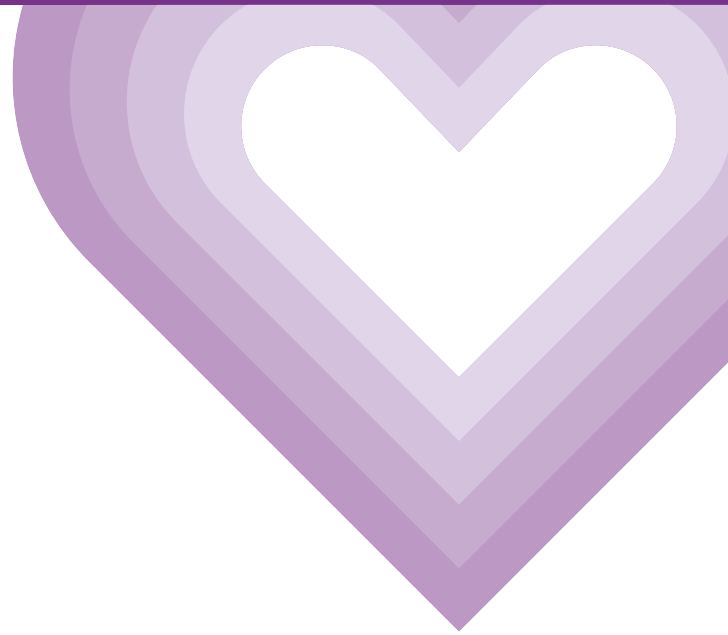




Care for  
**the family**

# Family Accommodation Information



Please do not remove from bedroom



CHILDREN'S  
**HEART SURGERY**  
FUND

Supporting hearts for life.



@childrensheartssurgeryfund



@CHSurgeryFund



@childrensheartssurgeryfund



Children's Heart Surgery Fund

[www.chsf.org.uk](http://www.chsf.org.uk) | Registered charity 1148359

# Hello

Welcome to Children's Heart Surgery Fund's family accommodation.

We understand the importance of being close to your child during this time and hope this room provides you with a comfortable space to rest and recuperate. If you need anything at all during your stay, please just ask - see the "Useful Contacts" page in this booklet (page 11).

Sending love and best wishes to you and your family.

**Thank you**  
**The CHSF Team**

## About Children's Heart Surgery Fund

Children's Heart Surgery Fund supports babies, children and adults across Yorkshire North Lincolnshire and The Humber with congenital heart disease who are treated at a specialist Heart Unit within Leeds General Infirmary.

We are a completely self-funded, regional charity set up in 1988 to support the Heart Unit, due to a lack of funding within the field of congenital heart disease.

In addition to supporting the Heart Unit by providing revolutionary equipment, family accommodation and funding clinical posts and research, we deliver a programme of practical and financial support for children and their families each year managed by Family Support Worker, Sarah Cherry.

Coming to hospital is a daunting prospect for a child and stressful for parents and other family members. Our aim is to support the family by making the ward a comfortable place, providing accommodation and living expenses for families.

Find out more at [www.chsf.org.uk](http://www.chsf.org.uk)



## About

### Leeds Congenital Heart Unit

Around 420 babies, children and adults with CHD from Yorkshire, North East Lincolnshire and The Humber need open heart surgery every year. Around 17,000 are treated as outpatients.

Experts in identification, diagnosis and medical/ surgical treatment of congenital heart disease, arrhythmias and acquired heart disease, the Leeds Congenital Heart Unit provides fetal, child, teen and adult support services to a wide-reaching area.

The Unit also provides screening services to large numbers of children in our region to exclude cardiac problems.

Clinics run by the Unit provide non-invasive diagnostic investigations, including electrocardiography, 24-hour ECG tape monitoring and exercise testing together with a full range of radiography, haematology, biochemistry and microbiology services.

**LEEDS CONGENITAL  
HEARTS**



## Terms of use

**Welcome to Children's Heart Surgery Fund's Family Accommodation. We hope you have a comfortable stay.**

Please note the terms of use for our rooms below...

