

# Simpsons Neonatal Unit, Royal Infirmary Edinburgh



Neonatal unit, ward 110, first floor  
Royal Infirmary Edinburgh, 51 Little France Crescent,  
Old Dalkeith Road, Edinburgh, EH16 4SA



Main reception 0131 242 2601    Special Care Nursery 0131 242 2596  
0131 242 2602



Wi-Fi access via "NHS-freewifi"  
You will be asked to create a login when you first access



## PARKING/TRANSPORT



There is free parking on site.

The most accessible car parks are 2A and 2B outside the main entrance of the hospital and carpark 1G at the maternity entrance.

There are disabled parking spaces close to the entrance in all these car parks.



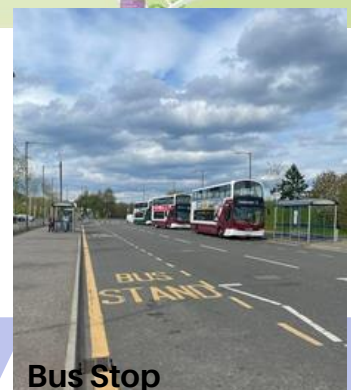
There are bus stops outside the main entrance. These are Lothian buses - No 21, 400, 33, 48, 49, 7, 38



Car park



Maternity Entrance



Bus Stop



# ACCESSING THE NEONATAL UNIT

Parent passes and visitor passes are supplied by the nurse at the bedside when your baby is admitted to the neonatal unit. When you arrive at the unit, please press the buzzer and show your pass and someone will open the door for you.

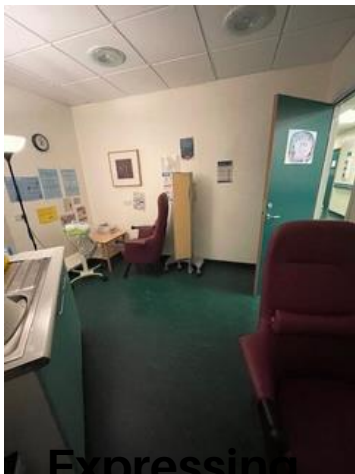
There is wheelchair and pram access available and an elevator straight to the door of the neonatal unit.



## A TOUR OF OUR UNIT

A virtual tour of the unit can be accessed by clicking [HERE](#)

Some important parts of the unit can be seen below:



**Expressing Room**



**Family Lounge Area**



**Kitchenette**



**Waiting Room**



**Transitional Care**



# PARENT ACCOMMODATION



There is some accommodation available on the NNU and some bedrooms close to the unit within the hospital.

- 2 ensuite rooms on the unit available for parents/relatives. Allocation of these is by bedside nurse or team leader
- 2 single bedrooms off the unit. Allocation of these is by the bedside nurse or team leader
- 2 double bedrooms off the unit. Allocation of these is by the bedside nurse or team leader
- 4 beds in transitional care on the unit for parents rooming in with their baby in preparation for discharge or if they are breastfeeding their baby during admission and need to be close by. These are single beds in a bay but there is also a recliner long chair at the bedside so a second parent or relative (with 2nd parent pass) can also stay

There is a family kitchenette on the unit. Families can store food in the fridge and there are tea and coffee making facilities with tea and coffee provided. There is a microwave and toaster available too.

# FOOD OUTLETS



All in main hospital foyer

## Hospital Canteen

- Breakfast 07:00-10:45
- Lunch 11:45-14:00
- Supper 16:00-19:30

## WHSmith

- Mon-Fri 06:30-21:00
- Sat & Sun 08:00-20:00

## Marks and Spencer

- Mon-Fri 06:00-21:00
- Sat & Sun 07:00 - 20:30

Aroma coffee shop open daily until 3pm



## TIME OUT



We have a family seating room which is still on the unit but is away from the noise of the main area. This has dimmed light and sofas for a quieter space to relax.

The sanctuary is available for a quiet space to sit if a family member would like some time out. This is found in the south corridor of the ground floor of the hospital.

