

The Respiratory & Sleep Unit Newsletter

Welcome to the third edition of the Sleep Newsletter!

In this edition, you can find a few important updates, as well as some very useful information that we already included in the other editions. We hope it's informative!

This is the last edition of the Sleep Newsletter that we will be sending to our patients in the post. We will still aim to do at least 2 Newsletters per year and several copies of the latest edition will be available in the Sleep Unit waiting area. You can also find all the editions online in the East & North Hertfordshire NHS Trust webpage by following the link: <http://www.enherts-tr.nhs.uk/patients-visitors/our-services/sleep-disorder-unit/respiratory-and-sleep-units-newsletter/>

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



- P** We put our patients first
- I** We strive for excellence & continuous improvement
- V** We value everybody
- O** We are open and honest
- T** We work as a team

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 Sleep Team's participation in the St.Albans 10k Race for Life



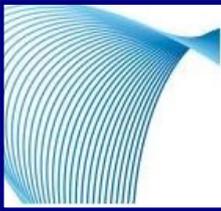
We are very pleased to say that Claire, Sofia, Emma, Julie and Ana have successfully completed the Cancer Research UK's Race for Life - St. Albans 10k Run on the 26th July 2015. You can see them proudly cutting the finish line in the picture!

There was a total of around £385 of donations gathered on the Team's Just Giving page, and the whole Team really wants to thank everyone who contributed or who were simply there to cheer them on.

Cancer Research UK does life-saving work into preventing, diagnosing and treating cancer. If you wish to make any donations or find out how can you help by, for example, participating on any of their events, please visit their website:

www.cancerresearchuk.org





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The Sleep Support Group

The next **Support Group** will take place on **Tuesday 3rd November 2015** from 5pm to 7pm and, as usual, you can either attend for the duration or drop in at any point. The address of the venue is:

Great Ashby Community Centre
Whitehorse Lane
Stevenage
SG1 6NH

The majority of the Sleep Team will be there, and as usual there will be a stand supported by ResMed with their latest products. They are more than happy to help with any queries and will also generously sponsor the tea, coffee and snacks that will be available.

This will be the last Sleep Support Group run by the Sleep Team, as from now on the organisation will be taken up by patients, which was our goal since we started running it. There is already a small group of patients in the organisation, but if you are interested in participating, please come along as more details will be provided!

We still don't know the dates and venue for next year's sessions, but we will talk about this in the November session. We will also include this information on the next Newsletter and on every appointment letter that we send to our patients.

Sleep Apnoea Association Trust

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

Don't forget to book into the next SA-TADay - check their website for details!



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.

Donations to the Sleep fund

We have a book stand in the Sleep Unit waiting area, filled with second-hand books that have been donated to us, and also a collection pot. Please feel free to help yourself to these books and leave a donation in the pot, even if just a symbolic one. All the donations are put into the Sleep fund. You can also bring any books you wish to donate and we will happily include them in the stand.

If you wish to make a separate 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.

New CPAP patient file/pack



We have recently started providing a CPAP user file to all out new CPAP patients, which contains a CPAP user handbook, our contact information, our latest Newsletter and other information regarding the CPAP treatment. The purpose of this is that the patients can keep all the useful information together, and it also has a place for all the correspondence with the Sleep Unit to be filed.

If you haven't had one of these files and would like to have one, please contact the Sleep Team.

The Trust's Celebration of Excellence Awards 2015

Each year the Trust's *Celebration of Excellence* awards are used to mark the achievements and hard work of its staff. This year they took place on the 25th September, and we are very pleased to say that there were a few shortlisted contestants within the Respiratory & Sleep team. We would also like to congratulate Dr. She Lok, the Lead Respiratory Consultant, who very deservedly won the **Continuous Improvement Award**.

Every year there is a **public nomination category**, and the Trust asks 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.