



Great Ormond Street Hospital for Children NHS Foundation Trust: Information for Families

Around GOSH

We know that it can be hard to know what facilities are available in an unfamiliar area so we have put together this brief guide to the area around Great Ormond Street Hospital (GOSH). Please note that the details were correct at the time of production and that inclusion in this guide does not constitute endorsement by GOSH.

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See also: *What do to in between appointments*, *What's on for children at GOSH*, *What's on for young people at GOSH*, *GOSH essential information* and *Coping when your child is ill*. All available on our website or from the Pals Office.



Activities for children and young people

There are lots of places to visit and things to do in the local area. Please see our *What's on for children* and *What's on for young people* at GOSH booklets, available from your play specialist or the Pals office, for up to date details.

Please also see our *What to do in between appointments* booklet, also available from Pals.

Advocacy and advice at GOSH

The Pals Office is in the main reception area opposite the shop. Pals are available Monday to Friday 10am to 4pm. The Pals staff are able to help you with any concerns that you might have about your child's care or other difficulties you have whilst staying at the hospital. Pals can also help you with benefit and financial issues and other problems not immediately related to your child's health care. Pals are also happy to sit and listen if you feel the need to talk to someone in more general terms about what you and your child are currently going through. Pals operate an 'open door' policy so feel free to drop in, Pals are also happy to visit you on the ward if you do not feel able to leave your child. Ring them on ext. 7862, email them at pals@gosh.nhs.uk or visit their web page at www.gosh.nhs.uk/pals

We also produce an information sheet called *Coping when your child is ill*, containing details of departments within the hospital and organisations outside that can help, support and advise you. Please ask the Pals office for a copy.

Banks

There are various bank branches near GOSH including:

Barclays – Southampton Row

NatWest – Southampton Row

Santander – High Holborn

Lloyds – High Holborn

There is also a cashpoint in our main entrance and also at the People's Supermarket on Lamb's Conduit Street.

Barbers

Gino's Gents

43 Marchmont Street
020 7813 3056

Boswell Street Barbers

20 Boswell Street
020 7405 0563

Teds Grooming Room

31 Theobald's Road
020 7831 6463

In addition, most hairdressing salons in the area do gents' barbering as well as women's. Please see the *Hairdressing* section for more details.

Bookshops

Book Warehouse (remaindered books)

120 Southampton Row

SKOOB (second hand books)

Brunswick Centre (behind Waitrose)

Waterstone's (new books)

263 High Holborn

Cake shop

Bea's of Bloomsbury

44 Theobalds Road

Car repairs

Clerkenwell Motors

Warner Street (close to Mount Pleasant Post Office)

Cash points

There is a cash point in the main entrance to the hospital, which accepts most types of bankcards and does not charge a fee. There is also a cashpoint at the People's Supermarket on Lamb's Conduit Street. Please see Banks for locations of other cashpoints in the area.

Chemists

Please see under *Pharmacies*

Children's clothes

Baby Gap

Brunswick Centre



Chiropodist

The Foot Pad

56 Theobald's Road
020 7404 6942

Cinema

We have a film show at GOSH on the first Monday of the month showing the latest films. The early showing is for children and the later one for young people and adults. Details of which films are showing are displayed around the hospital.

Renoir Cinema (world cinema and foreign language films)

Brunswick Centre
020 7837 8402

Soho Curzon (general release films)

93 – 107 Shaftesbury Avenue
020 7734 2255

Vue Cinema (general release films)

Leicester Square
08712 240 240

Coffee Shops

Coffee Bar within the Lagoon Restaurant at GOSH

The Espresso Room

31-36 Great Ormond Street

Starbucks

Brunswick Centre and Southampton Row

Costa Coffee

Southampton Row

Café Nero

Southampton Row

Tutti

Lambs Conduit Street

Organic Coffee Shop

Lambs Conduit Street

Convenience stores

Tesco Express Holborn

Southampton Row

Open Monday to Saturday 7am to 11pm

Tesco Express Russell Square

Bernard Street

Open 24 hours a day seven days a week

Sainsbury's Kingsway

Open seven days a week 7am to 11pm

Sainsbury's High Holborn

Open seven days a week 7am to 11pm

Sainsbury's Local

Southampton Row

Open seven days a week 7am to 11pm

Waitrose

Brunswick Shopping Centre

Open Monday to Saturday from 8.30am to 9pm and Sunday from 12pm to 6pm

Little Waitrose

High Holborn

Open seven days 7am to 10pm

The People's Supermarket

72-78 Lamb's Conduit Street

Open Monday to Saturday from 8am to 9pm and Sunday from 10am to 6pm

Dentist

Levenstein DL

41 Lamb's Conduit Street

020 7405 4030

8am to 6pm Monday to Friday

Travers Dental Surgery

(NHS and private)

