

Specialist Short Breaks at St Oswald's Children and Young Adults Service

Information for prospective families



We hope you find this booklet useful.

If you have any questions or concerns please don't
hesitate to get in touch.



The Care Team

All about us

St Oswald's Children and Young Adults Service provides specialist short breaks to children and young adults with progressive, life shortening conditions.

Based in Gosforth, Newcastle upon Tyne, our purpose built facility provides accommodation for up to six children and their families at any one time.

Our 'home from home' environment means that children are at the very heart of everything we do.

Our specialist Care Team aim to provide a warm and friendly atmosphere, committed to ensuring that the whole family receives the highest quality care.

Residential short break service at St Oswald's

All children, young adults and families like and need regular breaks and a chance to have some time out and fun. If your child has a health condition that is likely to lead to a shortened life expectancy you're no different.

This might mean a family having a break together and sometimes children and young adults choose to have a break on their own to 'chill out' and spend time with friends.

However, if your child has a progressive, life threatening health condition and is severely physically disabled too, a service with registered children's nurses is needed to provide the right sort of skill and expertise with social and emotional support too.

So, with this in mind, at St Oswald's we work as a team to meet the needs of each individual child.

As a 24/7 specialist service we are able to clinically assess children during their stay. This enables us to manage a range of symptoms including seizures, pain and vomiting.

During a stay we can monitor and review the progress of for example, new feeding regimes both enteral and parenteral and physiotherapy programmes. We are also able to look after children who have, for example, nasogastric or gastrostomy feeding, or who need breathing support or tracheostomy care.

What do children, young people and families say?

"I stay at St Oswald's for two nights each month, which I really look forward to. All of the children and teenagers benefit in different ways but I mainly love having time away from home and catching up with the other teenagers and staff. It's great to have a break from my Mum and Dad and three younger Sisters - I get some time to myself and I'm able to chill out."

"At first it was very strange leaving my daughter. I didn't know what to do with my time and I really missed her. Now though, I'm able to walk away, knowing that she is in very safe hands and having lots of fun. She loves her stays at St Oswald's. While she is staying on the Children's Unit, my husband and I can relax and spend time with our youngest Daughter."

What can children and young adults do during their stay?

Children and young adults can enjoy the many facilities in our purpose built unit. We have arts, crafts and games for all ages and abilities, cooking, DVDs, games consoles and PCs.

All of our computers are equipped with email and internet access. We also have an interactive sensory room and a music therapist. Social activities include trips out to the cinema, ten pin bowling, shopping and other places of interest.



Who can benefit from specialist short breaks at St Oswald's?

We provide specialist residential short breaks and palliative care for children and young people who have progressive health conditions that are likely to result in shortened life expectancy, or are currently experiencing a life threatening episode.

We're able to look after six children or young adults each night within the age range of birth up to 25 years.

Referrals for residential short breaks are not made directly to us. There are assessment and referral pathways that have been agreed with health care, social care and St Oswald's in Northumberland, Newcastle, Gateshead, North Tyneside, South Tyneside, Sunderland or Durham City, Chester-le-Street and Derwentside.

The referral criteria for the service are not solely based on the medical diagnosis of your child, they also take into account the holistic health and social care assessment of your child and family.



Who to contact in your area

If you would like to talk to someone about your child's needs and the types of services available (including St Oswald's) please contact:

Newcastle

Emma Willey, Senior Sister, Children's Community Nursing Service
Tel 0191 282 3450 OR

Lisa McWiggan, Team Manager, Children's Hospital Social Worker
Tel 0191 282 5334

Gateshead

Alison Ryder, Team Leader, Children's Community Nurses
Tel 0191 283 4662 OR

Emma Banks, Disabled Children's Team
Tel 0191 433 3574

Northumberland and North Tyneside

Graeme Mitchell-Curry, Clinical Lead Community Nursing
Tel 01670 564 069 OR

Northumberland

Doris Ross, Team Manager, Disabled Children Team
Tel 01670 516131

North Tyneside

Claire Kay, Manager Disabled Children
Tel 0191 643 4151

South Tyneside

Anne Fearon, Specialist Health Practitioner for Children and Young people with additional support needs.

Tel 0191 402 8059 OR

Maureen Lambert, Senior Practitioner
Tel 0191 424 4362

Sunderland

Children's Team Manager,
Services for Disabled Children
Tel 0191 561 3171 OR

Jill McDermott, Children's Community Nursing
Tel 0191 541 0030

Durham City, Chester-le-Street and Derwentside

Sheila Welch, Continuing Care Specialist Nurse
Tel 07768 360 822 OR

Linda Spence, Disability Team Manager
Tel 0300 0260 068

Who to contact at St Oswald's

If, after reading this booklet you have any queries or you'd like to find out more about our Children's Service please visit our website; **www.stoswaldsuk.org**.

Alternatively please contact Jocelyn Thompson, Children and Young Adults Services Manager on 0191 285 0063 ext 2013 or contact the Care Team on 0191 246 9060.

This leaflet can be made available in a range of formats on request.
Please ask a member of our team if you require a different format.
Thank you.

If you would like to know more about our work, please
visit www.stoswaldsuk.org

Find us on:



We are a registered charity and rely on voluntary donations and
legacies to enable us to care for patients and families.



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