

What's on for children around GOSH



Information for families



What's on for children around GOSH?

Introduction

Being in hospital needn't be boring.

If you and your child are able to get away from the ward, there are lots of things to do at GOSH and in the local area too.

Remember, we can't include everything, so if you want to find out about something else, call the London Tourist Information Centre on 020 7332 456.

If you do find something fun to do that we've missed out, please drop into the Pals office and let them know about it so we can include it in future editions.

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Things to do in the hospital

The Centre

The Centre for is for patients of all ages, their brothers and sisters, and their parents. It is next door to the main schoolroom at GOSH (Southwood Building, Level 2). There's a bright play space for under fives and babies, a games, art and craft area; a sensory room for children with special needs; and an amazing 'den' equipped with games consoles and a wide range of games for all ages.

The Centre is open on weekday mornings from 10am to 1.10pm and afternoons from 2.10pm to 4.30pm (4pm on Wednesdays).

School

The hospital school caters for children aged between five and 19 years with priority for ward teaching given to recurrent or long-stay inpatients. You are encouraged to come to the school to work with others of your own age as part of a group. If this is not possible, a teacher will visit you on the ward. If you are likely to be in hospital for more than a few days, it would be very helpful if you could bring details of any schoolwork with you.

Play specialists

Children on each ward have access to a well-equipped play room as well as activities by their beds, provided by a Play Specialist or Play Worker.

Scouts

You don't have to be a scout at home to come along to 17th Holborn Scouts. We offer an evening away from the ward for both patients and other young family members aged over six. Each week we have a range of fun activities on a different theme, and give you the opportunity to make friends with other children from the hospital. See the Scouts' website at www.17thholborn.org.uk for more details.

Radio Lollipop

Radio Lollipop, our play based interactive radio service, is available on Monday and Wednesday evenings between 6.15pm and 8.15pm on channel 9 on ward televisions. During non-broadcast times, a 24/7-radio service is available. The service is provided by volunteers who also visit the wards during the broadcasts providing creative activities for patients and families. You can call the studio on extension 6784 to make music requests and take part in a variety of competitions.

Film shows

The first Monday of every month is film show night, when we show films before they come out on DVD. The film show is held either in the Lagoon restaurant at the back, or in Weston House Lecture Theatre, with the first film starting at 6.15pm. The second film is aimed at parents but if you're aged over 15 you can stay too. Details of which films are showing each month are posted around the hospital.

Go Create!

The GO Create! Arts & Humanities programme at GOSH is integral to the redevelopment programme, enhancing the hospital environment in a number of ways. The programme aims to reflect the diversity of patients, visitors and staff at the hospital and includes activities ranging from visual art to music to dance, appealing to a wide range of cultural backgrounds and age groups.

Outside GOSH

Coram's Fields

Coram's Fields is a unique seven acre playground and park for children living in or visiting London.

It is open access, provides a calm, safe and stimulating environment where children can play freely and enjoy a varied programme of activities.

No adult can enter Coram's Fields without a child and our friendly on-site staff ensure that everyone can enjoy their visit. The playground holds a full range of after school and holiday activities as well as a drop-in and events for the under-5s.



Coram's Fields is open every day except Christmas Day and Boxing Day from 9am to 7pm during the summer and from 9am to dusk in the winter.



Free entry but donations to the charitable foundation always appreciated



Guildford Street, London WC1N 1DN



www.coramsfields.org

Covent Garden

Famous for its shops, street performers, eating places and theatres, Covent Garden is an Italian-style piazza formerly the site of a fruit and vegetable market. During the day, the open square has a variety of street performers, including jugglers, musicians and mime artists.



Covent Garden is open every day



Free entry



Covent Garden Piazza,
London WC2E 7BB



www.coventgardenlondonuk.com



Green spaces

Although GOSH is in central London, there are still plenty of green spaces near the hospital. For further details, Camden Council produces a guide to parks and open spaces within the borough, available at www.camden.gov.uk/ccm/navigation/leisure/outdoor-camden/parks-and-open-spaces. Some of the green spaces nearest GOSH are:

Alf Barrett Playground

A small playground with play equipment for younger children, including those with disabilities.