96 Marchmont Street

020 7388 4124

9am to 5.30pm Monday to Friday

Raval Dental Surgery

86 Cromer Street

020 7837 3478

10am to 5.30pm Monday to Friday

Guy's Hospital (emergency only – no

appointments available, just turn up & wait)

St Thomas' Street, London SE1

020 7188 0066

8.30am to 10.30am Monday to Friday

At weekends, ask for extension 5603

Digital photo printers

Boots the Chemist

40 Brunswick Centre

129-33 Kingsway

The Flash Centre

Brunswick Centre



Dry cleaners

Capri Drycleaners

148 Southampton Row

Laundavista

23 Boswell Street

Matthew Daniel Dry Cleaners

13 Theobalds Road

Bloomsbury Cleaners and Shoe Repairs

63 Marchmont Street

Denver Dry Cleaners

80 Lambs Conduit Street

Eating out

There are many different restaurants, cafés and takeaways in the local area. Areas to explore include Lambs Conduit Street, Southampton Row, Brunswick Centre and Marchmont Street.

Emergency treatment

As GOSH is a children's hospital, we cannot offer emergency treatment to adults. The nearest facilities to GOSH are as follows:

Minor Injuries Unit

St Bartholomew's Hospital

West Smithfield, London EC1

8am to 8pm Monday to Friday

020 7377 7000

Accident and Emergency (A+E) Unit

University College London Hospital

Euston Road, London WC1

24 hours a day, seven days a week

0845 158 5000

NHS Direct (for telephone advice)

0845 4647

24 hours a day, seven days a week

Family doctor (GP) services

Holborn Medical Centre

64 Lambs Conduit Street

020 3077 0044

Family planning and well-women clinics

Holborn Medical Centre

64 Lambs Conduit Street

08444 771 770

Margaret Pyke Centre

73 Charlotte Street, London WC1

020 3317 3737

Life Pregnancy Care Service

5 Goodwin's Court, London WC2

020 7240 1275

Brook Advisory Centre

94 Chalton Street, London NW1

020 7387 8700

Family Planning Association

50 Featherstone Street, London EC1

020 7608 5240

Film developers

Clockwork Pharmacy

150 Southampton Row

Florist

Dawson Flowers

43 Lambs Conduit Street

020 7404 6893

House of Flowers

Brunswick Centre

020 7278 4233

People's Supermarket

Lambs Conduit Street

Foreign currency exchange

156a Southampton Row

See also under *Post office*

Hairdressers

Frankie Cochrane

42 Lamb's Conduit Street

020 7405 7797

Amadeus Hair and Body

56 Theobalds Road

020 7405 1055

Power Cuts

Victoria Colonnade, Southampton Row

07979 683 117

Sanrizz

Brunswick Centre

020 7833 1300



Health clubs

The entry restrictions for all the health clubs below depend on your current level of membership. We have negotiated access for parents without current membership with some local health clubs. Please check with the Family Accommodation department or Pals Office for details.

PureGYM

84 Theobalds Road
020 7841 1130

Fitness First Bloomsbury

Coram Street
020 7833 1877

Nuffield Health Club

Mecklenburgh Place
020 7813 0555

Bannatyne's Russell Square Premier

32 Woburn Place

Oasis Sports Centre

32 Endell Street
020 7831 1804

Health and wholefood shops

Alara

58-60 Marchmont Street

Holland and Barrett

Brunswick Centre

Hotels

There are many hotels in the surrounding area, offering different facilities at varying prices. Please ask at the Pals Office for an up to date list of hotels and hotel prices or visit the website www.visitlondon.com

Internet access and international telephone calls

Ask a member of staff about our Wi-Fi network at GOSH – free to join for any inpatient.