There is a “wellbeing walk” which is sign posted and follows paths around the grounds of the hospital. Around these paths and the green areas of the hospital grounds there are lots of benches and picnic tables to sit outside.



## FAITH LEADERS

The spiritual care team/chaplaincy service in the Royal Infirmary Edinburgh are available Monday-Friday 9am-5pm and are based in the Sanctuary on the ground floor of the hospital.

Chaplains work on-call too and can be contacted out of hours. This is available 24/7. To contact this service, please speak to the bedside nurse of the Diana Children’s Nurse within the neonatal unit.

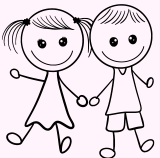
If you wish to bring your own faith leader, this can be arranged. Please speak with the nurse looking after your baby or the team leader.

We can arrange a blessing or naming ceremony if you wish. Please speak with the nurse looking after your baby.

## SIBLINGS

The family wellbeing team can offer support for siblings as well as parents.

In the attached Royal Hospital for Children and Young People there is “The Hub.” Here, siblings can have access to the play area and play activities which vary daily. There is also a team of youth workers and family support services available for siblings.







# PARENT SUPPORT

On the neonatal unit we have the Neonatal Wellbeing Collaborative who coordinate options for parents to receive wellbeing information, advice and support. The team host a 'Neonatal Wellbeing check-in and advice' form on vCreate. Parents can access this as part of their baby's care to read advice and get links to signposted options.

In addition to their baby's neonatal team, direct wellbeing support is available from Aberlour Perinatal Coordinators who are present in the unit at least once per week.

They meet with families at the cotside, in a private room or by telephone to offer listening and support with signposting. Your baby's nurse can put you in touch with you Aberlour or you can contact them directly on [01620431000](tel:01620431000) (non-urgent, Monday-Friday 9am-4pm).

Parents who are seeking direct coping, mental health or parent-baby relationship support can book directly into sessions with clinical psychologists (who are part of NHS Lothian's wider Maternity and Neonatal Psychological Interventions Service). To book an appointment with the psychology team, look on the diary sheet which is on the door to the Neonatal Wellbeing room, Simpsons RIE or contact the team by email: [loth.mnpi.mail@nhs.scot](mailto:loth.mnpi.mail@nhs.scot) or call [01312421554](tel:01312421554) to check availability and book in. MNPI remain available to families for mental health review over the first year following their baby's hospital care journey. Parents can seek a referral from any healthcare professional or can contact the team directly on the same number and email.

The spiritual care team offer confidential support for families and can be contacted via the nurse at your baby's bedside.

**Bliss charity**. We have signposting on our Bliss notice board in the NNU to the many support resources available from Bliss for parents and families of premature or sick babies.

**National Childbirth Trust (NCT)** breastfeeding buddies are volunteers who visit the unit weekly to offer breastfeeding support and advice to mums.





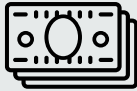
Aberlour perinatal host a weekly space for families to meet informally over tea, coffee and cake. Please ask your baby's nurse to find out when this is being held.

We offer 'parent craft' sessions on the unit for parents to provide additional information and support on varying topics surrounding having a baby in the neonatal unit and transitioning to home. The sessions are held by nursing and allied health professional staff.

'[Dads rock](#)' advertised on the unit is a good resource for new dads. This is an Edinburgh based charity which has support groups and other resources such as a whatsapp group for providing help and support for dads in NNU.

Other charity an support group information can be found around the NNU and on our social media pages.

## FINANCES



As a parent/guardian on the unit, you are able to claim expenses for food, travel and accommodation.

Young patients family fund enables families to claim up to £8.50 per day. Application forms can be found at main reception with the ward clerks or are available from your baby's nurse at the bedside. Forms must be completed and signed by a staff nurse on NNU and then taken to hospital cashiers office in the main mall of the hospital for processing.



## VISITING



Parents have 24 hour access to their baby. 2 parent passes will be given on admission. If you are a single parent then the 2nd pass can be given to a relative of your choosing.