Bloomsbury Square Gardens

A typical London square surrounded by roads and buildings on all four sides, this has quiet seated areas with planted borders.

Brunswick Square Gardens

Next door to Corams Fields, this is a quiet green space with benches and trees.

Judd Street Open Space

On the way to Kings Cross station, this area contains children's swings and seated areas.

Queen Square Garden

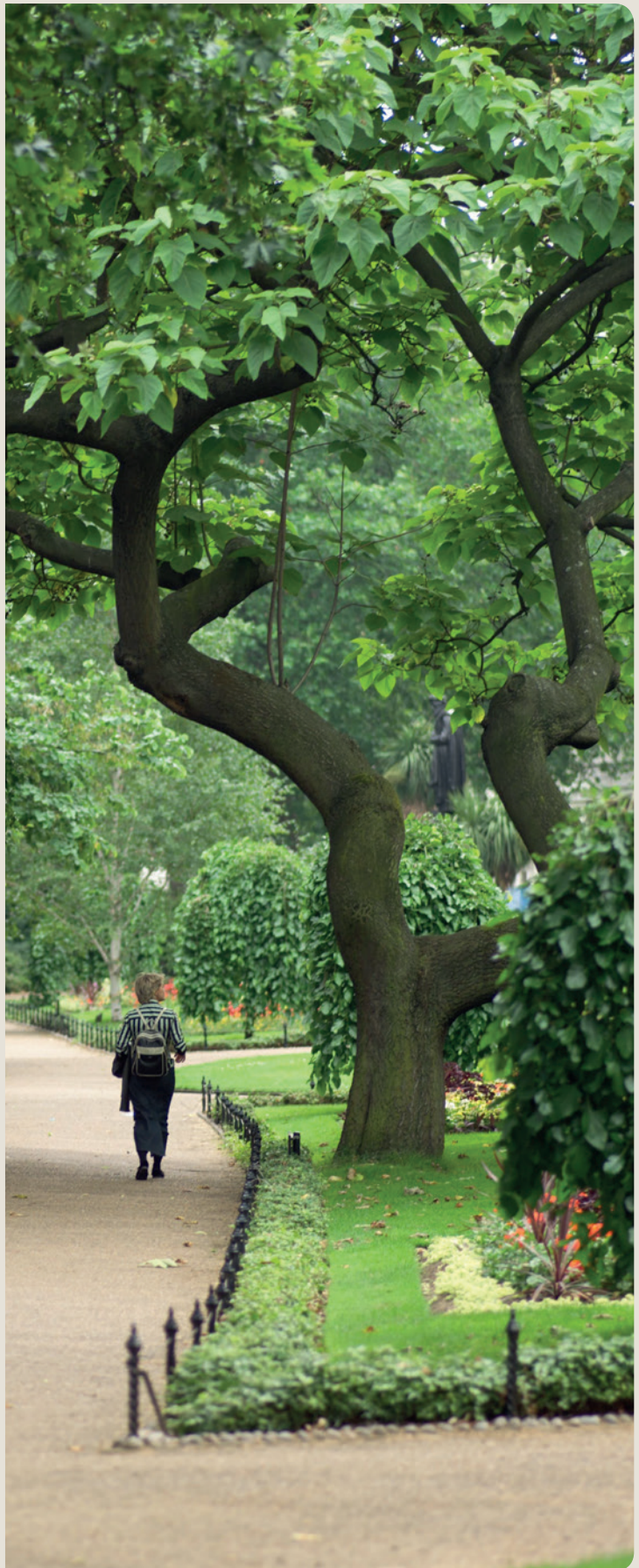
A peaceful square at the end of Great Ormond Street, this has planted borders and mature trees, with small open spaces for picnics.

Red Lion Square Garden

A quiet open space near Holborn station, this has a small café serving drinks and snacks.

