

SCBU NHS Borders, Borders General Hospital



Borders General Hospital
Huntlyburn
Melrose
TD6 9BS



Main reception 01896 826123 Switchboard 01896 826000



You can access the hospital Wi-Fi by accessing the NHSB-Public link on your phone, then following the instructions on the access page that will appear.



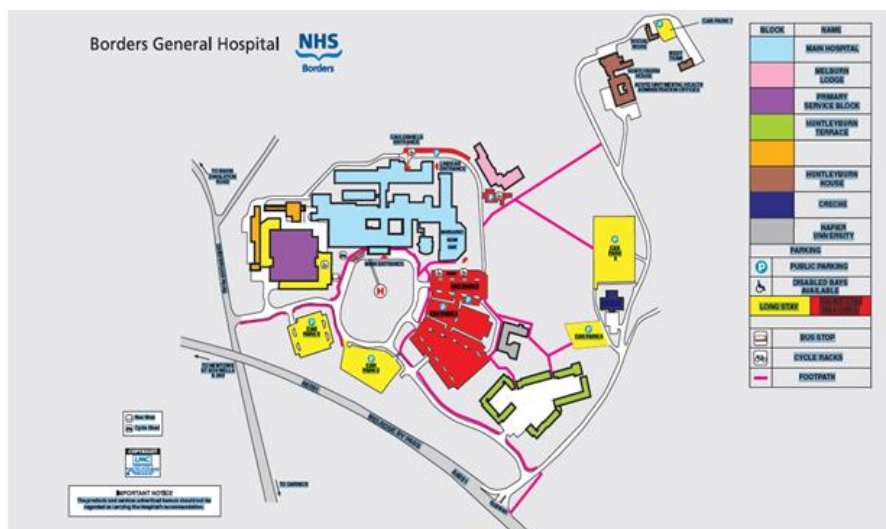
PARKING/TRANSPORT



As a caregiver of a baby in SCBU, parking within the BGH continues to be free and there are a number of different car parks. Inform staff of your car registration plate and they will notify the parking attendants.

For visitors, car parks 1 & 2 are short stay car parks and you can park here for up to 4 hours. Penalty charges may occur if you outstay these times. All other car parks are long stay.

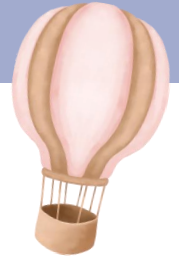
Entrance to Hospital and Car park 1



ACCESSING THE NEONATAL UNIT

Parents /carers and siblings have open access to the unit and the use of a swipe card.

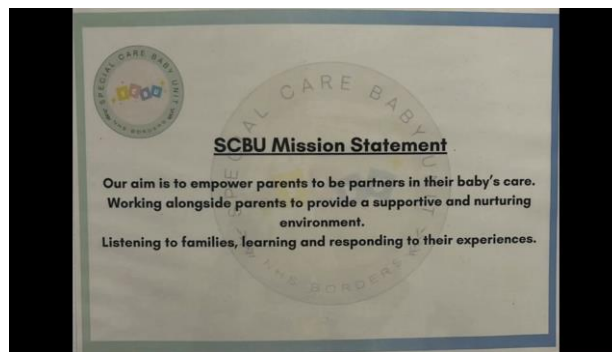
There is lift access to 2nd floor for prams and wheelchairs



A TOUR OF OUR UNIT

Here is a short video of the unit, we hope to have a unit video tour soon:

[Short Unit Tour](#)



The unit is found on the second floor of the hospital; there are stairs or lift access. We are in the pink zone.



We have a nursery area with 6 cot spaces for special care and 2 HDU / ITU stabilisation beds; we also have an isolation room which can be used as a room to give more privacy or in busy periods.

There is a room for expressing and a dedicated family room which is comfortable and relaxing. The room has toys for siblings to enjoy and a television. There is also a kettle, microwave and small fridge for you to use. If your baby is stable enough they can be brought to the family room.



PARENT ACCOMMODATION



Currently we do not have dedicated parent accommodation attached to SCBU, however we can use postnatal beds and there are rooms available for wider hospital use that we can have access to. We do our utmost to ensure you have somewhere to stay when required and arrange at least one night of rooming in prior to discharge.

