

What to do in between appointments



Many visits to GOSH involve waiting between appointments. Children and families often ask us for suggestions for what to do while waiting, so we have put together this booklet from your suggestions. The booklet is divided into four sections, each covering a different area near the hospital.

Information for children and families

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Note: All walking distances and times are approximate. All information in this booklet was correct at the time of going to press. Inclusion in the booklet does not constitute endorsement by GOSH

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Level 2, Great Ormond Street Hospital for Children NHS Trust



Section 1 – Within GOSH

Peter Pan Café

Main reception

Serves light snacks and pastries, pizza, sandwiches, salads and fresh fruit. Also contains a small coffee bar serving speciality Costa coffees.

Staff and Visitor Restaurant

Nurses Home Building

Serves breakfast, lunch and supper, and has a Grill Bar where you can watch your dinner cooked before your eyes. There's also a deli bar with lots of salads and made-to-order rolls and sandwiches between 11am and 3pm.

Coffee Shop

Southwood Building

Serves speciality Costa coffees, toasted panninis, cakes and light healthy option snacks. They often have special 'meal deals' throughout the day so you can get a reduced-price cake if you order a coffee.

Hospital shop

Variety Club Building

The shop sells a range of products including newspapers, magazines, sweet and savoury snacks and drinks. It also sells toiletries, cards, games, toys and GOSH logo products.

Patient Advice and Liaison Service (Pals) office

Main reception opposite the shop

Pals is a free and confidential service which helps patients, parents and carers with any information, concerns, or problems that they have about their NHS care/service. In addition to this, you can drop in for advice about the hospital or activities in the local area.

Religious services

Both St Christopher's Chapel on the ground floor of the Variety Club Building and the Multi-Faith Room on the ground floor of the Southwood Building are always open. There is also a Shabbat room for Jewish families. Services are held in St Christopher's Chapel on various days of the week – see the Chaplaincy notice board for details. Details of services at local churches are also included on the notice board.

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Section 2 – GOSH and surrounding streets

Coram Fields

Entrance on Guilford Street

This was once the grounds of the Foundling Hospital and is now a play area for children. There are playgrounds, open lawns and sand pits and also a wildlife garden and pet's corner.



See if you can spot the sheep and other animals.



"A great park. There was so much to play on and we loved seeing the animals"



5 minutes walk from GOSH



Full disabled access



For children aged up to 12 years old. No adults are admitted without a child.



Entrance free.

Brunswick Centre

Off Hunter Street and Bernard Street

This is a newly refurbished shopping centre with a variety of shops, from food to fashion. There is also a good selection of restaurants in the Centre, offering food from all parts of the globe.



Watch chocolates being made right in front of you.



"There are lots of great shops, and there were loads of place to eat"



5 minutes walk from GOSH



Full disabled access



Suitable for all age groups

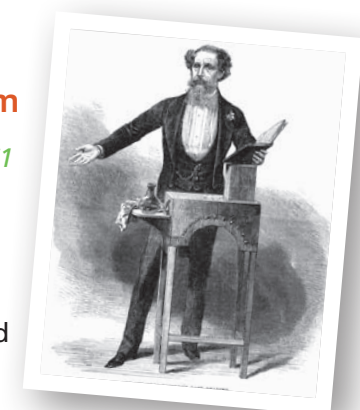


Entrance free

Charles Dickens Museum

48 Doughty Street, London WC1

This was the home of Charles Dickens, one of Britain's greatest novelists and is now a museum celebrating his life and work. Spread over four floors, there are reconstructed rooms of the period, artefacts owned by Dickens and examples of his work.



Look out for the desk where Dickens sat to write some of his most famous novels.



"A lovely, interesting, little museum"



10 minutes walk from GOSH



Not accessible for wheelchair users



Suitable for children aged over six years



Small entrance fee



Southampton Row
 Restaurants
 Chemists
 Sandwich shops
 Coffee shops
 Supermarket
 Newsagents
 Banks

Lamb's Conduit Street
 Supermarket
 Sandwich shops
 Doctor's surgery
 Chemists

Brunswick Centre
 Supermarket
 Bank
 Children's clothes
 Coffee shops
 Sandwich shops
 Restaurants
 Cinema
 Chemist
 Post office

P Car park
PA Children's play area
GOSH Great Ormond Street Hospital
RLHH Royal London Homeopathic Hospital
ICH Institute of Child Health
WH Weston House
IW Italian Wing







Section 3 – Bloomsbury

Russell Square

London WC1

Russell Square is a park with large areas of grass and trees. It is criss-crossed with paths that meet at a fountain in the middle that fires jets of water from the ground into the air.









-  Can you spot the cabman's shelter built in the 19th century?
-  "We loved playing in the fountain"
-  5 minutes' walk from GOSH
-  Full disabled access
-  Suitable for all ages
-  Entrance free

British Museum

*Great Russell Street,
London WC1*

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.









