

# Coming to Child Health Psychology



Contact number: **(029) 21842139**

# What is a Clinical Psychologist?



Clinical Psychologists are health professionals

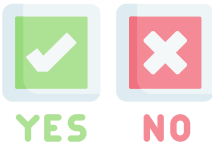


Your medical team e.g. your consultant, a specialist nurse, etc, might have said seeing a psychologist would be helpful

Or



You may have asked for help with your difficulties surrounding your health condition.



Seeing a Clinical Psychologist is yours and your families choice.



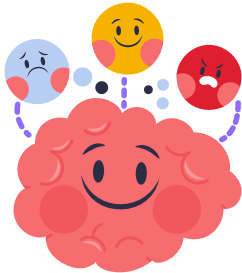
Clinical Psychologists will never do any health checks, injections or procedures. When we see a person, we might talk, or draw, to try and understand your difficulties

# What does a Clinical Psychologist do?



Clinical Psychologists can:

- Help you talk about the challenges you've been having with your health condition.



- Help you understand your thoughts, feelings and behaviours relating to your health condition.



- They may sometimes ask you to do paper and pencil puzzles to find out what things you are good at and things you find harder.

# What happens at the first appointment?



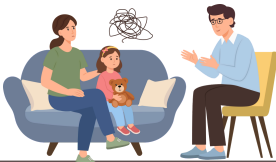
At the first appointment the psychologist may ask a lot of questions about your life. E.g. who is in your family, what school you go to, what your hobbies are. This helps them make sense of your current challenges and how to help.



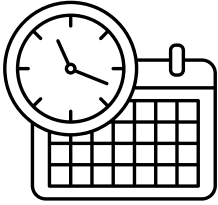
Some things might be easy to talk about and some things might be harder. That is okay.



You can speak with the psychologist on your own, or you can bring your parent/carer in with you to the appointment if you would like to.



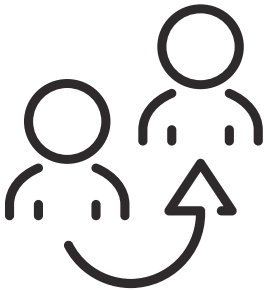
Sometimes we just speak to your parents/carers too.



The first meeting will be around 50 minutes.



Sometimes we need to meet a few times before deciding the best way forward.



Sometimes we might not be the best team to help. If this is true we can support you to access more appropriate services.



What you talk about will be kept private. However, we do have rules around this which will be explained in the appointment.



Its okay to bring a drink and snack with you, or anything that makes you feel comfortable. e.g. favourite toy, game.

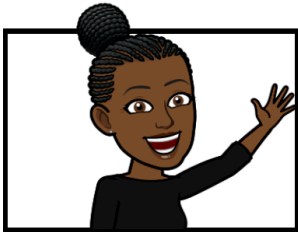


Please tell us during the appointment if you need a break, if your hungry, thirsty or if you need the toilet.



If you need to cancel an appointment, please let us know at least 24 hours in advance, so that we can offer it to someone else.

# WHO MIGHT YOU SEE?



Dr Kerry-Ann Holder

**Specialty:** Head of department

**Favourite film:** *"Black Panther, Harry Potter & Deathly Hallows"*



Dr Su Moss

**Specialty:** Renal & Endocrine

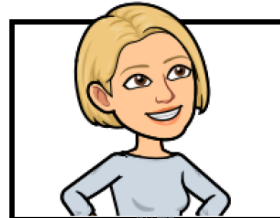
**Favourite film:** *"Toy Story"*



Dr Zoe Moss

**Specialty:** Neurology

**Favourite film:** *"Oooh too hard to choose! Guardians of the galaxy, Toys story, Monsters inc!"*

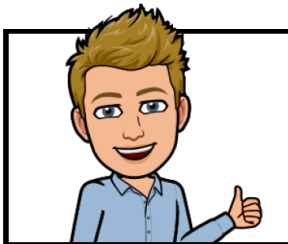


Dr Catriona Matthews

Neonatal care - supporting

**Specialty:** the families of babies who are born early or unwell.

**Favourite film:** *"The NeverEnding Story"*



Dr John Butler

**Specialty:** Rheumatology

**Favourite film:** *"Thor: Ragnarok"*

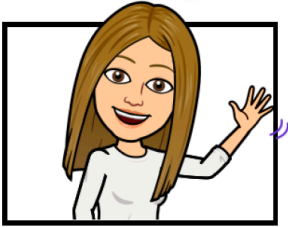


Dr Sarah Field

**Specialty:** Oncology & general paediatrics

**Favourite film:** *"Matilda (the classic film and the musical!)"*

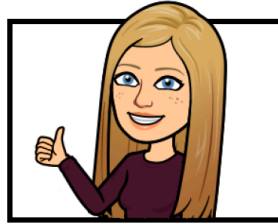
# WHO MIGHT YOU SEE?