FOOD OUTLETS



Canteen:

Located on floor 1 in the blue zone and open to all patients, visitors and staff. They serve a variety of hot and cold meals daily. As you are a caregiver of a baby within SCBU, you are entitled to a meal voucher. This voucher allows you as caregivers to have a free meal at meal times whilst your baby is in hospital. Ask a member of staff for these daily and present it at the checkout in the canteen.

Monday-Friday 08:00-19:15 Weekends 08:30-19:15

Hot meals served daily:

08:00-10:00, 12:00-14:00, 17:00-19:00

RVS:

Located on the ground floor at entrance to the hospital. It is a small shop run by volunteers which sells a smaller selection of food and toiletries etc. if needed.

Open Monday-Friday 8am-5pm and Weekends 10am-5pm.

There are a variety of places to go for food and shopping in the local towns and villages. Melrose cricket club café is just across the cricket field at the side of the hospital.



Melrose Cricket Club Cafe

The welcome to SCBU booklet will provide more options and staff are always happy to advise suitable places.



TIME OUT



NHS Borders is in stunning countryside with many local walks ranging from short strolls to moderate walks to hill climbing.

There are benches within the hospital grounds or alternatively there are plenty of open spaces you can visit to sit, reflect and just have time out or the local towns have plenty of cafes, small eateries and shops to wander round.

The chaplaincy is also always available.

Paths around Abbotsford



Paths around Melrose



[Walks and trails | Scottish Borders Council \(scotborders.gov.uk\)](https://www.scotborders.gov.uk)
[Parks and outdoors - Scottish Borders Council \(scotborders.gov.uk\)](https://www.scotborders.gov.uk)
[Sport, leisure and outdoors - Scottish Borders Council \(scotborders.gov.uk\)](https://www.scotborders.gov.uk)

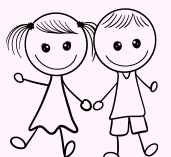
FAITH LEADERS

There is a full-time Church of Scotland Chaplain within the hospital, helped by part-time Chaplains (Roman Catholic and Episcopal). Your own minister, priest or spiritual adviser can visit you. This also applies to organisations such as the Fisherman's Mission. The nursing staff will arrange a visit if you ask.

The chaplaincy centre provides a beautiful setting for private thoughts or for just sitting quietly at any time of the day or night. Services are held there on Sunday at 11am. The nursing staff and chaplaincy volunteers will be happy to help all patients who are well enough and want to go to services.

SIBLINGS

We have a selection of toys in the family room and siblings are very welcome. There are local play parks not far away, staff will be happy to provide further details .





PARENT SUPPORT

While your baby is on SCBU we use V-create -a secure video and photo diary service- which staff can use to take footage of your little ones whilst you are at home. We then send you the photos/videos and you can download these and keep them forever. We think it's a lovely little touch to be able to see your baby whilst you're unable to be with them.

There are a variety of local social and psychological support resources and groups which you can access if required. These provide services varying from breastfeeding support, emotional or mental wellbeing support, domestic abuse support and bereavement support/counselling etc. Please confide in a member of staff if you require more information or feel like you could benefit from contacting one of these services.

Examples of these are as follows but not limited to:

Breastfeeding In The Borders (BIBS) nhsborders.scot.nhs.uk/patients-and-visitors/our-services/general-services/maternity-services/breastfeeding-support-groups/

