



Burstow Ward

Information for women and partners

Congratulations from the maternity team and welcome to Burstow Ward! Our staff are here to care for you – please ask for help if there is anything you need.



Visiting times

- **Open visiting for partners** or a supportive significant other. Please refer to the information later in this booklet for women and supporters staying overnight for further guidance
- **Siblings** are welcome to visit during daytime hours
- **Family and friends: 2-8pm** with a maximum of three visitors per bed (including partner/significant other)
- Only your own children are permitted to visit you on the ward – there are **no exceptions** as this is an infection risk for the babies on the ward. Children who are currently unwell are not permitted to visit due to the infection risk

If you choose to stay overnight please familiarise yourself with the information later in this information booklet beforehand so that you are aware of the ward guidance for staying overnight. Please follow the guidance to help us minimise disruption and maintain a comfortable environment for all who are staying on the ward. Thank you in advance for your understanding and cooperation.

What if my baby is on the Special Care Baby Unit (SCBU)?

Congratulations on the birth of your baby. We understand that if your baby is on SCBU this can be a very distressing time for you. Unfortunately we do not have the facilities to accommodate you in a ward where there are no other babies. We apologise for this. We will however do our best to move you to an area of the ward where there are other mums whose babies are on SCBU or into a side room wherever possible.

SCBU staff will provide you with more information about having a baby who is admitted to SCBU.

We understand that you will want to spend as much time as possible with your baby. If you have had surgery, or an anaesthetic (i.e. caesarean section, spinal or a high dose of epidural top up) it will be difficult to mobilise initially until the anaesthetic wears off. We will do our best to help you too mobilise into a wheelchair as soon as you are able to. After approximately 12 hours we anticipate that you should be able to mobilise without problems. Once you are mobilised you can go to see your baby in a wheelchair accompanied by a family member. Before this time a member of staff will need to accompany you, providing you are fit and well enough to mobilise into a wheel chair.

We recommend that you try to return to the ward at least for medication rounds and meal times. It is important that you receive the care that you need which includes any regularly prescribed medications and that you try to eat regular meals. Timings of drug rounds and meals can be found later in this booklet.

SCBU have their own visiting times which will be shared with you by one of the staff members working on the unit.

If you wish to express breast milk for your baby you can do this both here on the ward and on SCBU. We encourage you to start expressing as soon as possible. All staff can help you with this.

Who will you meet?

On the ward there are midwives, maternity assistants, student midwives, infant feeding workers, new born hearing screeners, a hostess, a ward clerk, a housekeeper, obstetric doctors, and neonatal doctors. All members of staff should introduce themselves to you, wear a name badge and clean their hands. Please ask us if you are not sure who we are.

As we are a teaching hospital student midwives are involved in your care under the supervision of midwives. If you would prefer not to have students involved in your care please inform your midwife.

The NHS has a zero tolerance to this and SASH is fully committed to support staff who work diligently and tirelessly every day to treat and care for people in our community. Our staff should be able to perform their duties and attend work without fear of confrontation, aggression, physical or verbal violence or other inappropriate behaviour or conduct towards them in the workplace. We understand that people we care for may be distressed, or have waited a while to be seen or are unsure about what's happening next, but **it's not okay** to be abusive and disrespectful.

Call bells

Every bed has a call bell system which should be used when you require any assistance. Please do not hesitate to use this. There are also call bells in every bathroom should you require assistance when using the bathroom.

Safety

We ask that the curtains around your bed remain open unless you are breastfeeding. This is to enhance safety for you and your baby. This also aids cleaning of the ward and ventilation.

Baby Safety

For your own and your baby's safety, **please use the cot** to move your baby around the ward and keep your baby with you at all times. Do not leave your baby on the bed at any time.

Babies must remain on the ward at all times unless they are attending the baby unit for medicine or have been discharged to go home.

Drug rounds

Drug rounds are routinely carried out at 06:00, 08:00, 12:00, 14:00, 18:00, 22:00. If you require pain relief outside of these times please ask a midwife.

If you take a regular medication not related to pregnancy please let us know as soon as possible so that we can obtain stock from pharmacy. It is really useful if you can bring these in from home.

Luggage

Due to the limited space around your bed we ask that you keep your luggage to a **maximum of two bags** and store them safely out of the way. There are lockers available by the bedside. The Trust cannot accept responsibility for any personal items and therefore we encourage you leave valuables at home.

