North West Anglia
NHS Foundation Trust

The SCBU Family Support Team

"Sometimes" said Pooh, "the smallest things take up the most room in your heart."

A. A. Milne

Welcome from The SCBU Family Support Team

The birth of your baby is a joyous time and should be celebrated. We understand that having your baby admitted to the SCBU may be scary or stressful.

Parenting in the SCBU

It is normal to experience a range of feelings and emotions whilst your baby is here. You might feel shocked, sad, worried, angry, helpless, confused and out of control. Many parents have described their journey on SCBU as “an emotional roller-coaster”.

We understand that handling complex emotions and parenting in the SCBU can be very challenging and adapting might take time. Our aim is to help you navigate through your complex emotions so that you can provide optimal care for your baby.

Who are we?

We are a specialist team of a counsellor practitioner, and a clinical psychologist. We aim to support you during your baby’s stay in the SCBU at Hinchingbrooke Hospital.

How do we work?

Adapting to this new environment might take time. Our primary focus is to help you adjust and feel supported during your stay with us. We can chat with you at the cot side if you would prefer to stay with your baby. We also have a private room if you would prefer a quiet space to talk.

If we arrange to stay in touch once you go home we will arrange a call at a convenient time to suit you.

SCBU Family Support pathway		
When	**How**	**What we do**
First steps	Meet & greet sessions	You will meet one of us at the start of your admission. We will introduce ourselves and the support available.
Check-in	Wellbeing conversations	We will continue to 'check-in' with you to offer support. We use a tool called Neo-Wheel to understand your needs better.
Discharge	Transition to home conversations	We will talk about handling challenges during transition to home or another hospital.

How does our service help?

Everyone copes differently with their feelings about their baby being on the SCBU and it can be useful to have a space to talk about the impact this is having on you. Talking can help you to make sense of any difficult feelings you may be experiencing.

Our team can support you to process your feelings and find ways to cope.
We offer support to individuals, couples, and siblings. We will discuss your preferences with you and take account of your circumstances, to best meet your needs as a family and as individuals.

How can we make an appointment?

It is our endeavour to support all parents on the SCBU, but if you haven't yet met us and feel that an appointment with the SCBU Family Support Team could be helpful, you can ask any member of staff on SCBU to refer you.

How to contact us?

Sarah Lenton – Clinical Psychologist **Helen Taylor** – Counsellor

If you would like to self-refer, please email:
Email : nwangliaft.neonatalfamilysupport@nhs.net
Phone/Text – **07811721724 (Sarah) 07745734935 (Helen)**