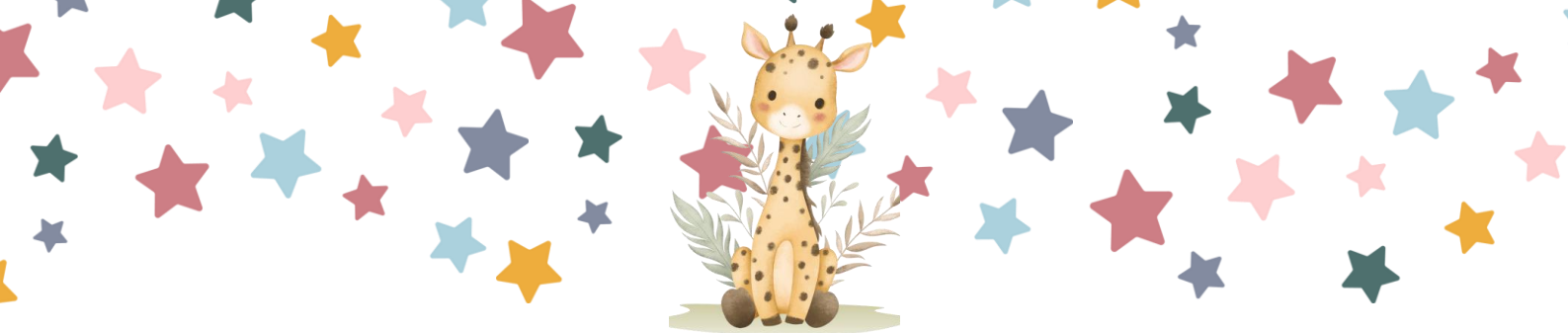
Nurture in the Borders [Contact](#) | [Nurture the Borders](#)

Parent space [Home \(parentspace.org.uk\)](https://www.parentspace.org.uk)

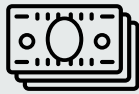
Simba [Simba - supporting families who have experienced baby loss \(simbacharity.org.uk\)](https://www.simbacharity.org.uk)

SANDS [Sands | Saving babies' lives. Supporting bereaved families.](https://www.sands.org.uk)





FINANCES

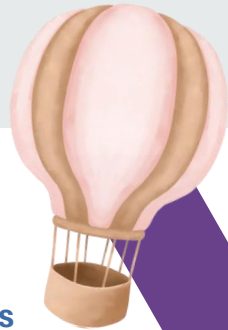


Young patients family fund is available to support parents/primary carers and any accompanying siblings under the age of 18 with the costs associated with visiting a baby in hospital. Things that can be claimed are: transport, meals, parking and accommodation. Please ask a member of staff for more information on this. Once completed, your form should be submitted to the Finance/Administration office. As primary carer's for a baby admitted to SCBU, you are entitled to a free meal voucher daily through the fund. Please ask a member of staff about these.

VISITING



Parents/carers and siblings are welcome and encouraged to spend as much time as able with their baby. They are seen as part of the team caring for their baby. Other family members or friends are welcome to visit throughout the day. We ask you to limit number of people at the cot side to two at a time. In busy periods we may have to adjust our policy, staff will keep you informed. Grandparents/nominated person can visit without you if there is prior consent given. Other than siblings, no under 16 are allowed and no one should visit if unwell. All visitors are required to wash their hands prior to touching/holding your baby.



WHO'S WHO ON OUR UNIT?

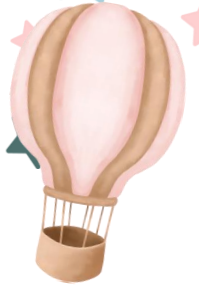
Remembering who is who can be difficult at first but we are a relatively small team so hopefully that will help. An updated photo board of all staff is in progress, this is displayed as you enter the unit.

All clinical staff wear navy blue scrubs, individuals are identifiable through their role embroidered on scrubs or name badge.
Senior Charge Nurse wears navy uniform
Health care support workers light blue uniform
Student nurse grey/navy uniform
Physio navy polo shirt
Domestic Light green uniform

Please always feel you can ask if you are not sure who someone is.
Photos to follow



UNIT WEBSITE/USEFUL LINKS



[nhsborders.scot.nhs.uk/patients-and-visitors/our-services/children-young-peoples-services-directory/special-care-baby-unit-\(scbu\)/](https://nhs.uk/patients-and-visitors/our-services/children-young-peoples-services-directory/special-care-baby-unit-(scbu)/)

Bliss is a charity with the aim of giving every baby born premature or sick the best chance of survival. The webpage has a wealth of information and support for families.



[Home | Nurture the Borders](#)

[Saving babies' lives - Charity for Babies | Tommy's \(tommys.org\)](#)

[The Difference](#)

Facebook pages

NHS Borders Maternity Services

Breastfeeding in the Borders-BiBs

X-formerly twitter

SCBU and Noahs Arc @CoNoahs

BGH Maternity Unit @bgh_maternity