-  Look out for the Rosetta Stone, the Turquoise Serpent, the Lewis Chessmen, Easter Island Statues, Egyptian mummies and African masks.
-  "Interesting and worth a visit"
-  10 minutes' walk from GOSH
-  Full disabled access
-  Two trails for children under five years old and four trails for children over six years old
-  Entrance free

Covent Garden

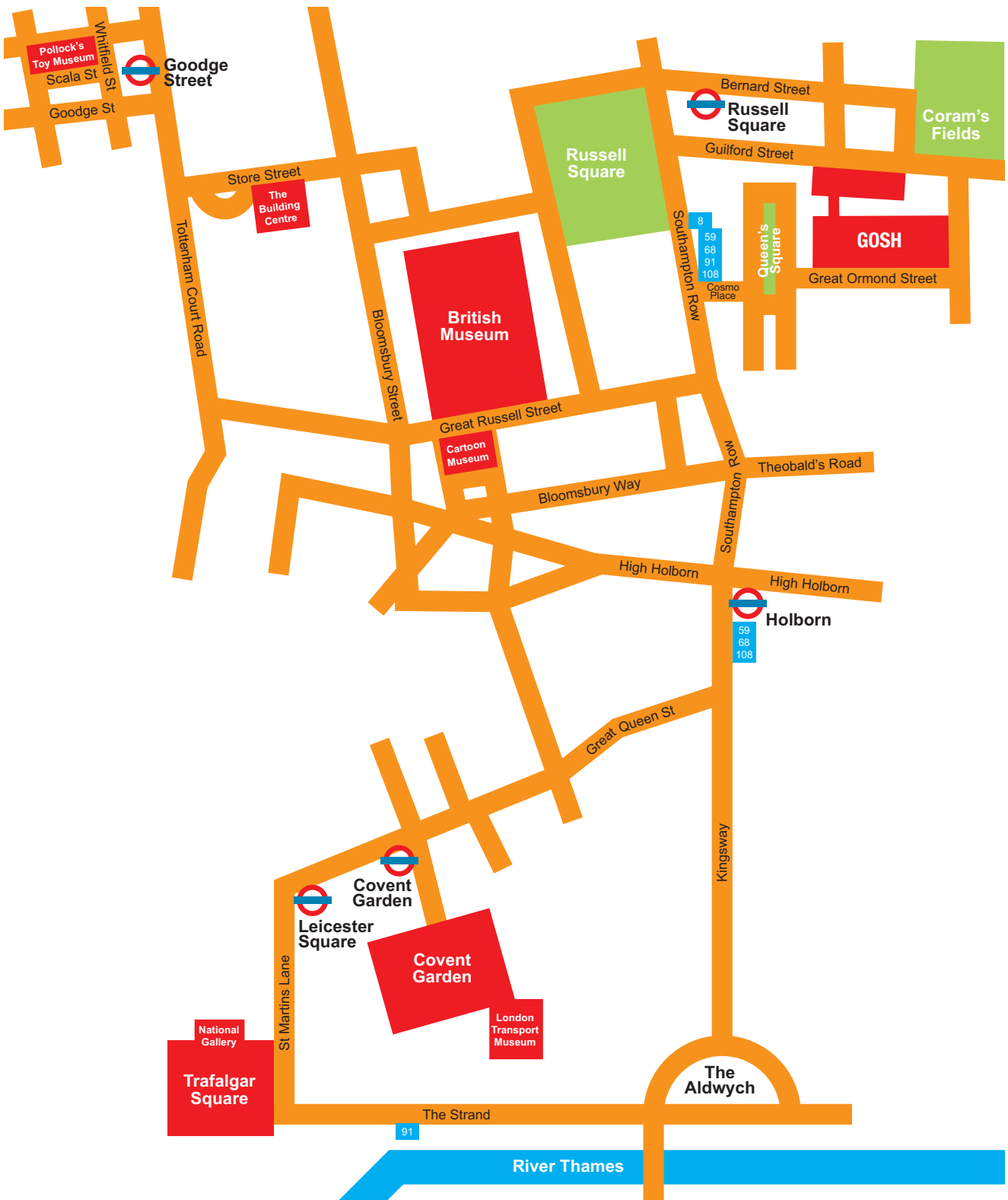
London WC2

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.



-  The London Transport Museum is in Covent Garden (see next entry for details).
-  "We had a great time looking around the market stalls and loved watching the street artists"
-  10 minutes' walk from GOSH
-  Full disabled access to ground floor. Some shops in the basement are less accessible.
-  Suitable for all age groups
-  Entrance free

Bloomsbury



Bloomsbury

London Transport Museum

*Covent Garden Pizza,
London WC2*

The new museum opened in 2007 after a two year multi-million pound refurbishment. It 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 simulation rides.