- Parents will be asked to return their room key to Ward L51 (children's heart ward) once their child is no longer in the Paediatric Intensive Care Unit OR Ward L51's High Dependency Unit (HDU).  
*This must happen as we have families waiting to receive a room immediately after previous parents have vacated.*
- Once your child leaves HDU, one parent will be offered a bed on Ward L51 to stay with your child until discharged. This is to enable other families to use these rooms.  
*We appreciate some people travel long distances to access Cardiac Services, but unfortunately, we only have a limited number of rooms available on site.*
- The CHSF room keys must be returned to Ward L51 after use. Keys should not be handed to any other ward.

**Many thanks for your cooperation and understanding.**

## Cleaning

The daily cleaning of the family rooms ensures hygiene and cleanliness standards are met.

We do understand however that there may be times when this may be inconvenient due to long nights spent on the ward at your child's bedside.

For this reason we have provided 'Do Not Disturb' signs for you to use when prioritising rest periods.

*If you choose to use the Do Not Disturb sign, you must leave used towels outside your door in the white linen bags provided.*

Please leave your black rubbish bag outside your door. This will then be disposed of accordingly. You will find replacement bags in the second drawer of your bedside table.

There is extra bedding in the wardrobe if needed.

## Health & Safety

Please report any faults with your room immediately to ensure these can be checked and repaired for your ongoing health and safety.

### **To report a fault or problem, please contact:**

- Sarah Cherry, CHSF Family Support Worker  
07929 509227  
*Monday-Friday, 9am-5pm*
- Ward L51  
0113 392 7451  
*Outside the above hours*

### **First Aid Kit**

- For your safety and peace of mind, there is a First Aid Kit and accident book located in the communal Kitchen on this corridor.

*If you do complete the accident book, please ensure you notify Sarah Cherry on 07929 509227 in accordance with the charity's policies and procedures as detailed in the book provided.*

### **Fire Safety**

- In the event of a fire please vacate the accommodation through the main fire exit located at the end of the corridor through the conservatory.
- The fire exit steps will take you down to the main road where you can keep a safe distance until checks are carried out.
- Please familiarise yourself with buildings exit points, details of this can be found on the wall in the main corridor.





## Kitchen

There is a communal kitchen for families to use on the same corridor as your accommodation. This is close to the main double doors.

The code to access the Kitchen is - **1278Y**

Please feel free to make meals and hot drinks.

You may find it helpful to label items if you store food in the fridge and cupboards.

Please use the hand gel and antibacterial wipes provided before and after use.

We politely ask you to respect this space and leave it tidy for other families to use after you.



## Laundry room

Located next to the Kitchen is a Laundry Room for you to use during your stay.

### **Here you will find:**

- Washing Machine
- Washing powder
- Dryer
- Ironing facilities.

These facilities are all free for you to use during your child's hospital stay.

Please see the booklet above the washing machine for instructions on how to use.





## Parent Lounge

At the end of the Family Accommodation corridor, just before the double doors there is a parent lounge with a communal bathroom on your left.

**CHSF Family Support Worker Sarah Cherry will be available in the lounge on Tuesdays, 1pm-2pm.**

Please feel free to drop in for a chat or discuss any support needed for you and your family.

Sarah can also be contacted on 07929 509227.



## Faith & Religious Beliefs

The Chaplaincy team is here for everyone staying at Leeds General Infirmary and Leeds Children's Hospital, whether you are religious or not.

Quiet rooms and prayer spaces are open for private prayer and reflection.

**If you require further information, you can make contact with the chaplaincy team via**

Telephone: 0113 206 5935

Email: [leedsth-tr.chaplaincy@nhs.net](mailto:leedsth-tr.chaplaincy@nhs.net)



## Useful contacts

Please see below a list of contact numbers you may find useful during your hospital stay...

### In the hospital:

- Ward L51  
(0113) 3927451
- PICU [Ward L47]  
(0113) 3927447
- Neonates [Ward L43]  
(0113) 3927443
- Children's Cardiac Nurse Specialists  
(0113) 3925467

*When dialling from the internal phone in your room please enter the number highlighted in blue only.*

### Children's Heart Surgery Fund (CHSF):

- CHSF Family Support  
07929 509227 / sarah.cherry@chsf.org.uk
- CHSF Main Office [for fundraising and general enquiries]  
(0113) 831 4810

### Taxi numbers

- Streamline  
(0113) 244 3322
- Amber Cars  
(0113) 231 1366



- Download Uber. Just search 'Uber' on your smartphone app store.



