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 Lambs 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 Expresso 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

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

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

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.

Tutti’s
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

Compiled by the Pals Office in collaboration with the Child and Family Information Group
Great Ormond Street Hospital for Children NHS Foundation Trust, Great Ormond Street, London WC1N 3JH
www.gosh.nhs.uk

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