Bounty

We currently have a Bounty representative visit the ward every day in the morning, usually 9am to 1pm. If you **do not** wish to be seen by the Bounty representative please inform your midwife asap.

Wifi

There is public Wifi available. **Username:** guest **Password:** iagree

Parking

Please ask a member of staff about concession tickets for parking. Please be aware these will need to be obtained and paid for by 6pm on weekdays and 5pm on weekends at the Cashier (East Entrance, until 16:30) or Main Reception (Main Entrance until 18:00).

A **seven day pass pack** is also available and is ideal for visitors who will be making several visits or spending extended hours at the hospital. The pack costs £20 and contains seven tickets (less than £3 a day). If you would like to purchase a seven day pass pack, please visit the cashiers or main reception.

Meals

Meals are served in the dining room on the ward. Breakfast is a self-service buffet at 8am; lunch is at 12pm and supper at 6pm. There are menu cards to complete at breakfast for the rest of the day, with spare meals available for those who arrive later in the day. We can also get you a snack box from the restaurant if they have missed a meal during your labour and delivery and are hungry. 'Out of hours' snack boxes are also available between 20:30 and 07:00. Please ask us if you need anything.

Catering for partners/significant others staying 24 hours

There is a vending machine for hot drinks based in the dining room on the ward. Drinks cost £1-2 and takes coins only.

There is also a number of restaurants and shop facilities, more information below.

Restaurants and Shops

There are a number of places where visitors can buy food and beverages at East Surrey Hospital, as well as make those last minute purchases from a well-stocked shop run by the Friends of East Surrey.

Three Arches Restaurant

First floor, orange zone, East Surrey Hospital

A warm welcome awaits all guests at the Three Arches Restaurant. Enjoy a full range of hot and cold meals, sandwiches, snacks, fresh fruit and beverages, which can be eaten in the restaurant or taken away. Vegetarian, vegan and Halal items are also available.

The Three Arches Restaurant and coffee shop is open seven days week.

Opening hours:

Breakfast 7.30am to 11am

Lunch 12 noon to 2.15pm

Dinner 5.30pm to 7.15pm



The Friends Coffee Shop



Ground floor, East Entrance, East Surrey Hospital

The Friends Coffee Shop is run by the Friends of East Surrey volunteers who give all visitors a warm welcome. A good range of hot

drinks, confectionery, sandwiches and cakes are available here seven days a week. You can also purchase newspapers and greeting cards from the Friends Coffee Shop.

Opening hours:

Monday to Friday: 10am – 6pm

Saturday and Sunday: 10am – 12pm and 2pm – 5pm

WHSmith with M&S Food to Go

Ground floor, Main Entrance, East Surrey Hospital

WHSmith is open seven days a week and offers a selection of essential items for your hospital stay or visit, including:

- Newspapers, magazines and books
- Cards
- Stamps
- Toiletries
- Groceries and snacks
- Confectionery
- Bottled drinks
- Gifts, toys and games



WHSmith provides a variety of pastries and hot drinks from their Coffee House brand. You can also choose from a range of sandwiches, snacks and healthy options from the M&S Food to Go range.

Opening hours:

Monday to Friday: 8am to 7pm

Saturday: 9am to 5pm

Sunday: 11am – 5pm

Boots pharmacy

Boots pharmacy can be found on the ground floor opposite Outpatients (near the Main Entrance).

Here you can enjoy a variety of sandwiches, together with drinks, crisps and fruit. Boots also have several medicines, toiletries, and items for babies.



Opening hours:

Monday to Saturday: 8am – 8.30pm

Sunday: 10am – 4pm



Vending machines

There are number of vending machines throughout the hospital offering a variety of drinks and snacks. They are accessible 24 hours a day.

Neonatal pulse oximetry screening

What is congenital heart disease and pulse oximetry?

Congenital heart disease (CHD) is the most common birth defect. Infants with CHD have abnormal structure to their heart which creates abnormal blood flow patterns. Approximately eight of every 1,000 infants born have a form of CHD.



Some forms of CHD cause no or very few problems in the health, growth, and development of the infant. However, critical CHD can bring a significant risk of morbidity and mortality if not diagnosed soon after birth.

Failing to detect critical CHD may lead to critical events such as cardiogenic shock or death. Survivors who present late are at greater risk for neurologic injury and subsequent developmental delay.

