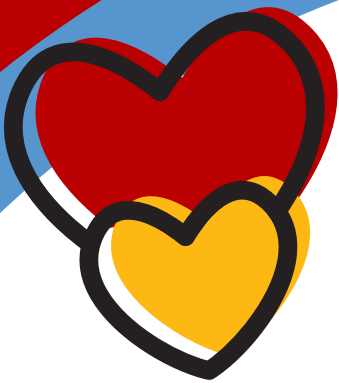


Welcome to Clark Clinic

Ward Information Pack

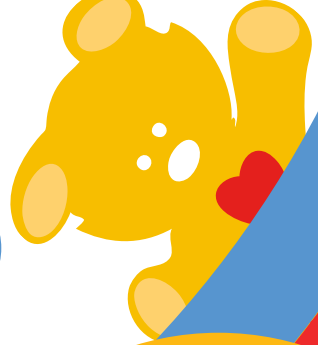


**CHILDREN'S
HEARTBEAT
TRUST**

Northern Ireland's
Children's Heart Charity
Charity no: NIC 102410



Welcome to Clark Clinic



Hello there! We are the team from Clark Clinic and we are here to help care for your child. We hope that this little welcome pack can aid in some way.

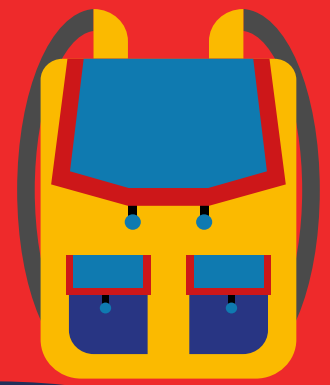
A little housekeeping...

- Handover is at 07.30am and 19.30 for 30minutes- we ask you do not disturb us at this time unless it is an emergency as it is vital that we can handover everything about your child to the nurses coming on shift- we kindly ask you refrain from ringing the ward for updates at this time too. We encourage you to stay for handover to be there with your child so we can handover effectively.
- Visiting – During your child's stay, only two adult visitors are permitted at a bed space at one time, and sadly children are not able to visit except in exceptional circumstances. Each visitor must check in with the nurses at the nurses station to let us know who they are visiting and must wash their hands and then sanitize.
- We can facilitate one parent/carer to stay at the child's bed space overnight- and we also have accommodation in heartbeat for another parent/carer to stay.
- Toothbrushes are available for all patients on the ward so if you have forgot one please ask- as we know how important dental hygiene is.
- When nurses are doing medications we kindly ask you not to interrupt as this can cause errors.
- The kitchen is off bounds for parents/carers and patients but we are happy to keep food for your child in the fridge and we will wash and sterilize bottles, dummies and breast pumps for you.
- Your child will receive a meal on the ward for breakfast, lunch, dinner and supper. We also supply meals for breastfeeding mums.
- There are Kitchen facilities in the heartbeat accommodation which you can use at any time, to cook, or simply have a coffee away from the ward environment. There are also washing facilities which can be used during your stay on Clark Clinic.
- The canteen is open daily from 08.30 to 17:30
- Anything else just let one of the team know.

CC Team



Packing Lists



FOR PARENTS

- ☐ • Ipad/Headphones
- ☐ • Comfy clothes/
Fluffy socks
- ☐ • Toiletries
- ☐ • Towels
- ☐ • Hair Dryer
- ☐ • Laundry pods
- ☐ • Microwave meals
- ☐ • Mugshots/noodles/
cup of soups
- ☐ • Other snacks and
drinks
- ☐ • Labels for food in
accommodation
- ☐ • Own cutlery/plates
and bowls
- ☐ • Own blanket/
pillow
- ☐ • Extension lead for
socket
- ☐ • Ear plugs
- ☐ • Dongle for Wifi
- ☐ • Travel cup for hot
drinks
- ☐ • Extra long charger
lead
- ☐ • Espresso pods
- ☐ • Jakes ladybird bag
- ☐ • Personal
medication if
needed.