"I really loved being able to get into so many different vehicles"



15 minutes' walk from GOSH



Full disabled access



Suitable for all age groups



Entrance free for children under 16 years old. Adults £8 and Senior Citizens £6.50

Trafalgar Square

London WC2

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Trafalgar Square is one of Britain's best-known tourist attractions. It is centred around Nelson's 172 foot high Column, with fountains and statues, and was built to celebrate his defeat over Napoleon. The National Gallery is on the north side of the square and holds one of the world's greatest collections of paintings, and it's free.



A new statue is put on one of the plinths every year. See what's on display when you visit. Although pigeons cannot be fed in Trafalgar Square anymore, they still seem to congregate there.



"Big and fun to walk around"



25 minutes' walk from GOSH or a 10 minute bus ride on a number 59.



Full disabled access



Suitable for all age groups



Entrance free

Bus tours

Operated by the Big Bus Company and The Original Tour Company, both tours have open top buses around the sights of London, with live or recorded commentary. You can hop on and hop off as much as you like during the tour.



You will see some of London's most famous sights on the tour, see how many you recognise from films and television.



"We loved sitting on the top of the bus and spotting things as they went by."



Pick up points for both tours are 5 minutes' walk from GOSH on Southampton Row



No access to the top floor of the bus for wheelchair users.



Suitable for all age groups



Depends on company used and tour followed.

Bloomsbury

The Building Centre

26 Store St,
London, WC1E 7BT

The Building Centre contains an enormous 1:1500 scale model of Central London, with a display of the buildings that are going to be built in the future. If you are hungry you could have lunch in its little cafe.



Can you spot where the Olympic are going to be held?



"We had fun trying to spot the different landmarks of London. We even found the hospital."



20 minutes' walk from GOSH



Full disabled access



Suitable for parents and children over 10 years



Entrance free

The Cartoon Museum

35 Little Russell St,
London, WC1A 2HH

The Museum is dedicated to preserving the best of British cartoons, caricatures, comics and animations. The Main Exhibition shows over 200 original art works. It also has a young artists gallery, library and shop.



Look out for Denis the Menace, Rupert and Andy Capp



"We enjoyed drawing our own cartoons"



15 minutes' walk from GOSH



Full access to shop, main exhibition and temporary galleries on ground floor. No access to 1st floor exhibition and young artist gallery.



Suitable for children over 10 years



Children free. Adults £4.
Not open Mondays

Pollock's Toy Museum

1 Scala Street,
London, W1T 2HN

This enchanting little museum is set in a 250 year old house and is like stepping back in time. Wander from room to room to view the hundreds of old toys on display.



The oldest doll dates back to 1822



"I loved the old dolls houses and the teddy bears"



25 minutes walk from GOS or just around the corner from Google Street Station (but well worth the effort)



No disabled access



Suitable for all age groups



Adults £5, children under 16 free

Section 4 – King’s Cross

British Library

Euston Road, London NW1

This is the national library for the UK and holds one copy of every book published in Britain and Ireland. The reading rooms are not open to the public, but they have a really interesting, permanent free exhibition called ‘The Treasures of the British Library’ as well as a shop and café.

Harry Potter fans could even pop next door and check out platform 9¾ (it really exists) at Kings Cross Station or pop into the newly refurbished St Pancras station.



Check out the Magna Carta, handwritten music by Mozart and the Beatles and drafts by some very famous authors in ‘The Treasures of the British Library’ exhibition.



“Really interesting and well worth seeing”



15 minutes walk from GOSH or a 5 minute bus journey on a number 168 or 188 bus to Euston followed by a short walk



Full disabled access



Suitable for children aged over 10 years



Entrance fee

London Canal Museum

12-13 New Wharf Road, London N1

Learn all about canals and narrow boats at the London Canal Museum. It looks at the history of London’s canals, how cargo was carried and the people who lived and worked on the waterways. The museum is housed in an old ice factory and still has the ice well on show.



See inside a narrow boat and work out how a large family used to live in such a small space



“A great little museum, on the Grand Union Canal. We loved climbing into the narrow boat and seeing the traditional arts and crafts of canal folk. Well worth a visit”



25 minutes walk from GOSH or 10 minutes on a 168 or 188 bus to Euston followed by a 10 minute walk



Full disabled access



Suitable for children aged over 5 years



Small entrance fee

Camley Street Natural Park

12 Camley Street, King’s Cross, London NW1 0PW

Beautiful meadows and ponds by the Regent’s Canal, a natural environment filled with wildlife. A lovely place to spend a few hours. Staff arrange lots of activities eg. arts, crafts and pond dipping.



Keep an eye out for the herons and cormorants



“I liked looking at the terrapins in the pond”



30 minutes walk from GOSH (10 minutes walk from Kings Cross)



Full disabled access



Suitable for all ages



Free

King's Cross



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Compiled by the Radiology Children's Champion with assistance from children and families visiting the Radiology department, in collaboration with the Child and Family Information Group.

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Great Ormond Street Hospital for Children NHS Trust