Pulse oximetry though a sensitive test is not 100% specific and therefore not all congenital heart disease will be picked up by pulse oximetry. This test is mainly aimed to detect critical cyanotic heart disease which will present soon after birth with low saturations.

Pulse oximetry, or “pulse ox,” is a simple, non-invasive and painless test that is used to measure the percent oxygen saturation of haemoglobin in the arterial blood and the pulse rate. Pulse ox is widely used and accepted in clinical care; it is often thought to be a basic vital sign.

Why is pulse ox used to screen for CHD?

Pulse ox can help to identify infants with critical CHD that may have low levels of oxygen in their blood. Pulse ox screening may help diagnose critical CHD before an infant becomes sick.

Who should be screened?

All babies born in this hospital should be screened.

When should screening be performed?

Pulse ox screening should be performed before being discharged home. In our hospital we do this at 6 hours of age.

Where should pulse ox screening be performed?

Pulse ox screening should be performed while the infant is in the hospital (delivery suite, postnatal ward, or neonatal unit) before baby goes home. The pulse ox test should be performed by measuring saturation on the right hand and one of the feet.

What happens if your baby fails the test?

Depending on the results the baby will be either:

- A. assessed immediately if the results are below 90%
- B. re-checked twice in hourly intervals if levels are between 90-94% and if the baby still fails the test a pediatrician will examine your baby and discuss further management with you.



Safe sleeping

Reduce the risk of sudden infant death syndrome (SIDS)

It's not known why some babies die suddenly and for no apparent reason from [sudden infant death syndrome \(SIDS\)](#), or cot death.

Experts do know placing a baby to sleep on their back reduces the risk and exposing a baby to cigarette smoke or allowing them to overheat increases the risk.

It's also known there's an association between sleeping with your baby on a bed, sofa or chair (co-sleeping) and SIDS.

SIDS is rare, so don't let worrying about it stop you enjoying your baby's first few months.

Follow the advice below to reduce the risks as much as possible.

How to reduce the risk of SIDS

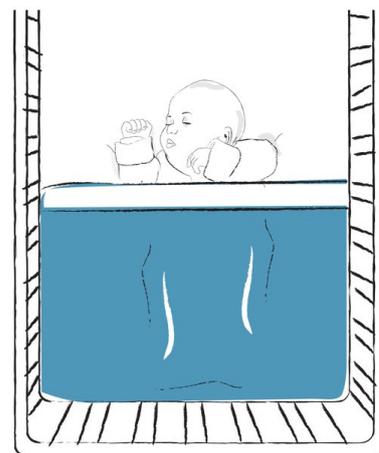
- Place your baby on their back to sleep, in a cot in the same room as you, for the first 6 months.
- Don't smoke during pregnancy or breastfeeding, and don't let anyone smoke in the same room as your baby.
- Don't share a bed with your baby if you have been drinking alcohol, if you take drugs, or you're a smoker.
- Never sleep with your baby on a sofa or armchair.
- Don't let your baby get too hot or cold.
- Keep your baby's head uncovered. Their blanket should be tucked in no higher than their shoulders.
- Place your baby in the "feet to foot" position, with their feet at the end of the cot or Moses basket.

Place your baby on their back to sleep

Place your baby on their back to sleep from the very beginning for both day and night sleeps. This will reduce the risk of cot death.

It's not as safe for babies to sleep on their side or tummy as on their back. Healthy babies placed on their backs aren't more likely to choke.

Once your baby's old enough to roll over, there's no need to worry if they turn onto their tummy or side while sleeping.



The risks of co-sleeping

The safest place for your baby to sleep for the first 6 months is in a cot in the same room as you.

It's especially important not to share a bed with your baby if you or your partner:

- are smokers (no matter where or when you smoke and even if you never smoke in bed)
- have recently drunk alcohol

- have taken medication or drugs that make you sleep more heavily

The risks of co-sleeping are also increased if your baby:

- was premature (born before 37 weeks), or
- had a low birth weight (less than 2.5kg or 5.5lb)

As well as a higher risk of SIDS, there's also a risk you might roll over in your sleep and suffocate your baby.

Or your baby could get caught between the wall and the bed or roll out of an adult bed and be injured.

Never sleep with a baby on a sofa or armchair

It's lovely to have your baby with you for a cuddle or a feed but sleeping with your baby on a sofa or armchair is linked to a higher risk of SIDS.

It's safest to put your baby back in their cot before you go to sleep.