**Dr Kathryn Bond**

**Specialty:** Clinical Neuropsychologist  
in Neurology

**Favourite film:** "Matilda! (Sometimes you've  
got to be a little bit naughty)"



**Dr Nicole Parish**

**Specialty:** Cardiology

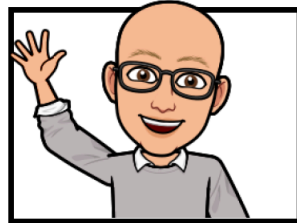
**Favourite film:** "Toy Story"



**Dr Sarah Rook**

**Specialty:** General paediatrics &  
metabolic

**Favourite film:** "The Little Mermaid"



**Dr Steve Stirk**

**Specialty:** Cystic Fibrosis

**Favourite film:** "Guardians of the  
Galaxy!"



**Dr Ellen Huish**

**Specialty:** Cardiology & General  
paediatrics

**Favourite film:** "Encanto"

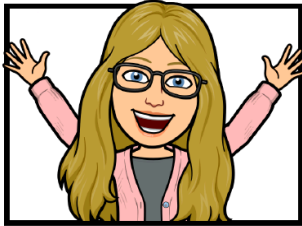


**Dr Hannah Dunford**

**Specialty:** Diabetes

**Favourite film:** "Inside Out, Harry  
Potter and Luca"

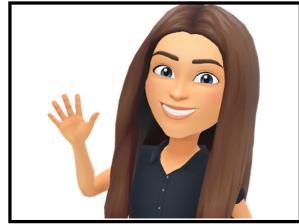
# WHO MIGHT YOU SEE?



**Dr Nicki Birdsey**

**Specialty:** Gastroenterology

**Favourite film:** *"Jurassic Park"*



**Abbey Nicholas**

**Specialty:** Assistant Psychologist in  
Neurology

**Favourite film:** *"Matilda"*



**Jax**

**Specialty:** Medical Secretary

**Favourite film:** *"Despicable Me"*



**Jo**

**Specialty:** Medical Secretary

**Favourite film:** *"Father of the Bride"*

# WHERE WILL MY APPOINTMENT BE?



We work at Noah's Ark Children's Hospital.

Here is the main entrance.

Walk through the doors and go straight ahead past the fishes!



Follow the corridor all the way around till you see this wall.

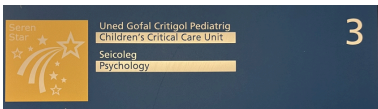
On your way you will walk past:

- A play area
- A cafe



When you see this wall,  
turn right and you will see:

Go through these  
doors to use the  
stairs



Go up to Level 3

Or go through these  
doors to use the lift



When you get here, push the buzzer on the door and someone will let you in



We have things you can do or play with while you wait for your appointment.

You can wait and relax until we are ready for you.



We have toilets here just through these doors. If you need to use them please let us know, so we can let you back in to the department.

# Other helpful bits of information



**Is there anywhere I can get food or drink?**

On the hospital concourse there are lots of different shops/cafe's you can go to.



There is also the Noah's Ark charity shop on the ground floor by the entrance that sells snacks and drinks.

**Are there any outdoor spaces to go to near the hospital?**



We have a small play area outside on the ground floor of the hospital.



There is also a bigger playground in the park near the hospital - Heath Park. It is a 5 minute walk away from Noah's Ark.

## Travelling to the hospital - Where can I park?

More information regarding getting to the hospital can be found online using the website below:

**<https://cavuhb.nhs.wales/hospitals-and-health-centres/our-hospitals/uhw/>**

Our patient and visitor car parks allow for 4 hours of free parking between 8am and 5pm, Monday to Friday.

The **main hospital car park** is **often very busy** so if you are planning on parking here **make sure you leave plenty of time to park.**



### Free Park and Ride Service:

The bus runs from Pentwyn, just off the A48(M) at CF23 8HH to the hospital.

The service runs Monday to Friday.

Buses run every 20 minutes and the journey time to the hospital is around 6 minutes.

The first bus leaves Pentwyn at 6.30am and the last bus leaves University Hospital of Wales at 9pm.

The park and ride timetable can be found online:

**<https://www.cardiffbus.com/services/CB/H59>**