## Useful local information

### Travel

Leeds Train Station is within walking distance and located 0.5 miles away from the Brotherton Wing main entrance on A floor.

The postcode for Family Accommodation is: **LS1 4DY**

*Enter post codes into Google Maps or Apple Maps for directions.*

### Food options

- Eat well café is located on C Floor of Clarendon Wing. Here you can purchase hot and cold drinks and meals.
- Green Parrot located on A Floor of Clarendon Wing offers hot and cold drinks, snacks as well as magazines and toys.
- Tesco Express (LS1 3DX) is opposite the entrance of Jubilee Wing where you can purchase food, drink as well as many essential items you may need.
- Morrisons (The Merrion Centre, LS2 8PL) Approximately 10 mins walk from the Jubilee Entrance.
- Great George Street (LS1 3BB) Exit the main entrance of Clarendon Wing on A floor. Turn left, and make your way to the bridge. Once over the bridge you will find various independent shops and cafes, including Greggs.



## Useful local information

### Time out

We understand that the days spent in hospital waiting for your child whilst they are undergoing surgery and procedures are very difficult.

Try to take some time away from the hospital by way of distraction. Take care of **you**.

#### Leeds Museum

Millennium Square, LS2 8BH

#### Henry Moore Institute

74, The Headrow, LS1 3AH

#### Leeds Art Gallery

The Headrow, LS1 3AA

#### Leeds Central Library and the Tiled Hall coffee shop

The Headrow, LS1 6AL

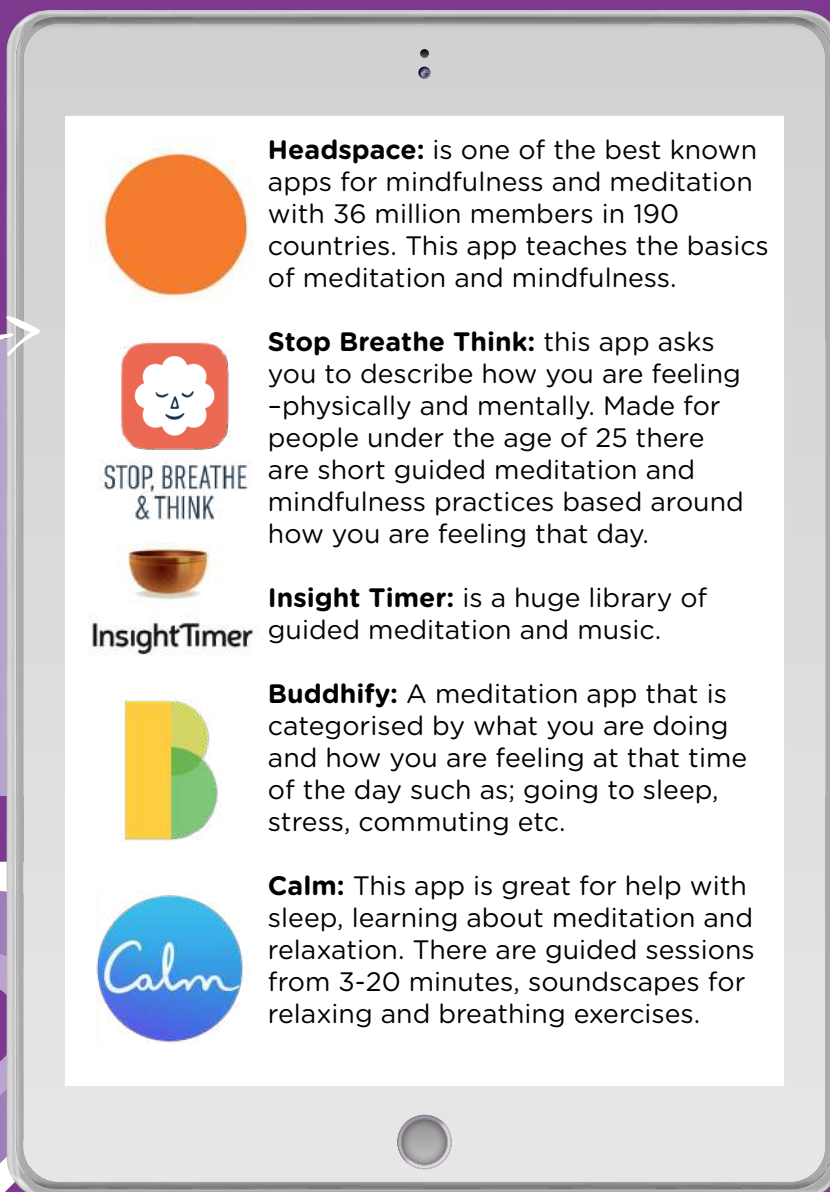
All the above locations are free and within 5 minutes walking distance of your accommodation in the hospital.