Baby's siblings can visit 24 hours. They must be accompanied by an adult.

Families will be issued with two visitor passes and two visitors per day are allowed. Visitors, under the age of 14 years old are unfortunately not allowed unless they are a sibling.

Visiting times are 2-3pm and 5-6pm


All parents and visitors are asked to follow hand washing policy in coming into the unit - to wash hands in the nursery up to elbows and to not wear watches or jewellery other than wedding bands.





# WHO'S WHO ON OUR UNIT?

We know it can be confusing with all the different staff uniforms. These photos explain who is who.




Hello, my name is Angela and I am one of the Neonatal Consultants within the Neonatal Unit. You can spot us around the unit in our purple scrubs.

**Neonatal Consultant**




Hi, my name is Chloe and I am one of the Charge Nurses on the Neonatal Unit. We can all be seen wearing navy scrubs or tunics.

**Charge Nurse**



Hiya, my name is Eilidh. I am one of the Nurses on the Neonatal Unit. You will find most of the nursing, nursery nurses and medical staff wearing scrubs.

**Nursing and Medical Staff**



Hello, I'm Jackie and I am one of the NNU ward clerks. We wear a green blouse but can sometimes be seen wearing scrubs as well.

**Ward Clerks**





Hi, we are Mags and Laura and we work as part of the domestic team within the unit. We wear either a green tunic or polo shirt. The porter staff can also be seen wearing green polo shirts.

**Domestic Team**



Hello, I'm Hilary. I am a Physiotherapist and part of the team of Allied Health Professionals in the NNU. AHPs can be seen wearing a mediterranean blue tunic and dark trousers.

**Allied Health Professional Team**



Hi, my name is Lindsey and I am one of the Advanced Neonatal Nurse Practitioners. Our uniform is a navy tunic with red trim and dark trousers. We can also sometimes be spotted wearing scrubs.

**Advanced Neonatal Nurse Practitioner**




Hello, we are Roy and Magda. We work as GRID senior doctors on the Neonatal Unit and can be seen wearing Caribbean Blue Scrubs.

**Senior Medical Staff**



# WHO'S WHO ON OUR UNIT?



Hi, I'm Wendy and I work as part of the Audiology Team in the NNU. You can see us around the unit wearing a light blue tunic and dark trousers.



**Audiology Team**

Hiya, I'm Louize. I work as part of the Education Team. We wear a cornflower blue tunic with dark trousers.



**Education Team**

Hi, I am Rebecca from the Neonatal Community Team. My uniform is a cornflower blue tunic with dark trousers.



**Community Nurse**



Hello, I am Claire and I am the Clinical Nurse Manager within the Neonatal Unit. I can be spotted wearing a maroon tunic and navy blue trousers.



**Clinical Nurse Manager**



Hi, I'm Liam and I work as part of the Housekeeping Team. We wear scrubs and work in all areas of the unit.



**House Keeping Team**

Hello, I am Lin and I am a Charge Nurse for the Neonatal Community Team. My uniform is a navy blue tunic with a light blue trim and dark trousers.



**Community Charge Nurse**

Hiya, my name is Julie and I work as part of the Scotstar Transport Team. You might see us around the unit and spot us in our Scotstar uniform.



**Scotstar Transport Team**



# UNIT WEBSITE/USEFUL LINKS



## [Simpsons Special Care Babies](#)

[Information about a NICU 'journal' used by families.](#) Inside these journals, you'll find pages dedicated to help parents understand the intricate language of the NICU, with 'ABCs of the NICU' offering insights into common terms used within the unit. Practical tools like a table for recording weigh-ins ensure that families can actively participate in their baby's care.

[Instagram page](#)

[Facebook page](#)

vCreate is used on the unit to enable photos and videos to be sent to families when there are not at the bedside. This will be set up by the nurse at your baby's bedside.

[Bliss Charity website](#)

If there is anything else we can help with, please don't hesitate to ask

