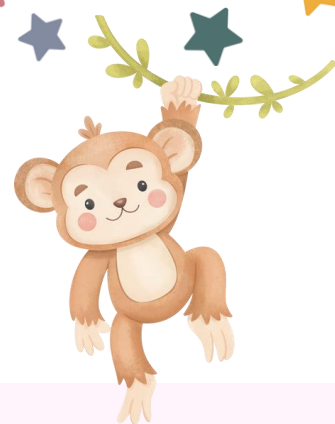


Special Care Baby Unit (SCBU) St Johns Hospital



St John's Hospital, Howden Road West, Howden, Livingston, EH54 6PP

SCBU: 01506524394



Main hospital number: 01506523000

We encourage parents to telephone at any time for an update on their baby's progress. Please do not hesitate to ask if you wish to know anything about your baby's care.



Free via the "NHS Public guest" Wi-Fi connection
No password required.



PARKING/TRANSPORT



We offer free parking for parents. The car park can be accessed directly outside or by calling 01506523000.



The bus stops are located outside the main entrance. You can find lots of information on different ways to travel to the hospital at Horsburgh Travel Service. No 40/X40 or this link for other bus timetables.

<https://www.travelinescotland.com/timetables?localityId=ZSC5764&servicesHeader=St%20John%27s%20Hospital,%20West%20Lothian>

<https://www.horsburghcoaches.com/>

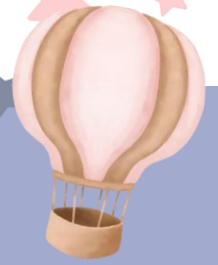


ACCESSING THE NEONATAL UNIT

Access to the unit is via the Maternity doors. These are closed between 9pm and 6am and during these hours entry is via the main entrance.

There are lifts outside SCBU that access all floors and provide wheelchair and pram access.

The doors to SCBU itself are secure and locked. To gain access, please use the door bell and a member of staff will release the door.



A TOUR OF OUR UNIT



You can watch a video tour of our unit [HERE](#)

Some Key areas include:

Toilets: these are next door to the family room.

Expressing room: across from family room. Expressing equipment also available for cot side expressing

Tea/coffee making facilities can be found in the family room. There is also biscuits, breakfast cereals and butter. There is a microwave, kettle and fridge and a kids corner and TV/DVD player.

Waiting area: the family room can be used as a waiting area or additional seating is available outside the unit.



PARENT ACCOMMODATION



We have two double bedrooms available. One is wheelchair accessible. Both rooms are ensuite with toilet and shower facilities. Both parents can stay however as we only have two rooms, they are allocated on a priority basis and parents may be asked to vacate for parents with greater need.

A communal family room is available for eating, relaxing and there is also a sibling corner located here

There are no beds available to sleep at the cotside but we do have reclining chairs. Use can be restricted due to space but we will accommodate wherever possible.

FOOD OUTLETS



We have a café located at Main Reception
Open Mon-Fri 7:30am-6:00pm

There is a Dining Room on Level 2. It is open daily
Breakfast 7:30-11:00am
Lunch 12:00pm-2:00pm
Dinner: 5:00pm - 7:00pm

The Dining Room has a coffee lounge open 24 hours/day with vending machines (card payment accepted)

WHSmith is located at Main Reception
Mon-Fri 7:00am-8:00pm
Sat-Sun: 09:00am-5:00pm

Nearby but out with the hospital is Scotmid. There is a Co-op opposite the hospital which can be reached by a short walk/drive



TIME OUT



There are three nearby parks which are within a 10 minute walk

Howden Park
Almondvale Park
Almondvale Play Park

Livingston centre and the designer outlet centre are located a 5 minute drive/20 minute walk/10 minute bus ride away. There is a selection of shops, coffee shops and restaurants.



FAITH LEADERS

We have a small chapel located close to the Main Reception which is open 24 hours/day.

Healthcare chaplains are available to offer care and support for families. They will listen to and respect your thoughts and experience, whatever your background and beliefs. They can support a blessing or baptism if this is appropriate to your wishes.