Don't let anyone smoke in the same room as your baby

Babies exposed to cigarette smoke before and after birth are at an increased risk of SIDS. Don't let anyone smoke in the house, including visitors.

Ask anyone who needs to smoke to go outside. Don't take your baby into smoky places.

If you're a smoker, sharing a bed with your baby increases the risk of cot death.



Don't let your baby get too hot or too cold

Overheating can increase the risk of SIDS. Babies can overheat because of too much bedding or clothing, or because the room's too hot.

- When you check your baby, make sure they're not too hot. If your baby's sweating or their tummy feels hot to the touch, take off some of the bedding. Don't worry if their hands or feet feel cool – this is normal.
- It's easier to adjust for the temperature by using layers of lightweight blankets. Remember, a folded blanket counts as 2 blankets. Lightweight, well-fitting baby sleeping bags are a good choice, too.
- Babies don't need hot rooms. All-night heating is rarely necessary. Keep the room at a temperature that's comfortable for you at night – about 18C (65F) is ideal.
- If it's very warm, your baby may not need any bedclothes other than a sheet.
- Even in winter, most babies who are unwell or feverish don't need extra clothes.



- Babies should never sleep with a hot water bottle or electric blanket, next to a radiator, heater or fire, or in direct sunshine.
- Babies lose excess heat through their heads, so make sure their heads can't be covered by bedclothes while they're asleep.
- Remove hats and extra clothing as soon as you come indoors or enter a warm car, bus or train, even if it means waking your baby.

Don't let your baby's head become covered

Babies whose heads are covered with bedding are at an increased risk of SIDS.

To prevent your baby wriggling down under the covers, place them in the "feet to foot" position. This means their feet are at the end of the crib, cot or Moses basket.

How to put your baby in the 'feet to foot' position

- Tuck the covers in securely under your baby's arms so they can't slip over their head. Use 1 or more layers of lightweight blankets.
- Use a baby mattress that's firm, flat, well-fitting, clean and waterproof on the outside. Cover the mattress with a single sheet.
- Don't use duvets, quilts, baby nests, wedges, bedding rolls or pillows.

If your baby's unwell, seek medical help promptly

Babies often have minor illnesses that you don't need to worry about.

Give your baby plenty of fluids to drink and don't let them get too hot. If your baby sleeps a lot, wake them up regularly for a drink.

It can be difficult to judge whether an illness is more serious and needs urgent medical attention.

Source: <https://www.nhs.uk/conditions/pregnancy-and-baby/reducing-risk-cot-death/>

You can access more information about safe sleeping and reducing the risk of cot death from

The Lullaby Trust (<https://www.lullabytrust.org.uk/safer-sleep-advice/>).

Unicef also offer a useful publication about caring for your baby at night

<https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2018/08/Caring-for-your-baby-at-night-web.pdf>

Infant feeding

We have a dedicated infant feeding team based on the ward. The team are available to provide expert support and advice regarding feeding your baby regardless of your chosen method of feeding. There is an information board located in the main area of the ward and in the dining room with information on all methods of infant feeding. There are also information leaflets on both breast and bottle feeding available on the ward.

The team hold a **10 o'clock stop** in the dining room everyday which we would encourage you to attend whilst you are on the ward. The 10 o'clock stop is an informal chat with a member of the infant feeding team and other mums regarding what to expect in the first few days to weeks of caring for your baby.

How do I know feeding is going well?

The best way to tell if your baby is getting enough is by their nappies. Breastfed babies should have at least 2 bowel movements a day from 3-28 days old and these should be yellow from day 5.

Nappies		
The contents of your baby's nappy will change during the first week. These changes will help you know if feeding is going well. Please speak to your midwife if you have any concerns.		
Baby's age	Wet nappies	Dirty nappies
1-2 days	1-2 or more per day. Urates may be present	1 or more dark green/black 'tar like' poo, called meconium
3-4 days	3 or more per day, nappies feel heavier when wet	At least 2, changing in colour and consistency- brown/green/yellow, becoming looser ("changing stool")
5-6 days	5 or more, heavy wet	At least 2, yellow, may be quite watery
7-28 days	6 or more, heavy wet	At least 2, at least the size of a £2 coin, yellow and watery, seedy appearance

Burstow Babies

Burstow Babies is an infant feeding service provided by our Infant Feeding Lead/Tongue Tie Lead Midwives, these sessions will help support you with feeding issues you may be experiencing and have been designed to complement the care you receive from your community midwife.

