



Welcome to the seventh edition of the Sleep Newsletter!

In this edition, you can find updated information about the Sleep Support Group, as well as information that we already included in the other editions. We hope you find it useful!

You can find all the editions of the Sleep Newsletter online in the East & North Hertfordshire NHS Trust webpage on:

<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
- 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.**

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!



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 Support Group

The dates for the Support Group for 2017 are:

7th February

9th May

8th August

14th November

We will keep the same structure of the previous meetings, so they will take place between **5:00pm and 6:45pm** 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>

We are still planning for the patients to take over the Support Group, so please do speak to a member of the Sleep Team if you are interested!