You can gather your thoughts or pray in the chapel. If you would like to meet the chaplain, please call 01506 419666, extension 2175/6 or speak with a member of staff to arrange.

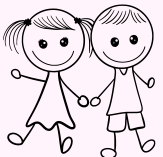
We have access to support from other spiritual organisations and can organise for them to attend at parent's request. If you'd like to explore what is available or you have a contact of your own that you would like to involve in your baby's journey then please speak to a member of staff to help arrange this.

SIBLINGS

Siblings are welcome in the unit at any time.

We have a small selection of toys and book bug bags. There is a sibling corner in the family room with games, books, colouring books and pens. There is also a TV in the family room.

There is a mini DVD player with a selection of DVDs.



PARENT SUPPORT



Having a baby on the neonatal unit is emotionally challenging. We have a committed team of professionals here to help and who can talk to you about how you are feeling.

We have Maternity and Neonatal Psychological Intervention Team (MNPI). They are based in Edinburgh but with access to St Johns SCBU. Staff can organise this either at parent request or through neonatal staff. To book an appointment with the psychology team please let a member of staff know or contact the team by email at loth.mnpi.mail@nhs.scot or call 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.

We are working with discharge planning in Simpsons Neonatal Unit in Edinburgh and we offer parent craft sessions to our families. These are to provide information and support on different topics surrounding having a baby in the neonatal unit and getting ready for home. We can tailor them to individual need so if this would be helpful, please speak to a member of the team.

The spiritual care team offer confidential support for families and can be contacted via the nurse caring for your baby.

Bliss charity - we have many support resources available from Bliss for parents and families of premature or sick babies.

There is a breastfeeding support clinic in the hospital. Please speak with the nurse looking after your baby if you would like an appointment.

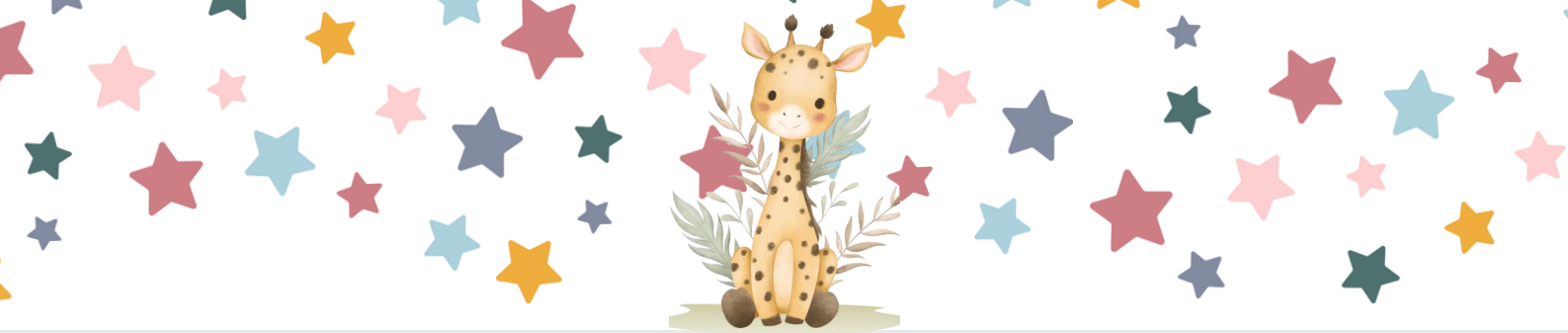
Dads Rock advertised on unit as a good resource for new dads. This is an Edinburgh based charity which has support groups and other resources such as a whatsapp group for providing help and support for dads in NNU - Dads Rock

Other charity support group information can be found around SCBU and on our social media pages

Instagram

Facebook



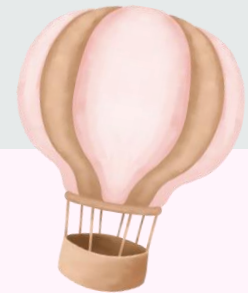


FINANCES



Financial support is available to help you spend more time with your baby. The Young Patients Family Fund (which all parents are entitled to receive) will help you with the cost of travelling to and from hospital and help with the cost of food and drink. The fund can also support the cost of accommodation. Please speak to the nurses on the ward to arrange this.

