

Information Sheet – A specialist Children's Hospital for the East of England

Cambridge Children's Hospital – a unique proposition

Cambridge Children's Hospital will be a world-first. It will be built on the Cambridge Biomedical Campus, alongside a range of life sciences organisations dedicated to global research and development. This unique facility for children and young people will look after the whole child, treating their mental and physical health together under one roof, for the first time. This specialist children's hospital will have a research institute within the hospital walls, where scientists will work alongside doctors and nurses, not only to cure childhood disease, but ultimately to prevent it altogether.

The Children's Hospital will be a regional NHS hospital for children and young people across the East of England. It is supported by a fundraising campaign, made up of Addenbrooke's Charitable Trust, Head to Toe and the University of Cambridge, and co-chaired by Dame Mary Archer and Majid Jafar. The Cambridge Children's Hospital Fundraising Campaign will contribute unprecedented levels of non-government funding towards the build of this new hospital via its fundraising target of £100m.

What is a specialist children's hospital?

Around the country, sick or injured children are cared for every day in their local hospital by skilled and dedicated doctors, nurses and health workers. But in rare cases when a child has a complex, challenging or undiagnosed illness, acute paediatricians in local hospitals - secondary care - may need to seek advice from specialist paediatric consultants with in-depth knowledge, experience and facilities - known as tertiary care.

In all other parts of the country, tertiary paediatric care is provided in specialist, purpose-built children's hospitals, where all the services needed - intensive care beds, operating theatres, clinics, scanners, wards, day rooms and so on - are located alongside each other so that patients can get the care they need as quickly and efficiently as possible.

The current situation in the East of England

In the East of England - *the only region in the country without a specialist children's hospital* - this physical tertiary care for the very sickest youngsters is accommodated at Addenbrooke's hospital in Cambridge - the regional major trauma, cancer, neurology and transplant centre. This specialist care cannot be provided anywhere else in the region, because it depends on access to critical care facilities and expertise.

But because the existing estate dates back to the 1960s, paediatric specialist care takes place in wards and theatres built for adults, spread across huge, sprawling and very busy adult buildings. Paediatric wards lack bathrooms for parents/carers staying with their children or decent kitchen facilities; there is not enough space, not enough beds, not enough clinical rooms. The buildings are in dire need of repair; roofs leak when it rains, urgent fire renovations are needed.

At the same time, buildings housing specialist mental health beds for children, also from across the region, are in Fulbourn, just outside Cambridge, and are no longer fit for purpose. The land has been sold and these 36 mental health beds need to be re-provisioned elsewhere.

A world-first specialist children's hospital

Even setting aside the urgent need for fit-for-purpose buildings, there are not enough paediatric critical care beds for the fast growing population in the East of England. Nor is there sufficient mental health support for the growing mental health crisis in young people.

In Cambridge we are working at pace on a regional solution, ready to break ground in 2024:

- building a small specialist children's hospital on the Cambridge Biomedical Campus, where it can access NHS specialist expertise for urgent and emergency care, combining mental and physical health in a single facility.
- with world-class research to discover the early origins of physical and mental ill-health; using this knowledge to intervene sooner, prevent disease, reducing ill-health in adulthood.
- working with research centres of excellence, like the NIHR Cambridge Biomedical Research Centre (recently awarded a further five years' funding) to undertake more research and allow faster adoption of new treatments into patient care within the East of England.
- increasing the number of paediatric intensive care beds from nine to 16, helping not only with the regional shortage, but also with a national shortage of critical care beds for children
- at the same time building services and networks across the region so that more children can be treated locally where possible.

Frequently Asked Questions

1) Who is the Children's Hospital for?

It is for children, young people and their families from across the whole of the East of England, including Norfolk, Suffolk, Essex, Cambridgeshire, Peterborough, Hertfordshire and Bedfordshire.

2) Why is it called 'Cambridge' Children's Hospital?

This is only a working title while we develop the business case. We don't yet know what the hospital will actually be called. For now it is helpful to call it by its location, as this makes fundraising easier for our partners at the University of Cambridge.

3) Why is it being built in Cambridge?

This specialist children's hospital, which will treat the region's sickest young patients, is due to be built on the Cambridge Biomedical Campus, where it will benefit from being alongside:

- NHS adult regional and national experts at Addenbrooke's and Royal Papworth Hospitals. This is essential as it means our world-class paediatric teams can call on these specialist teams and equipment at any time to help treat sick or injured children and young people.
- Air and ambulance services to bring in emergency cases.
- The integrated research expertise of the University of Cambridge, the Wellcome Sanger Institute and Anglia Ruskin University. A research institute within the new hospital will search for early origins of disease, with the aim of preventing it completely.
- Major industry including Astra Zeneca, GSK, GE, to speed up the pipeline of new treatments.