*If you would like to find out more about what is going on in Leeds, please visit [whatson.leeds.gov.uk](http://whatson.leeds.gov.uk)*

If you have a smart phone or a tablet why not try some mindfulness or relaxation apps? You can use them during your stay and at home.

These are just some our families recommend to help relax. There are loads out there to try.

Search key words like “mindfulness” “relaxation” “meditation” “guided meditation” in your app store to find more. Or have a look online for mindfulness websites.



<http://www.>



## IF YOU FEEL TIRED OR TENSE

Stop. Stamp your feet on the floor and feel the ground. Push down slightly through the bottom of your feet as if your feet were glued to the floor. Explore the feeling. When something is weighted it is unlikely to fall over.

Bring yourself to the present moment to stop your mind racing.

Whatever is going on will still be there but you will be able to deal with it from a place of calm and stability.

### Bubble of light.

- Find a comfortable place to sit. Make sure your feet are on the floor and your hands are on your lap.
- Close your eyes - inhale through your nose and exhale through your open mouth three times.
- Breathe in calmness. Breathe out stress.
- You are calm and this feeling spreads throughout your body, forming a protective blue bubble around you.
- It is your shield to stress and challenging situations.
- Imagine yourself inside the blue bubble.
- Inside your bubble you are safe, protected and calm.

**Whatever you face, wherever you are, you can always return to your bubble.**





**CHILDREN'S  
HEART  
SURGERY  
FUND**

**Stories are incredible powerful**, especially those of heart heroes and the families supporting them.

**Stories like yours could** bring reassurance for others, raise vital awareness of congenital heart disease and life-saving donations to Children's Heart Surgery Fund.

If you can share your story, please email [info@chsf.org.uk](mailto:info@chsf.org.uk)

...or scan me! →

Read inspirational stories about heart warriors and their families at:  
[www.chsf.org.uk/real-stories](http://www.chsf.org.uk/real-stories)





CHILDREN'S  
HEART SURGERY  
FUND

# Family Service

Here with you during your  
child's heart journey.



“ Hello! I'm Sarah and I work for a charity called Children's Heart Surgery Fund. My support can be tailored to your needs and family. For help, advice or simply a listening ear get in touch! ”



Scan the QR  
code to find out  
more about our  
charity or visit  
[www.chsf.org.uk](http://www.chsf.org.uk)