This service is **available to all families** from the day of discharge home following the birth until your baby is 28 days of age. To access the service please email sash.burstowbabies@nhs.net with details of the difficulties you are experiencing, baby's age and contact details we will be able to arrange your care accordingly.

If you are beyond 28 days please email sash.burstowbabies@nhs.net we can discuss your issues and arrange the most appropriate support.



Noise

Women on the ward are often tired and need rest. Please:

- Keep phone calls to a minimum and voices lowered – please keep your phone to silent/vibrate whenever possible
- Use earphones if you want to watch something on your iPad or laptop, or listen to music, so you do not disturb others around you
- Keep noise levels of your visitors to a minimum, as other women may be sleeping

Bed linen

Bed linen is checked daily. If you require fresh linen please inform a member of staff who will be happy to help you.

Amenity rooms

We have four side-rooms available for use as amenity rooms on a first come, first served basis. One room has an en-suite bathroom and is £120/night; the others are £80/night. Please ask if you would like to be put on the waiting list for a room.

Before going home

Please ensure we have your correct home and GP addresses. Let us know if you are planning to stay somewhere other than your permanent address so that we can arrange postnatal visits with the appropriate midwifery team.

Please ensure that you have had all your questions answered by our team and that you have all your paperwork to take home.

Please complete the Your Care Matters survey – this is about your experience at East Surrey Hospital. The information helps us to monitor how we're doing and make improvements to our service.



Tell us about your experience

What you tell us makes a difference. If it matters to you it matters to us. Please complete the Your Care Matters feedback on the i-pad before you go home. Alternatively you can complete this online www.yourcarematters-6.co.uk, or via free phone 0800 069 8639.

Maternity triage

The maternity triage service is a midwifery-led service based at East Surrey Hospital. We run both an appointment-based and emergency care 24 hour service for postnatal women until 28 days post-delivery who require urgent advice or care.

Tel: 01737 231 764

Sasha the e-midwife

Sasha is an experienced senior midwife, available for women and their families to contact via email; Sasha@sash.nhs.uk

If you have a non-urgent question or concern about pregnancy, birth or the postnatal period then email your query to Sasha who will reply within three working days.

Don't take your troubles home

If you have any questions or concerns please do not take your troubles home. Do not hesitate to ask to speak to the ward manager or matron. Details of these can be found on the indicators board located as you enter the ward, opposite the main desk.

Community midwifery care

Following discharge from the hospital you will receive care from the community midwifery team. The routine pattern of visits following discharge is outlined below. These visits may be carried out in your home in a local clinic. You may see a midwife and or maternity support worker during these visits.

- First day following discharge from hospital
- Day 5- your baby will be weighed and the Newborn Blood Spot Screening undertaken
- Day 10- discharge to the Health Visitor and GP if there are no concerns regarding you and your baby



Life threatening conditions for mothers

Potentially serious health conditions in women which you need to be aware of.