The Young patients family fund enables families to claim £8.50 per day for parents and siblings on the days that they attend the neonatal unit. Application forms can be found within your parents information folder at your babies cotside.



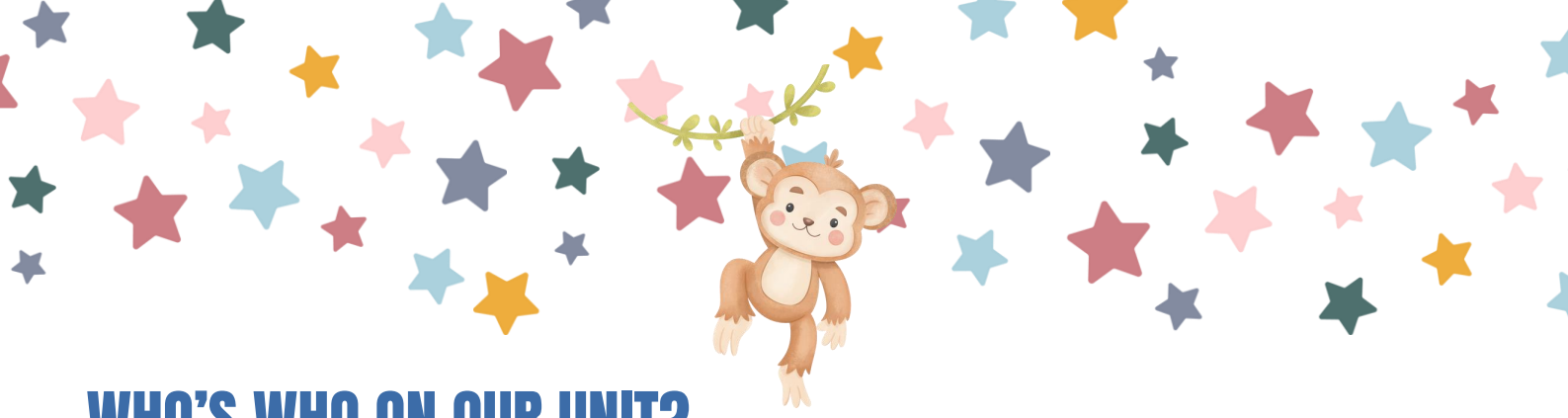
VISITING



Parents/carers and siblings are welcome at all times. We want you to feel able to care for your baby throughout their stay in the unit. As parents, you are not visitors, you are part of the team! The unit staff are here to help you.

You can have 2 nominated visitors for the whole of your baby/babies stay. 3 adult visitors are allowed at the cotside at any one time however one must be a parent or nominated visitor.





WHO'S WHO ON OUR UNIT?

You'll meet lots of people during your neonatal stay and it can be daunting to remember who is who. Please know you can always ask and a short guide is provided below:

Consultants - Purple scrubs

Medical Staff - Green or blue scrubs

Advanced Neonatal Nurse Practitioners - Navy tunic and trousers with red trim

Senior Charge Nurse/Midwife - Navy blue scrubs

Nurse/Midwife - lighter blue scrubs

Nursery Nurse - Blue scrubs

Pharmacist - Own clothes or peach scrubs

Physiotherapist/Speech and Language Therapist - Light blue tunic, navy trousers

Student Nurse/Midwife - Blue scrubs in SCBU, Grey tunic on wards

Domestic - Green tunic, navy trousers on ward, blue scrubs in SCBU

UNIT WEBSITE/USEFUL LINKS



<https://services.nhslothian.scot/neonatalunit/st-johns-hospital/>

[For babies born premature or sick | Bliss](#)

[The Breastfeeding Network | Independent Breastfeeding Support](#)

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