Global Talk

68 Marchmont Street

Internet Email Kiosk

President Hotel, 60 Guilford Street

Internet Café

25 Boswell Street

Metro Express

17 Southampton Row

Launderette

GOSH Wash within the hospital

Laundavista

23 Boswell Street

Library

Holborn Library

32-38 Theobalds Road
10am to 7pm Monday to Friday
10am to 5pm Saturday

Lost and found

Please hand in any items to the main reception desk.

Newsagents

Hospital shop

7am to 5pm Monday to Friday

Boswell News

21 Boswell Street

The Paper Shop

82 Southampton Row

People's Supermarket

Lambs Conduit Street



Off licences

Montana Wines

Great Ormond Street

Bin Ends

56 Lambs Conduit Street

Opticians

Shullers

44 Lambs Conduit Street
020 7404 2002

Drury Porter Eyecare

44 Brunswick Centre
020 7837 3276

Specsavers

31 Brunswick Centre

Pharmacies

Boutalls Chemist

60 Lambs Conduit Street

Clockwork Pharmacy

150 Southampton Row

Boots the Chemist

40 Brunswick Centre
129-33 Kingsway

Holborn Pharmacy

88 Southampton Row

Superdrug

33-35 Brunswick Centre
232 High Holborn

Police station

Holborn Police Station

Lambs Conduit Street

Post Office

33 Marchmont Street

9 Russell Square

Stamps can be bought from the Newspaper Shop on Boswell Street and Rymans on Lambs Conduit Street.

Religious support and services

The multi-faith chaplaincy team offers spiritual, religious and pastoral care to staff, families, and children of all faiths or none. They provide a 24-hour on-call service every day of the year. If you would like to see a chaplain, please ask ward staff or ask at the Pals Office. The chaplains are a visible presence in the hospital, visiting wards and departments each day. Please see our *Chaplaincy and Spiritual Care at GOSH* leaflet and the Chaplaincy noticeboard for further details.

Shoe repair

Bloomsbury Cleaners and Shoe Repair

63 Marchmont Street

Michael's Shoe Care

16 Proctor Street

Timpson Shoe Repairs

80-82 Kingsway

Capri

148 Southampton Row

Stationers and printers

Paper Shop

82 Southampton Row

Rymans

70 Lambs Conduit Street
86 Southampton Row

Supermarkets

Tesco Express Holborn

100 Southampton Row
Open Monday to Saturday 7am to 11pm

Tesco Express Russell Square

40 Bernard Street
Open 24 hours a day seven days a week

Sainsbury's Kingsway

Open seven days a week 7am to 11pm

Sainsbury's High Holborn

Open seven days a week 7am to 11pm

Sainsbury's Local

Southampton Row

Open seven days a week 7am to 11pm



Waitrose

Brunswick Shopping Centre
Open Monday to Saturday from 8.30am to 9pm and Sunday from 12pm to 6pm

Little Waitrose

High Holborn
Open seven days 7am to 10pm

The People's Supermarket

72-78 Lamb's Conduit Street
Open Monday to Saturday from 8am to 9pm and Sunday from 10am to 6pm

Swimming

Oasis Sports Centre

Endell Street, London WC2
020 7831 1804

Vegetarian meals

The following suggestions offer all or mainly vegetarian menus. Other restaurants and cafés will usually have a variety of vegetarian options on their main menu.

Tuttis

70 Lambs Conduit Street
020 7404 9254

The Vegetarian Paradise

59 Marchmont Street
020 7278 6881

Mary Ward Centre Café

42 Queen Square
9.30am to 9pm Monday to Thursday
9.30am to 8.30pm Friday
9.30am to 4pm Saturday

Alara

58-60 Marchmont Street
Open Monday to Friday from 9am to 8pm,
Saturday from 10am to 6pm and Sunday 11am to 6pm

Watch repair

Timpsons

80-82 Kingsway

If you have any suggestions for facilities to be added to this guide, please tell the Pals Office

Compiled by the Pals Office in collaboration with the Child and Family Information Group
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www.gosh.nhs.uk