**Sarah Cherry**

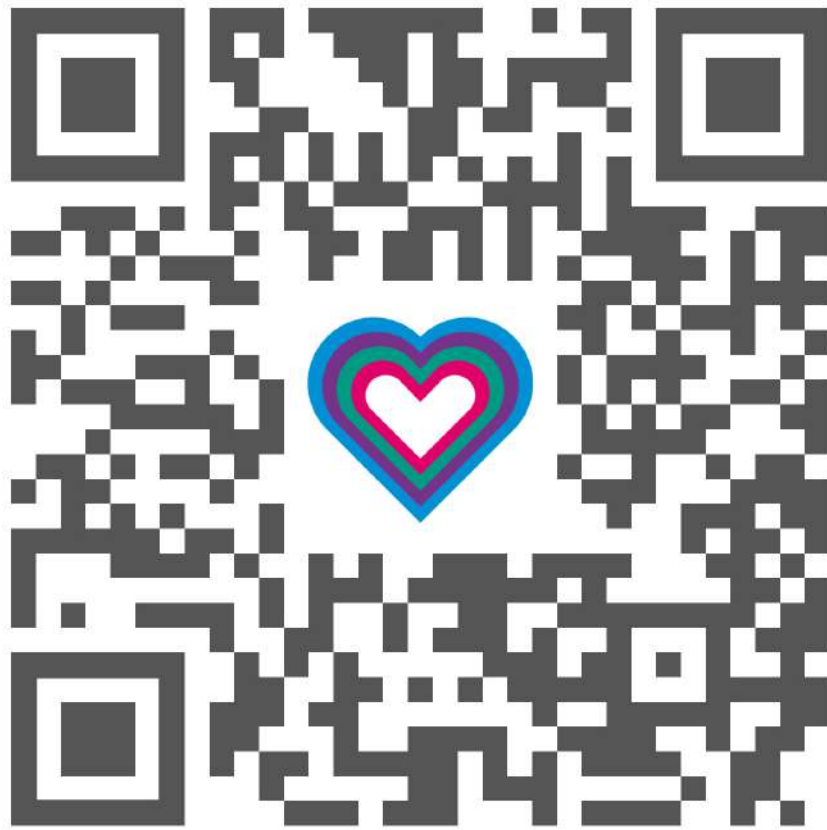
CHSF Family Support

📞 07929509227

✉️ [sarah.cherry@chsf.org.uk](mailto:sarah.cherry@chsf.org.uk)

🗨️ [bit.ly/chsf-sarah](https://bit.ly/chsf-sarah)





scan me!

**Children's Heart Surgery Fund (CHSF)**  
have been supporting babies, children  
and adults with a congenital heart  
defect across for over 30 years.

With your help we can continue  
**supporting hearts for life.**



**CHILDREN'S  
HEART  
SURGERY  
FUND**

[chsf.org.uk](https://www.chsf.org.uk)





Speaking to other parents of children with heart conditions can be a lifeline.



Scan this QR code or visit [bit.ly/chsf-group](https://bit.ly/chsf-group)

Join our **private Facebook group** and find thousands of heart parents ready to offer advice and support.

A safe space where you can build relationships with other parents of children with CHD.



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Go to our website  
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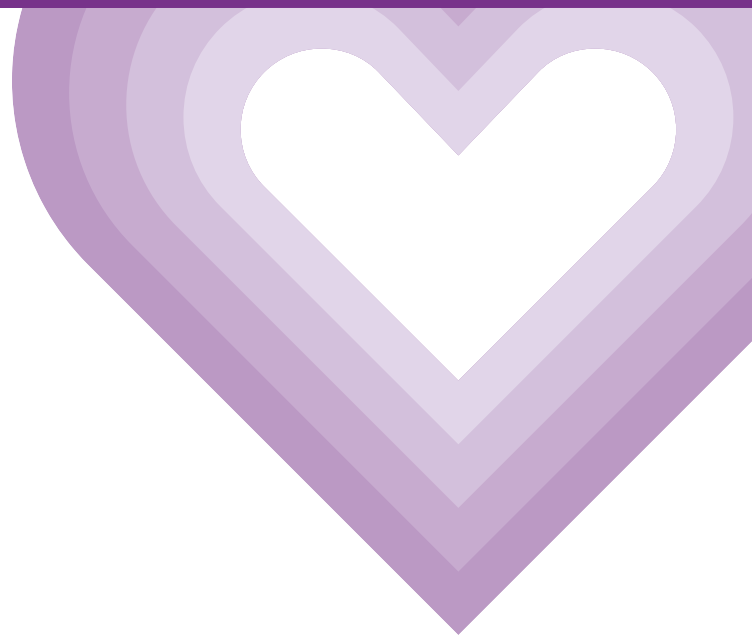
Find us on social media





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