lunch time

There are also snack rounds during the day and you can ask for hot/cold drinks. We also have a parents room with a fridge and microwave.

6



Afternoon: The medical team may review you, need to do tests and investigations and decide on your discharge planning

7



Bored? On Neptune we have a common room and all wards have a playroom. Every bed space has a TV which is free until 7pm. There are school teachers that work during term time, play therapists, youth workers, art therapist, and lots of activities we can provide. There is also a cinema on a Saturday which children can attend if not infectious or isolated for their own protection.

Matron + Director of Nursing

A Matron is in charge of all the staff and the patients on the ward. The director of nursing is responsible overall for hospital management.



Ward Manager

Our ward manager helps with logistical issues on the ward



Nurses

You will have a named nurse for each day and night shift. Please ask them if you need something. The darker the uniform, the more senior the nurse.



Doctors

There are many different types of doctors with different specialities. Your team of doctors will review you every day. Ask them anything. They may be plain clothed or in scrubs.



Who will be looking after me?



You are not alone! There is a big team on the ward. Talk to us and ask us for help if you need anything

Pharmacists

These are the experts in medication. They wear plain clothes. They will check what you are taking and make sure you are getting the right things in hospital



Allied Health

We have physiotherapists, psychologists, mental health nurses, dieticians, play specialists, music and art therapists and more!



School teachers

If you need help with your school work, let us know!



Students + healthcare assistants

Students may be asking to speak to you and helping with jobs and healthcare assistants will be assisting with tasks



**AM I STRUGGLING
WITH ANYTHING
AT THE MOMENT?**



**WHAT MAKES
ME HAPPY?**



**HOW AM I
FEELING RIGHT
NOW?**



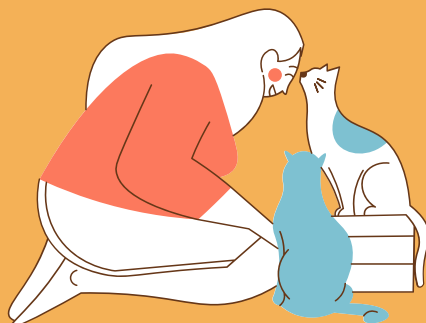
SELF CARE

YOU MAY HAVE MANY FEELINGS INSIDE ABOUT BEING IN HOSPITAL. YOU CAN USE THIS PAGE TO HELP YOU REFLECT.

**WHAT HELPS
ME RELAX?**



**WHAT IS
SOMETHING I
BELIEVE IN
STRONGLY?**

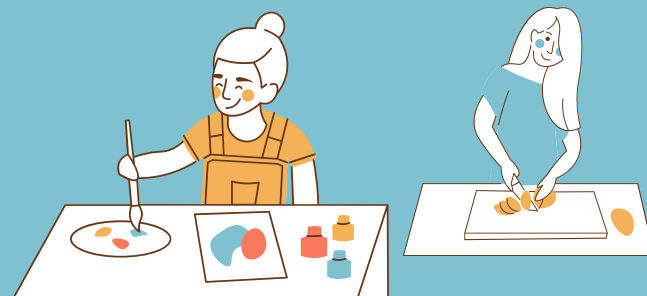
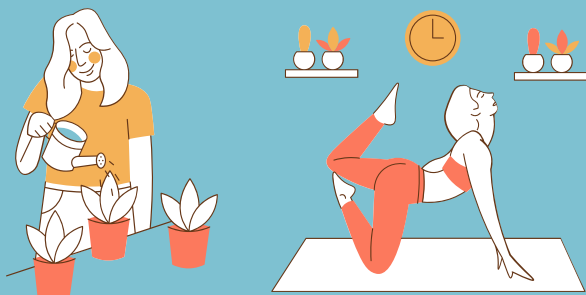


**WHO CAN I
TALK TO?**



**KNOW
YOURSELF**

Do more of what
brings you joy



HELPFUL LINKS

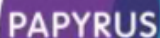
MENTAL HEALTH

SEX, BODY & GENDER

EATING & SLEEPING

CRIME, DRUGS & ALCOHOL

INDEPENDENCE



CLICK ON THE LOGOS ABOVE TO TAKE YOU TO THE WEBSITES OR APPS FOR FURTHER INFORMATION.

IF YOU NEED URGENT HELP, TEXT "SHOUT" TO 85258 FOR FREE.

BEST FOR YOU IS AN NHS WEBSITE THAT COVERS MANY OF THE ABOVE CATEGORIES AND MAKES IT EASIER FOR YOU TO FIND THE SUPPORT YOU NEED. CLICK ON THE LOGO.