Russell Square Gardens

Between GOSH and the British Museum, this London square has a fountain at its centre and large open spaces, as well as a café.



British Museum

The British Museum holds in trust for the nation and the world a collection of art and antiquities from ancient and living cultures. Housed in one of Britain's architectural landmarks, the collection is one of the finest in existence, spanning two million years of human history.



The British Museum is open every day from 10am to 5.30pm – closed on New Year's Day, Good Friday, Christmas Eve, Christmas Day and Boxing Day



Free entry



Great Russell Street, London WC1B 3DG



www.britishmuseum.org



London Transport Museum

The London Transport Museum tells the story of the development of London, its transport systems and the people who travelled or worked on them over the past 200 years. The museum also looks at future transport developments and how transport has shaped other world cities.



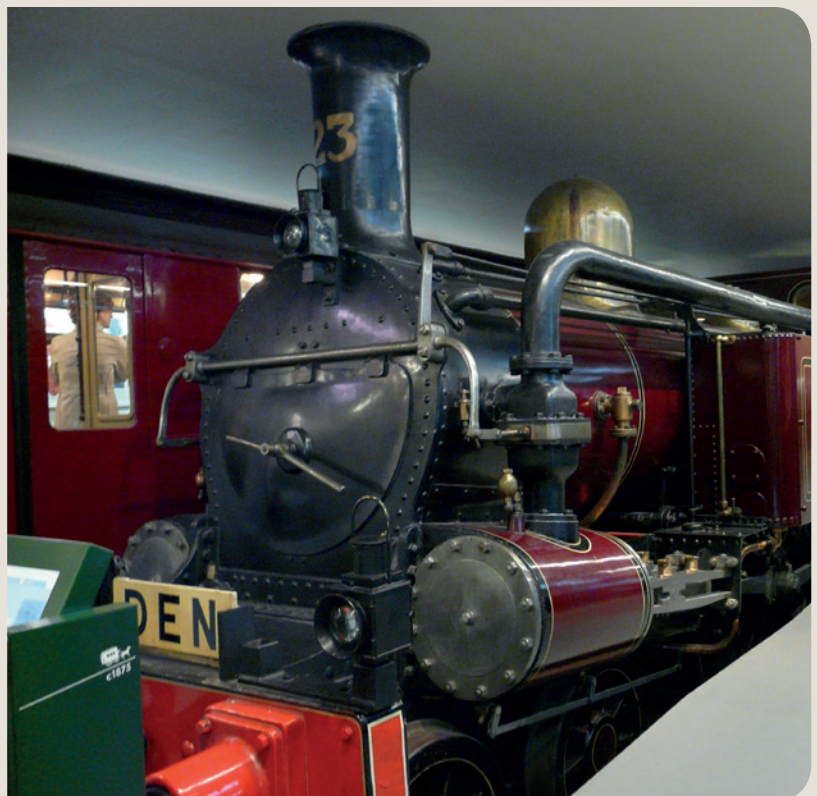
The London Transport Museum is open Monday to Thursday, Saturday and Sunday from 10am to 6pm and on Friday from 11am to 6pm – closed on New Year's Day, Good Friday, Christmas Eve, Christmas Day and Boxing Day



Entry charges apply to all ages – keep your ticket as it is valid for free return visits within the year
Covent Garden Piazza, London WC2E 7BB



www.ltmuseum.co.uk



Somerset House

The Courtyard at the heart of Somerset House is well worth a visit. During the winter months, this is where the ice skating rink is located. In the summer, it becomes the Fountain Court with jets of water in time to music with coloured lights after dark.



The Courtyard at Somerset House is open every day from 7.30am to 11pm – for details about ice rink and fountain operating dates and times, please visit their website



Free entry to Courtyard – entrance fee applies for Embankment Galleries and Courtauld Gallery



Strand, London WC2R 1LA



www.somersetthouse.org



Changing Guard at Buckingham Palace

If you live outside London, or even if you don't, a visit to see the Changing of the Guard ceremony is well worth a visit. You can watch from outside Buckingham Palace, Horse Guards Parade or even the balcony of the Wellington Arch.