FOR OLDER CHILDREN

- ☐ • Ipad/Headphones
- ☐ • Pjs that button up/
Short sleeved if
needed
- ☐ • Books
- ☐ • Blanket and
comforters
- ☐ • Preferred toys
- ☐ • Bottles
- ☐ • Steriliser bags
- ☐ • Comfy clothes/
fluffy socks
- ☐ • Nappies
- ☐ • Safe guard/safe
bed if needed
- ☐ • Portable dvd player
- ☐ • Own pillow/duvet
cover
- ☐ • Sliders/Flip flops
- ☐ • Wipes/Face cloths
- ☐ • Feed sets if needed
for NG tube
- ☐ • Preferred snacks/
drinks
- ☐ • Toothbrush/
toiletries



FOR BABIES

- ☐ • Socks for hands
and feet
- ☐ • Button up onesie
footless for Oxygen
Monitor
- ☐ • Baby hats for PICU
- ☐ • Personal blanket
and comforters
- ☐ • Preferred toys
- ☐ • Bottles
- ☐ • Steriliser bags
- ☐ • Formula
- ☐ • Nappies, Wipes,
Barrier cream,
nappybags
- ☐ • Own pump if
breastfeeding.
- ☐ • Zip up onesies
- ☐ • Pictures of family
- ☐ • White noise
machine
- ☐ • Feed sets if needed
for NG tube
- ☐ • Vaseline for babies
lips
- ☐ • Notebook and Pen



Important Phone Numbers

Clark Clinic	02896150306
Emma Gregg- CHD Co-Ordinator RBHSC	07823778016
Rebecca Reid (Cardiac Nurse Specialist)	07710709321
Linda Eley (Cardiac Nurse Specialist)	07824472766
Sarah Holland (Clinical Nurse Specialist for Northern Ireland Families in Dublin)	+35314282681 or +353876819035 Sarah.holland@olchc.ie
Eilish Jordan (surgical secretary)	+35314096154
Louis Fitzgerald Hotel	+35314033300
Parents Accommodation	+35314092300
Children's Heart Centre (Dublin)	+35314096471
Cardiac Day Ward	+35314096060
PICU 1	+35314096450
PICU 2	+35314096464 +35314096573
Jess Barrett Fetal Cardiac Nurse Specialist	07795642793
Coombe Maternity Hospital	+3531 408 5200



Family Support Directory



Children's Heartbeat Trust

Office - 028 9031 2228

Family support worker - Liz Carton:
079 6023 8827

Clark Clinic Social worker

Please speak to the Clinical Nurse Specialist or staff nurses to access this service.
073 8542 2717

Clinical Psychologist

Alannah or Leanne - Please speak to your Cardiologist or Clinical Nurse Specialist to access this service.

Inspire-counselling provided through Children's Heartbeat Trust

Quote Children's Heartbeat Trust
0800 389 5362

Advice NI

028 9064 5919

Advice Space- Citizens Advice

Tel: 0800 028 1881

Parenting NI

0808 8010 722

Employers for Childcare

028 9267 8200

Family Fund-Northern Ireland

<https://www.familyfund.org.uk/grants/schemes/northern-ireland-core-programme/>

Family support Hubs Northern Ireland

These are dotted all over Northern Ireland please visit this website to find the nearest one.

<https://cypsp.hscni.net/family-support-hubs/>

SANDS NI (Northern Ireland)

028 3839 2509

Barnardo's Child Bereavement Service - Helpline

028 9066 8333

Senac: Educational needs

ADVICE LINE - 028 9079 5779

Monday, Tuesday & Wednesday 10am -1pm

Welcome to Clark Clinic



**CHILDREN'S
HEARTBEAT
TRUST**
Northern Ireland's
Children's Heart Charity
Charity no: NIC 102410



Children's Heartbeat Trust
Howard Building. HF12, Twin Spires Centre, 155
Northumberland Street, Belfast, BT13 2JF
Email: fundraising@childrensheartbeattrust.org
Tel: **028 9031 2228**

 Instagram: [childrensheartbeattrust](https://www.instagram.com/childrensheartbeattrust)

 Facebook: [childrens.h.trust](https://www.facebook.com/childrens.h.trust)

 LinkedIn: [children-s-heartbeat-trust](https://www.linkedin.com/company/children-s-heartbeat-trust)

 X: [@Chldns_Hrtbeat](https://twitter.com/Chldns_Hrtbeat)

 YouTube: [@childrensheartbeattrust](https://www.youtube.com/@childrensheartbeattrust)

 Spotify: Children's Heartbeat Trust