

Updates on the Team

We are pleased to announce that a new member has joined our team in April 2015: **Ana Sofia Pinto**, Respiratory & Sleep Physiologist, joined our team and will be performing Lung Function Tests, as well as training and soon conducting the CPAP setup and follow-up clinics.

For those of you who have not met all the team, here is a run down:

Dr. Patryk Szulakowski - Consultant
Dr. Alison McMillan - Consultant
Claire Wotton - Lead Nurse
Marta Vilaca - Senior Physiologist
Ana Gaspar - Senior Physiologist
Ana Sofia Pinto - Physiologist
Emma Spires - Sleep Technician
Julie Bailey - Administration/Secretarial support



The Respiratory & Sleep Unit contact details

Address: Lister Hospital, Coreys Mill Lane, Stevenage, SG1 4AB
Tel: 01438 284898
Email: sleepdisorderunit.enh-tr@nhs.net

We are open from 9am to 5pm Monday to Friday (excl. Bank Holidays)

If your call is not answered straight away, please leave a message and we will phone you back as soon as possible. We aim to return all the calls within the same day, as long as the messages are left before 5pm.

Weight loss resources

It is still possible to have access to a free 12 - week trial with either **Slimming World** or **Weight Watchers** through the Sleep Unit. We have now referred a number of patients for this trial, who have already kick-started their weight loss journey! This trial is available for patients who have a BMI over 30 and are committed to losing weight. **Please contact the Sleep team for details and information or referral packs.**

The Trust's Public nomination category award

Each year the Trust's *Celebration of Excellence* awards are used to mark the achievements and hard work of its staff. This year they will include, once again, a **public nomination category**, and the Trust is asking patients and the public to make their nominations. This is your chance to **nominate an individual or a team who looked after you or your loved ones.**

There are no set criteria for this award and the **nominations are now open until 19 June 2015.** Making a nomination is easy:

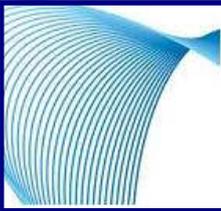
1. Write an entry that includes the name of the individual or team you are nominating, the hospital they work in (Lister, QEII, Hertford County or Mount Vernon), the details of why they should win and the name, address and phone number of the person making the nomination (in case they need to be contacted for more information);
2. Send your nomination either by email to arc.enh-tr@nhs.net or by post to: Staff Awards



HR Department
Lister Hospital
Coreys Mill Lane
Stevenage
SG1 4AB

Every nomination will be read by members of the Trust's own judging panel, which includes the chief executive and chairman as well as a mix of other staff. **The awards ceremony will take place on 25 September 2015.**

Follow the latest Trust developments on Twitter (@enherts) and Facebook



The Respiratory & Sleep Unit Newsletter

The Sleep Support Group

The sleep support group is an opportunity for both new and experienced Sleep Apnoea patients to come together and share experiences. The group runs from 5pm to 7pm and you can either attend for the duration or drop in at any point. The majority of the team will be available to talk to throughout the whole evening, and there will be talks from members of the team and/or external speakers and updates about what's new in sleep medicine.

There will also be a stand supported by ResMed with their latest machines and masks, and they are more than happy to help with any queries. They will also generously sponsor the tea, coffee and snacks that will be available.

The Support group takes place **3 times a year** at:

Great Ashby Community Centre
Whitehorse Lane
Stevenage
SG1 6NH



Remaining dates of the Support Group for 2015:

- **Tuesday 7th July**
- **Tuesday 3rd November**

Sleep support group July theme - Exercise

We are joining Cancer Research UK's Race for Life this year and participating in the St. Albans 10k Run on the 26th July. Events like this are vital in funding Cancer Research UK's life-saving work into preventing, diagnosing and treating cancer. Please donate and come along on the day to cheer us on!

In honour of our combined efforts, the next support group meeting on the 7th July is all about physical activity advice and available resources. Ask a member of the team for details.



Link for donations: <https://www.justgiving.com/teams/resp-and-sleep-team>

If you wish to make a donation to the Sleep fund, please contact the Charity team at the Trust or a member of the Sleep team.

A charity envelope can be sent to you so you can donate anonymously. All your funds are put towards developing the service for the benefit of all our patients.

Thank you.

Sleep Apnoea Association Trust (SATA)

Please consider joining the SATA if you haven't already. You can find more details on: www.sleep-apnoea-trust.org

The next SATADay is in October 2015 - don't forget to book in!



We need YOU!

The Sleep Support Group needs volunteers who are interested in running it and developing it further.

Our vision when we started it was, and still is, for it to become a **patient led event: by the patients, for the patients.**

We need volunteers to start running the group starting next year, so if you are interested in being a part of it or have any suggestions, please speak to a member of the Sleep team. **We will provide any information and support necessary to get involved in the organisation.**

The Wellbeing Service

There is a recognized link between sleep apnoea and psychological disorders, such as anxiety and depression.



The Wellbeing Service offers improved access to psychological therapies in Hertfordshire and patients are seen in GP surgeries and other community settings.

Patients can access this service through self referral using the Single Point of Access:

0300 777 0707

Ask a team member for more information.