The ceremony is held every day at Horse Guard's Parade, starting at 11.15am. If you're viewing the guards from Wellington Arch, they usually pass underneath at 11am. Changing the Guard at Buckingham palace happens every day during the summer and every other day for the rest of the year.



No charge to watch from Horse Guard's Parade but the Wellington Arch is an English Heritage property so charges apply.



Wellington Arch – Apsley Way, Hyde Park Corner, London W1J 7JZ



www.royal.gov.uk/RoyalEventsandCeremonies/ChangingtheGuard/Overview.aspx



Tower of London

Started by William the Conqueror in the early 1080s, the Tower of London has played a part in the most significant moments of English history. The Tower is also the home of the Beefeaters – or Yeoman Warders – the ravens and the Crown Jewels. Over the years, it has served as a fortress, a palace and a prison. Tickets include access to the Tower, plus Yeoman Warder guided tour and talk, live historical re-enactments, White Tower tour, children's activity trails and entry to the Fit for a King and Prisoners of the Tower exhibitions.



From November to February, the Tower of London is open Tuesday to Saturday from 9am to 4.30pm and on Sunday and Monday from 10am to 4.30pm. Last admission is at 4pm. From March to October, the Tower of London is open Tuesday to Saturday from 9am to 5.30pm and Sunday and Monday from 10am to 5.30pm. Last admission is at 5pm.



Admission charges apply – visit their website for details



Tower Hill, London EC3N 4AB



www.hrp.org.uk/TowerOfLondon

HMS Belfast

HMS Belfast is a 'light cruiser' vessel that was involved in the Second World War and saved from destruction in 1971. Most of the ship is open to explore and learn what life as a sailor was like. Audio guides are included in the admission charge and are available in several languages. A children's audio guide is also available. HMS Belfast is now part of the Imperial War Museum.



HMS Belfast is open every day except Christmas Eve, Christmas Day and Boxing Day. It is open from 10am to 6pm everyday.



Admission charges apply to adults but children aged under 16 can enter free.



Morgan's Lane, Tooley Street, London SE1 2JH



www.hmsbelfast.iwm.org.uk

Imperial War Museum

The Imperial War Museum is dedicated to honouring those who have been involved in conflicts throughout history. As well as large exhibits, such as tanks, airplanes and guns, there are galleries exploring World War I and II, the Holocaust and espionage.



The Imperial War Museum is open every day except Christmas Eve, Christmas Day and Boxing Day from 10am to 6pm.



Admission to the museum is free but there may be a charge for special temporary exhibitions



Lambeth Road, London SE1 6HZ



www.iwm.org.uk



Museum of London

The Museum of London explores the history of London from prehistoric time to the present day. As well as galleries showing exhibits from all historical eras, there are reconstructed shops, the Lord Mayor's Coach and interactive exhibits about the Great Fire of London.



The Museum of London is open every day from 10am to 6pm



Admission to the museum is free but there may be a charge for special temporary exhibitions



London Wall, London EC2Y 5HN



www.museumoflondon.org.uk



London Aquarium

The aquarium contains over 500 species in 14 themed galleries. Visit at feeding time to learn more about the life in our seas.



The London Aquarium is open every day, from Monday to Friday from 10am to 7pm, Saturday and Sunday from 9am to 7pm. Last admission is at 6pm.



Admission prices vary depending on whether you buy online or at the ticket office – visit their website for charges.

You can also buy combination tickets for both the aquarium and the London Eye.



County Hall, Westminster Bridge Road, London SE1 7PB



www.visitsealife.com/london



London Eye

Now part of the London skyline, the London Eye gives a unique way to see the city. On a clear day, you can see up to 25 miles away. The wheel takes about 30 minutes to do a complete revolution but never stops as it moves slowly enough for people to get on and off safely.



The London Eye is open every day from 10am – closing time varies depending on the time of year but is usually around 9pm.



