

Aberdeen Neonatal Unit, Aberdeen



Aberdeen Maternity Hospital
Cornhill Road, Aberdeen
AB25 2ZL



Direct lines: 01224552602
01224550602



Wi-Fi access via "Aberdeen city Connect"



PARKING/TRANSPORT



For information on travel to and from the hospital and parking please go to the following website: www.nhsgrampian.org, from here choose Aberdeen Maternity Hospital then click on Directions.

You will find lots of information on different ways to travel to and from the hospital and information on where to park in the hospital grounds.



ACCESSING THE NEONATAL UNIT



The Neonatal Unit has a secure entry system in place to protect your baby. You will be issued with a security card so you can come and go as you please. Please do not give your card to anyone else, only parents must carry these cards for us to remain secure.

Visitors to the unit will need to use the buzzer system. Please advise your visitors to be patient - staff will answer as soon as they can. They will be asked to give the baby's name and relationship to the baby before being given entry to ensure your babies safety.

Please sign in and out at the reception desk when entering and leaving the unit so we can account for everyone in the event of a fire or emergency evacuation.

Access through the front door of Aberdeen Maternity Unit and around to the neonatal unit is accessible for prams and wheelchairs.

A TOUR OF OUR UNIT

Our unit video tour can be viewed [HERE](#)



Key areas you might want to know about immediately include:

Toilets - when you come onto the neonatal unit and follow the main corridor round there are toilets parents can use on the right hand side

Expressing room - when you come onto the neonatal unit and follow the main corridor round there is an expressing room on the left for mothers to use

Tea/coffee making facilities - we have a sitting room that parents can use with tea and coffee making facilities, along with complimentary water, juice and a small selection of snacks; this can be accessed through the corridor to the right of the main reception desk and is on the left; please note this area is for parents only

Waiting area - the waiting area is to the right shortly after you enter the unit through the main doors

Lockers - when you come onto the neonatal unit and follow the main corridor round the locker room is on the right hand side; these cost £1 to use which is refundable or you can use a trolley coin



PARENT ACCOMMODATION



We are dedicated to supporting parents stay close to their baby. Please speak to us if you have a need for overnight accommodation and we will do our very best to arrange this for you.



FOOD OUTLETS



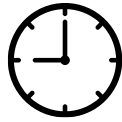
There is a shop directly opposite the hospital entrance run by the Royal Voluntary Service. They offer a range of sandwiches, hot food, drinks and confectionary. Out of hours there are vending machines in the reception area which take cash or contactless payments.

There are also various places in Aberdeen Royal Infirmary including a Marks and Spencer. For more information go to www.nhsgrampian.org then select Aberdeen Royal Infirmary and click on Facilities.

There is a takeaway situated across from the maternity hospital, online vendors will deliver to the unit and Berryden Retail Park is only a short walk away.



TIME OUT



If you need some time out from the neonatal unit there are several coffee shops, walks and parks in the surrounding area.

Westburn Park (there is a coffee box here too), Victoria Park

Rosemount place: street with shops, cafes and restaurants around 15 minute walk

Berryden retail park is a 5 minute drive/ 20 minute walk

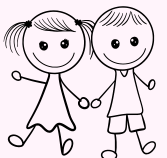


FAITH LEADERS

Healthcare chaplains are available to offer care and support for families. They will listen 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. There is also a chapel beside the hospital reception if you would like somewhere to gather your thoughts or pray. If you wish to meet the chaplain please speak to a member of staff who can arrange.

We are committed to identifying appropriate support to people from all backgrounds and beliefs. If you want to explore what is available or you have a contact of your own that you would like to involve in your babies journey please speak to a member of staff.

SIBLINGS



Access to nursery provision for siblings can be discussed. There are local play-parks and a park on-site beside the children's hospital a short walk away.