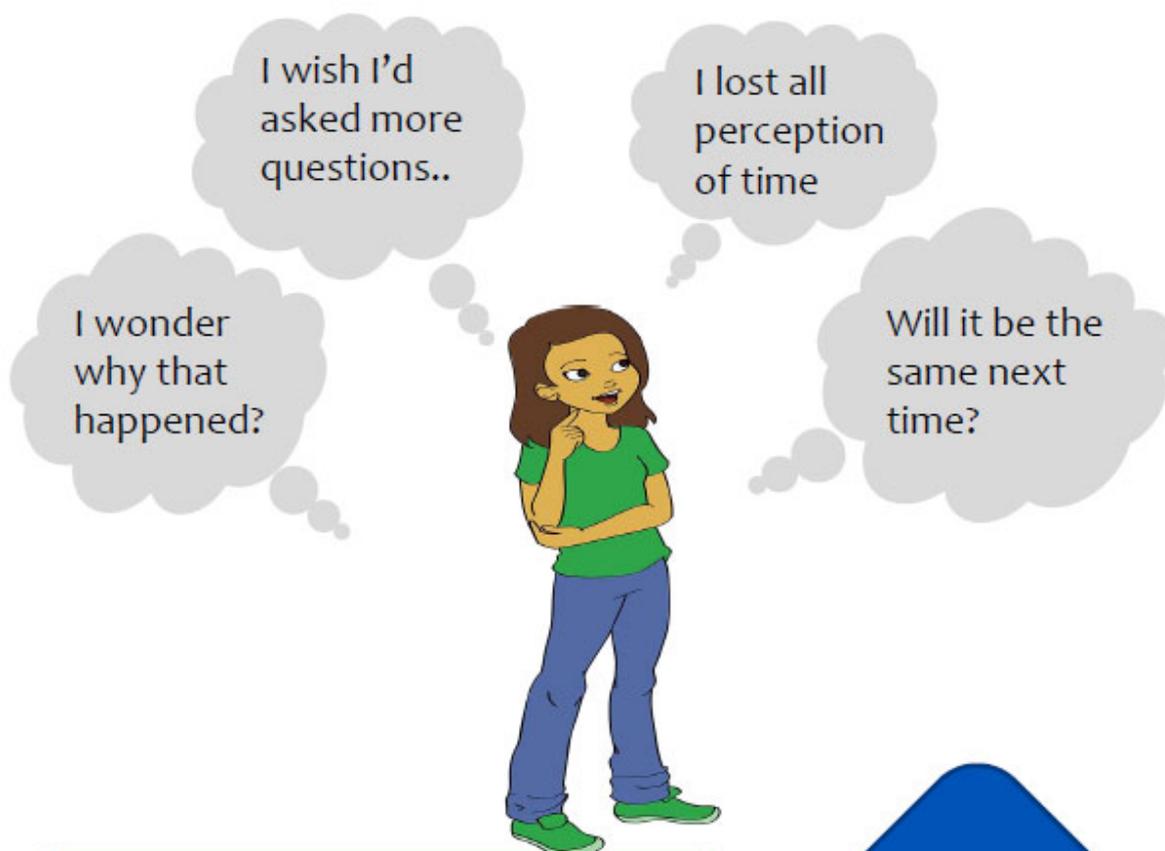
Symptoms to watch out for	What this could mean	What should happen
Sudden or very heavy blood loss and signs of shock, including faintness, dizziness, palpitations or tachycardia (when you become aware of your heart beating very fast)	Haemorrhage	You should get emergency medical attention
If there are no signs of haemorrhage but your abdomen feels sore and tender you should be checked for other possible causes	Haemorrhage or infection	You should get emergency medical attention
Fever (high temperature), shivering, abdominal pain or unpleasant vaginal discharge. Your temperature should be taken, and if it's above 38°C, it should be taken again in 4–6 hours. If your temperature is still high, or there are other signs of infection, you should be checked further	Infection	You should get emergency medical attention
Headache and 1 or more of the following in the first 72 hours after giving birth: <ul style="list-style-type: none"> • changes in your vision • nausea or vomiting You should have your blood pressure measured, and if it's higher than expected and you have other signs of pre-eclampsia or eclampsia, you should get emergency medical attention. If your blood pressure is higher than expected but there are no other obvious signs, it should be measured again within 4 hours. If your blood pressure is still high, you should have further tests	Pre-eclampsia or eclampsia	You should get emergency medical attention

Symptoms to watch out for	What this could mean	What should happen
Pain, swelling or redness in the calf muscle of 1 of your legs	Blood clot (deep vein thrombosis)	You should get emergency medical attention
Difficulty breathing, feeling short of breath or having chest pain	Blood clot (pulmonary embolism)	You should get emergency medical attention

Life threatening conditions for babies

Symptoms to watch out for	What should happen
<p>High pitched cry</p> <p>Much less responsive or floppy</p> <p>Pale all over</p> <p>Grunts with each breath</p> <p>Blood in stools</p> <p>High fever or sweating</p> <p>Stops breathing or goes blue</p> <p>Is unresponsive</p> <p>Cannot be woken</p> <p>Fitting</p>	<p>Call 999 for emergency medical attention.</p>
<p>Reluctant to feed</p> <p>Decrease in wet or dirty nappies</p> <p>Excessive vomiting</p> <p>Any other concerns (e.g. jaundice)</p>	<p>Seek urgent medical attention by calling maternity triage (open 24 hours a day, 7 days a week) on 01737 231764.</p>

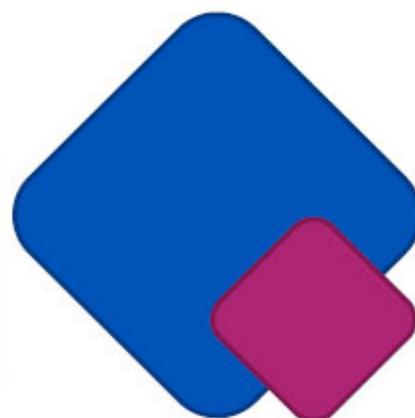
Birth Reflections



Come and meet with one of the team if you would like to gain more clarity on your birth experience. We can listen to your thoughts and review your records together.