Admission prices vary depending on whether you buy online or at the ticket office – visit their website for charges. You can also buy combination tickets for both the aquarium and the London Eye.



Westminster Bridge Road, London SE1 7PB



www.londoneye.com



Charles Dickens Museum

This museum, very close to GOSH, holds the world's most important collection of material relating to Charles Dickens. It is based in the house where Dickens wrote some of his best-loved novels including *Oliver Twist*.



The museum is open everyday from 10am to 5pm. Last admission at 4pm.



Admission charges apply – visit their website for details



48 Doughty Street, London WC1N 2LX



www.dickensmuseum.com



Sir John Soane's Museum

Quite unlike any other, the Sir John Soane's Museum houses the collection of his antiquities, furniture, models and paintings, as they were left at his death in 1837.



The museum is open from Tuesday to Saturday from 10am to 5pm



Free admission



13 Lincoln's Inn Fields, London WC2A 3BP



www.soane.org



Foundling Museum

The Foundling Museum holds the collection from the Foundling Hospital, a home for abandoned children. It also keeps an impressive collection of artefacts relating to the composer Handel. It holds occasional workshops for children and young people – details available on their website.



The Foundling Museum is closed on Mondays but open from Tuesday to Saturday from 10am to 5pm and on Sunday from 11am to 5pm.



Entry charge for adults with free entry for children and young people aged under 18.



40 Brunswick Square, London WC1N 1AZ



www.foundlingmuseum.org.uk



London Zoo

Home to many familiar, and not so familiar, animals, London Zoo is a great place to spend a few hours learning about the natural world and how to conserve it. New exhibits include the Children's Zoo (Animal Adventure), Gorilla Kingdom and Penguin Beach.



London Zoo is open every day except Christmas Day. It opens at 10am and closing time varies between 4pm and 6pm depending on the time of year.



Ticket prices vary depending on the time of year that you are visiting. Charges are highest in 'peak season' during summer months. Tickets tend to be cheaper when booked online and avoid queues at the entrance.



Outer Circle, Regent's Park, London NW1 4RY



www.zsl.org/zsl-london-zoo



Natural History Museum

This is the place to go if you want to find out more about our natural world. As well as dinosaurs, the Natural History Museum is home to an enormous blue whale, precious gems and other high-tech exhibits.



The Natural History Museum is open every day except Christmas Eve, Christmas Day and Boxing Day from 10am to 5.50pm.



Admission to the museum is free but there may be a charge for special temporary exhibitions.



Cromwell Road, London SW7 5BD



www.nhm.ac.uk



Science Museum

If you're interested in science, medicine or engineering, visit the Science Museum for plenty of interactive exhibits and hands-on experiences. Details of daily science shows and trails are available on their website.



The Science Museum is open every day except Christmas Eve, Christmas Day and Boxing Day from 10am to 6pm.



Admission to the museum is free but there may be a charge for special temporary exhibitions.



South Kensington, London, SW7 2DD



www.sciencemuseum.org.uk



Useful telephone numbers and websites

General information about London is available from Visit London's website at www.visitlondon.com/welcome.

The main tourist information centre for London is on Regent Street at Piccadilly Circus. It is open on Monday from 9.30am to 6.30pm, Tuesday to Friday from 9am to 6.30pm and Saturday to Sunday from 10am to 4pm. You can also telephone them on 08701 566 366.

Closer to the hospital and another source of valuable information is the Holborn Visitor Information Kiosk on Kingsway, outside Holborn tube station. The kiosk is open Monday to Friday between 8am and 6pm. It is closed at weekends. You can also talk to the Holborn Street Rangers who patrol the local area in distinctive orange jackets.

The Transport for London website contains a great deal of information about getting from A to B using their Journey Planner at journeyplanner.tfl.gov.uk. They also provide suggestions for leisure activities, such as walks at www.tfl.gov.uk/gettingaround/walking or boat trips up and down the Thames at www.tfl.gov.uk/assets/downloads/river-guide.pdf.

Notes



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