PARENT SUPPORT

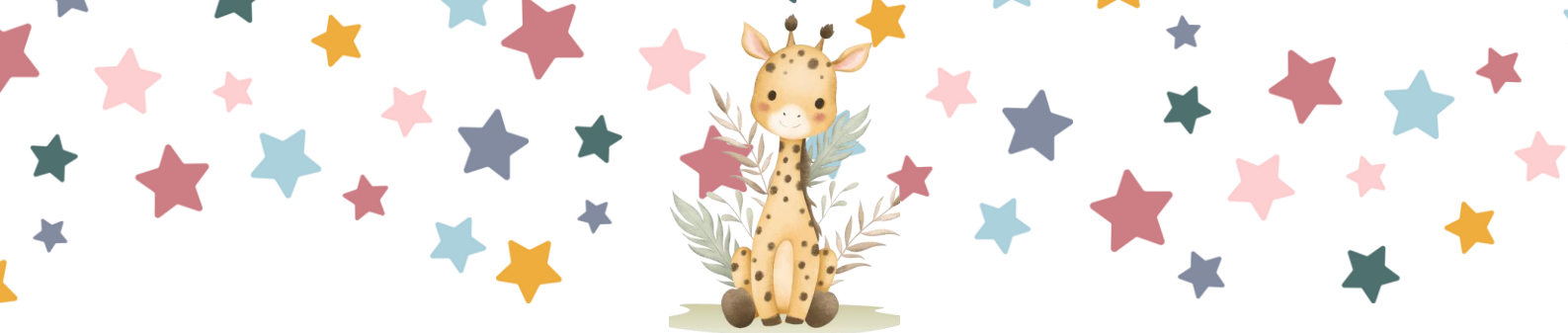
Having a baby on the neonatal unit is emotionally challenging. We have a committed team of professionals here to help and able to talk to you about how you are feeling.

This includes our Bliss Volunteers. We also have a Clinical Psychology team and a Counsellor. Please ask the staff looking after you or pick up a leaflet from reception if you would like more information on these services. You can also arrange an appointment with the Clinical Psychologist independently by phoning the service secretary on 01224 552234.

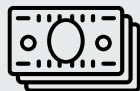
After discharge there is a coffee morning at Airyhall Community Centre on the last Wednesday of each month. The Archie charity also holds coffee and catch up events.

There is also a support group page on facebook. [Aberdeen Neonatal Unit Support Group - Team Neo](https://www.facebook.com/Aberdeen-Neonatal-Unit-Support-Group-Team-Neo)  (facebook.com)



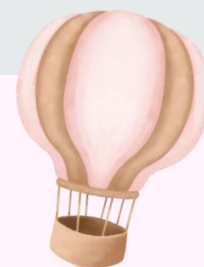


FINANCES



The [Young Patients Family Fund](#) is there to support parents with the cost of food, travel and accommodation whilst your baby is on the neonatal unit. Please ask a member of staff for more information and a claim form.

VISITING



Parents and siblings are encouraged to spend time with their baby at any time day or night. There are rare occasions when you may be asked to step outside the room in the event of an emergency. For other visitors we operate an open visiting policy so there are no set times for visiting. We would ask that they respect 'quiet time', where we turn the lights down and reduce noise to promote your babies growth and development.

We ask that there is only two people present at each cot space and that each visitor is accompanied by a parent or nominated person. We ask visitors wait in the main reception area to ensure access to all rooms remain clear.

We ask that coats and jackets are removed and placed into lockers before entering the nurseries. Valuables should not be left unattended and can be brought into the neonatal unit.

It is up to parents to decide who can hold and touch their baby. Please make sure that everyone who does adheres to our strict hand washing policy.

We ask that those with a cold, cord sore or other infection do not visit. Anyone with a stomach upset should wait until 48 hours after symptom resolution. Parents who are unwell should discuss with nursing staff for further information.

Link: [Neonatal Unit - Birth in Grampian \(scot.nhs.uk\)](https://scot.nhs.uk)





STAFF UNIFORM IDENTIFIER

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.

Nursing staff - usually wear blue uniforms

- Burgundy - senior charge nurse
- Dark blue - charge nurse
- Cornflower blue - staff nurse
- Pale sky blue - nursing support staff



Therapists - Mediterranean blue

Receptionist - green tunic

Medical staff - usually in scrubs, although not all clinical areas; the lanyards they wear usually detail their role within the medical team





UNIT WEBSITE/USEFUL LINKS



Our website is in progress and can be found on the [Birth in Grampian - Birth in Grampian \(scot.nhs.uk\)](#) website under the Neonatal Unit tab.

The current parent information leaflet can be found here [200365-Neonatal-unit-booklet-CLIENT.pdf \(scot.nhs.uk\)](#).

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

Family Integrated Care Groups -
[Twitter.com/AberdeenFiCare?s=09](#)
[Facebook.com?AberdeenFiCare/](#)

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

