

Welcome to the fifth edition of the Sleep Newsletter!

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

You can find this and the previous editions of the Sleep Newsletter 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/>. Several copies of the latest edition will also be available in the Sleep Unit waiting area.

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.**

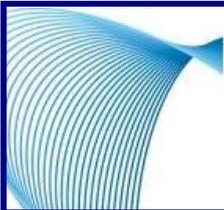
The friends and family survey

We are pleased to say that the Respiratory & Sleep Disorder Unit has been achieving very good results in the Friends and Family survey, which is carried out along the Trust at all times.

The results from November 2015 show that **100% of the 91 patients who filled out the survey would recommend our service**, and the main issues expressed on the comments were the difficulties with the car park and the lack of a sign pointing towards the Respiratory & Sleep Disorder Unit next to the lifts. Unfortunately we can't change the car park, but we have replaced the sign next to the lifts so you'll always know in which direction to go to find us!

As we strive to provide the best possible care, please do not hesitate to present any suggestions for the improvement of our service,.

Thank you very much for taking the time to fill out the surveys!



The Respiratory & Sleep Unit Newsletter

The Sleep Support Group

As we said on our previous newsletter, we had the intention to hand the organisation of the Sleep Support Group meetings to the patients. Unfortunately, although this process was on its way to being completed, there were some setbacks and we have decided to keep organising the meeting, at least during the next year.

However, we are still planning for the patients to take over, and we will be holding a meeting next year with all the patients who show interest in taking it forward, so please do speak to a member of the Sleep Team if you are interested!

The dates for the Support Group for 2016 are:

9th February

10th May

9th August

8th November

We will keep the same structure of the previous meetings, so they will take place between **5:00pm and 7:00pm and you can drop in anytime (no need to stay for the whole meeting if you're not able to)**. 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. The address of the venue will be the same as it has been for the past year:

Great Ashby Community Centre
Whitehorse Lane
Stevenage
SG1 6NH

We will also include the information above on every appointment letter that we send to our patients and it will be available 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>

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.



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 SATAday - check their website for details!

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.

During 2015, the total achieved in donations was £104.31, so a Big Thank you on behalf of the whole team!