Contact the Team at

sash.birth.reflection@nhs.net





Information for women and supporters staying overnight

We offer **open visiting** on Burstow Ward. Staying overnight on Burstow Ward in a supportive role is a decision for you and your partner or a significant other to make. It is not compulsory.

You will be sharing space with other supporters and mothers during an important life event.

Staff on the ward at night

Each bedside has a call bell to call for help when needed. The ward is often very busy and staff will prioritise the planned care they give to patients.



Facilities on the ward

Supporters are offered a chair at the bedside. Please do not share the hospital bed as they are not safe for two adults.

We operate a no co-sleeping policy within the maternity service. This means if you or mum feel sleepy, do not continue to hold your baby but return him or her to their cot. Exceptional tiredness and some medications can make co-sleeping particularly dangerous.

Please use the visitors' toilet only. This is located just outside the ward. Unfortunately there are no shower facilities available for use by visitors and supporters therefore you will need to return home to shower.

The ward does not have facilities to store food or drink, but there are many places throughout the hospital where you can purchase food or drinks. The Three Arches Restaurant is located on the first floor and services hot meals three times a day, as well as sandwiches and snacks. Other areas selling food and drinks are the League of Friends Coffee Shop at the East Entrance, and Boots and WH Smith near the Main Entrance. There are also several vending machines throughout the hospital.

Please try to eat before coming to the ward for the night. Avoid snacking on the wards after 'lights out' (around 10pm) as this could cause disturbance to others trying to sleep.

Respectful behaviour

We wish to preserve the dignity and safety of everyone on the ward, including the staff. We also aim to create a comfortable environment to enable sleep and rest for women and their babies.

How you can help us

- Supporters must remain in their day clothes at all times
- Please keep noise to a minimum by speaking softly
- Do not use mobile phones or other handheld devices that may cause a nuisance for others
- Please do not wander around the ward or pace alone as this will alarm some patients
- If you need to use the visitors' toilet, please go straight there and return to the bedside

Please be aware that we reserve the right to ask you to leave at any time if your presence is disruptive, violent or aggressive. We will not hesitate to call security staff where necessary.

Safety and security

Space is very limited. Please keep the area around the bed clutter free at all times so staff are able to provide care efficiently. Any items left on the floor around the bed could increase the risk of a trip or fall.



Please bring only essential items into the ward with you and store all items in the bedside locker.

Bed curtains should be left open to enable staff to observe and continuously monitor those in their care. Please only pull the curtains around for matters of personal privacy (for example, when breastfeeding).

Please make the staff aware if you have a medical condition or disability.

For security reasons, and in the event of a fire, the ward staff need to know who the supporter for each mother is on the ward at all times.

Please let the midwife know if you are planning to stay overnight. It is preferable to keep the same supporter overnight to minimise disruption.

Please let a member of staff know if you leave the ward during the night. The doorbell is noisy so keep exiting and entering the ward to a minimum.

In the event of a fire you will be directed by the co-ordinating midwife.

When would it not be suitable to stay overnight as a supporter?

Sometimes it is not always suitable to stay overnight. For example if you are overtired you might not be able to provide overnight support to your partner.

If you have a medical condition requiring medication and you have not brought it along, it might not be suitable for you to stay overnight. We are unable to supply medication for supporters. Please speak to a member of staff if you have a medical condition as they will be able to offer advice.



SASH Maternity on Facebook

- Photos of our facilities
- Advice and events for new and expecting parents
- Contact the maternity team
- Department news

To like our page, search for SASH Maternity on Facebook or scan the QR code with your smartphone



Contact us

Burstow Ward
East Surrey Hospital
Redhill Surrey RH1 5RH
Tel: 01737 231 653

www.surreyandsussex.nhs.uk

Patient Advice and Liaison Service (PALS)

Telephone: 01737 231 958

Email: pals@sash.nhs.uk

Write to: PALS, East Surrey Hospital
Redhill, Surrey RH1 5RH

You can also ask a member of staff to contact PALS on your behalf.

This information can be made available in other languages and formats, including in larger text.
Contact 01737 231 958 for help.