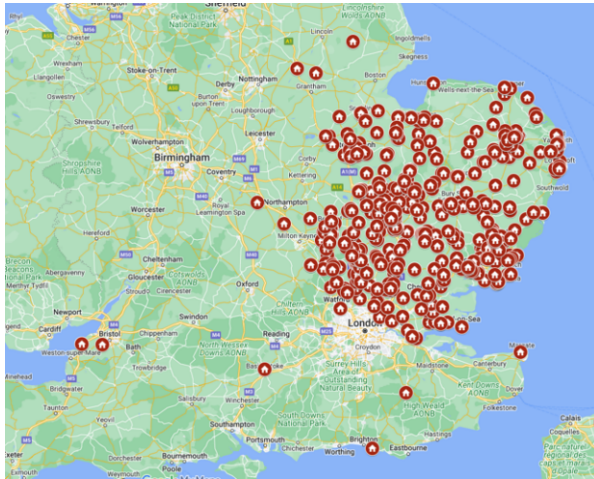
4) Why can't the hospital be built somewhere else in the East of England?

To an extent it *is* being built elsewhere; we are building the smallest possible specialist hospital in Cambridge itself alongside essential regional emergency care specialists, but we are also building services and capacity with partners across the region so that most children can be treated locally, or even at home.

5) Cambridgeshire is one of the most unequal areas in the country. How will the hospital help people living in areas of deprivation?

We hope most sick children will never have to travel to Cambridge for care, but they will still benefit from the specialist support offered by this new hospital, whichever part of the region they live in. By having a specialist children's hospital in the region we will be able to provide care in a more co-ordinated, joined-

up way through new networks of experts, local clinics, rotating staff posts, home visits and hospice liaison by clinicians based in Cambridge.



The intensive care beds provided at the specialist children's hospital in Cambridge will serve the whole region, just as they do now. This illustration shows where 2021-2022 PICU admissions came from, i.e. across the East of England.

Currently £53m per year is spent on specialist care out of our region due to lack of capacity, mainly in London. This is more expensive than providing adequate speciality care in region, with extensive travel implications for patients as well.

6) What about patients that live a long way from Cambridge?

Our specialist doctors based at Addenbrooke's already travel across the region to deliver outpatient clinics to children and young people offered through the East of England's 16 local hospitals – see the map below of the different clinics run by CUH staff at local hospitals. *We work through more local hospitals than any other paediatric intensive care unit hospital in the country.* Having a specialist Children's Hospital in Cambridge means we will be able to treat even more children closer to home.



CUH Provision of Regional Services and Outreach for Children in the East of England June 2022

Out of region:

- EACH (East Anglia's Children's Hospices)
- KEECH
- Little Havens Hospice
- Northampton General Hospital - Cleft.Net.East spoke
- Kettering General Hospital - Cleft.Net.East spoke
- Jersey - Urology

East of England hosted networks at CUH covering all Trust's:

- CHEERS (Children's East of England Rheumatology Service)
- CF Network
- Cleft.NET.East
- East of England Children & Young People Diabetes Network
- East of England Paediatric Endocrine Network
- East of England Severe Asthma Network
- Major Trauma Network
- Neonatal ODN
- Paediatric Critical Care ODN
- Paediatric Surgery ODN

East of England hosted services at CUH:

- Allogenic / Stem cell transplant
- Brainbow – Brain tumour rehab
- Cardiology
- Clinically Related Excessive Weight Management Service (CREW)
- Dermatology
- East of England Neuro-immunology Service
- Home PN
- Immunology
- LTV
- Neonatal Surgery
- NF2/ ABI (auditory brainstem implants)
- NICU support for the East of England
- Paediatric Post Covid-19 service
- Pain
- Palliative Care
- PICU - the only PICU for the East of England
- Radiotherapy
- Regional Dentistry
- Regional diagnostics
- Regional IV/G service
- Regional MS
- Regional Orthopedics
- Regional Respiratory
- Severe Insulin Resistant Diabetes
- Sleep service
- Sticker

Peterborough & Stamford, NWAFT - ODN, PaNR (Neonatal & Paediatric), Cleft.NET.East spoke, Oncology, Haematology, Endocrinology, Neurology, Gastroenterology, Neurosurgery, Orthodontics, CF Network, ROP, Fetal Med

Hinchingsbrooke Hospital, Huntingdon, NWAFT - Neurology, Endocrinology, Gastroenterology, Cardiology, Orthodontics, Palliative care, PaNDR (Neonatal & Paediatric), Neurosurgery, CF Network, ROP, Ophthalmology, Fetal Med

Bedford Hospital - Neurology, Endocrine, Gastroenterology, PaNDR (Neonatal & Paediatric), Neurosurgery, ROP

Luton and Dunstable - Neurology, PaNDR (Neonatal and Paediatric September 2022), Oncology, Haematology, Rheumatology, Cleft.NET.East Spoke, Neurosurgery, ROP

Lister Hospital, Stevenage - Cleft.NET.East in reach, Oncology, Haematology Neurology, Gastroenterology, PaNDR (Neonatal & Paediatric), Neurosurgery, ROP, Fetal Med

Watford General Hospital - Gastroenterology, PaNDR (Neonatal)

Princess Alexandra Hospital, Harlow - Neurology, Ophthalmology, PaNDR (Neonatal and Paediatric), Gastroenterology, Rheumatology, Urology, Surgery, Neurosurgery, ENT, ROP

Basildon & Thurrock - Rheumatology, PaNDR (Neonatal & Paediatric), Neurosurgery, ROP, CHEERS outreach.

