



Carers at Mount Vernon Hospital

This information in the 'Helpful hints' series is intended as a guide for carers who are spending time with their relative or friend at Mount Vernon Hospital. It includes information about the services and facilities that are available to make your time at the hospital a little more comfortable. It also gives some practical advice about visiting the hospital.

What about parking my car?

You are welcome to use any of the hospital car parks. The main ones are accessed through gates 1 and 2 on Rickmansworth Road, while two smaller ones can be reached through gate 3 (off White Hill).

Please note that the hospital now has a Pay and Display system, and the price varies according to your expected length of stay. There is a reduced rate for cancer patients - please ask for details. We would encourage you to use the car parks, as cars parked on double yellow lines, in restricted areas or not in marked bays are liable to be clamped.

The Car Parking Office can be contacted on 01923 844406.

What about alternative transport?

The hospital is served by a number of buses, which provide regular transport to both Northwood and Rickmansworth. Alternatively, taxis can be ordered from Mealings (minicabs), based within the hospital grounds. They provide a 24 hour service and can be contacted on 01923 844791 or 01923 823880. Wheelchair-accessible cars are available. Northwood Station is part of London Underground and is about two miles from the hospital.

Where can I get something to eat and drink?

There are a couple of places in the hospital which you are most welcome to use to buy drinks, snacks and hot meals. These include.

- **Snack / Tea Bar**

in the Radiotherapy Waiting Room

Hot & cold drinks, sandwiches, cakes, crisps & confectionery.

Mon - Fri: 10am - 4pm

- **Oak Tree Restaurant**

by the main hospital entrance

Hot & cold meals, sandwiches, snacks, sweets & drinks. Eat in or take away.

7am - 7.45pm every day

Breakfast: 7am - 10.30am

Lunch: 11.30am - 2pm

Supper: 5pm - 7.45pm

A drink vending machine can be found in the Chemotherapy Suite outpatient waiting room.

Where can I go for some quiet space?

The hospital has a small Chapel near the main entrance, which may be used by anyone regardless of their religious or spiritual beliefs. If you wish to sit quietly out of doors, the back of the hospital has a veranda, which overlooks the terrace. In nice weather this offers a very pleasant setting. This can be found by Marie Curie Ward where there are double doors onto the veranda.

Can I do any shopping at the hospital?

There are a few shops in the middle of the hospital site in 'Vernon Village' (see over).

A good selection of high street shops, including banking facilities and a food supermarket, can be found in Northwood, which is about two miles away. A post office, bakery, hardware store and florist can also be found in Harefield village. Both these shopping areas can be easily accessed by car. Rickmansworth is about three miles away, with a good variety of shops.

Shop	Opening Hours	What can I buy?
Comforts Fund Shop	Monday - Friday 10.30am - 3.30pm	Basic toiletries & stationery. Cold drinks, crisps, confectionery. Also stocks greetings cards and a limited number of daily newspapers.
Bookshop	Monday - Friday 11am - 3pm	A wide selection of hardback / paperback books for sale. Also accept books in a clean condition. All proceeds go to the Hospital Comforts Fund.
Atelier Hair / Wigs & Beauty Salon 01923 826505 (ext 4782)	Monday - Friday 10am - Late Saturday 9am - 1pm	Hairdressing for men / women. Provides a service for patients on the wards. Also provides wigs and beautician services.
The Look In Charity Shop	Monday - Friday 11am - 3pm	Second hand clothes shop & bric-a-brac. Donations welcome.
Lynda Jackson Macmillan Centre (Next to the Chemo Suite)	Monday - Friday 9.30am - 1pm and 2pm - 4.30pm (closed bank holidays)	A selection of turbans & scarves for sale - useful for patients experiencing hair loss. Also a good selection of attractive greetings cards available.

What about making phone calls?

There are a number of public telephones for your use; please ask a member of staff to direct you to the nearest one. Unfortunately, mobile phones cannot be used inside the hospital buildings. They can however be used outside.

What about smoking?

There is a strict NO Smoking Policy throughout the hospital and grounds.

Can I stay overnight at the hospital?

In certain circumstances it may be possible for close relatives to stay overnight at the hospital, although unfortunately these facilities are rather limited. If you need further help in this matter, please speak to a member of the nursing staff who is involved in caring for the patient.

Is there any additional support for carers?

The Lynda Jackson Macmillan Centre (LJMC) is situated next door to the Cancer Treatment Centre.

Relaxation sessions generally take place on Mondays, Tuesdays and Thursdays, and carers are most welcome (providing there is space); you don't need an appointment.

The team of health professionals and volunteers will do their best to help you and answer any concerns you may have on any issue associated with cancer.

Please drop in to find out about all the services they offer. Alternatively you can call the LJMC on: 01923 844014. If you require a map of the hospital please ask.