Southend Hospital - some Gastroenterology, PaNDR (Neonatal & Paediatric)

Broomfield Hospital, Chelmsford - ODN, PaNDR (Neonatal & Paediatric), some Gastroenterology, Neurosurgery, ROP

Colchester Hospital, ESNEFT - Neurology, Oncology, Haematology, Rheumatology, Ophthalmology, PaNDR (Neonatal & Paediatric), Neurosurgery, ROP, Fetal Med

Queen Elizabeth Hospital, Kings Lynn

Norfolk & Norwich Hospital

James Paget, Great Yarmouth

West Suffolk Hospital

Ipswich Hospital, ESNEFT

Colchester Hospital, ESNEFT

Princess Alexandra Hospital, Harlow

Basildon & Thurrock

Broomfield Hospital

Southend Hospital

Queen Elizabeth Hospital, Kings Lynn - Neurology, Endocrinology, Ophthalmology, PaNDR (Neonatal & Paediatric), Gastroenterology, Rheumatology, Urology, Surgery, Neurosurgery, ENT, ROP

Norfolk and Norwich - Neurology, Rheumatology, Oncology, Haematology, Cleft.NET.East Spoke, PaNDR (Neonatal & Paediatric), Neurosurgery, ROP

James Paget, Gt Yarmouth - Urology, Rheumatology, Oncology, Haematology, Surgery, PaNDR (Neonatal & Paediatric), Neurosurgery, ROP

West Suffolk Hospital - Urology, Neurology, Endocrinology, Gastroenterology, Cardiology, PaNDR (Neonatal & Paediatric), Neurosurgery, Orthodontics, ROP, Oncology, Haematology, Fetal Med

Ipswich Hospital, ESNEFT - ODN, PaNDR (Neonatal & Paediatric), Rheumatology, Neurology, Oncology, Haematology, Endocrine, Gastroenterology, Neurosurgery, ROP, Fetal Med

7) Why should this new specialist hospital get funded when there are so many other hospitals across the region that urgently need rebuilding?

Those hospitals absolutely do need funding to be rebuilt, and we support that. But the Children's Hospital is a different type of hospital, in the only NHS region without a specialist hospital for children. The repercussions of what we do in this hospital will affect child and adult health way beyond our region, and long into the future. By making new discoveries and applying totally new ways of working, treating the whole child – their physical and mental health together – we can transform paediatric health care and help prevent disease entirely, now and for future generations.

Summer's Story

Twenty-three year old Summer has become a passionate advocate of integrated care - where a child's mental and physical health are treated together - which is the vision for Cambridge Children's Hospital.

Summer* was an inpatient at a specialist eating disorders unit near Cambridge and believes being able to have a clinician treat you from your bed, rather than being transferred to a physical health hospital, could make a huge difference.

"I think it's an awesome idea to have everything in one place, especially for children and young people with eating disorders," says Summer, who grew up in Essex. "The physical consequences can be huge. Your vital signs can get dangerously low and long term you can get difficulties, like osteoporosis. Personally, I got scoliosis. So, it's not just mental health."

"Self-harming can be quite common in some mental health units and the need to leave for treatment somewhere else can be traumatizing for the young person being moved and the other patients who might witness it."

At first Summer was supported in her community, but, because she continued to struggle, she was later referred to hospital. She prefers not to talk numbers, but she was unwell physically as well as mentally.

"It can be a shock being admitted as an inpatient, particularly if you feel you're still functioning well in school or work. It can be difficult to recognise how sick you are."

Summer believes integration in the new hospital will help reduce the stigma around mental health conditions, but there will be important points to consider and she has raised these with the design team as part of the Children's Hospital monthly design workshops. For example, sharing dining and kitchen spaces with other children, young people and families would pose huge challenges for eating disorder patients.

Summer has recently completed her training to become a mental health nurse, with her first job already secured in London. Her dissertation, about the impact of peer support between adolescents with eating disorders, received a first.

However, despite the excitement of starting her new role, Summer will continue to support the Cambridge Children's Hospital project.

"I'd never really thought about the idea of bringing mental and physical health together, but it's such a good idea and being involved in something as exciting as this is really cool."

*Name has been changed