

Welcome to the ninth edition of the Sleep Newsletter!

In this edition, you can find a few important updates, 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.



Updates on the Sleep Team

We are pleased to say that over the last 3 months we had a few new members of staff starting to work in the Sleep Unit:

Dr Katie Chong
Sleep and Respiratory Consultant

Jack Ridler
Senior Respiratory & Sleep
Physiologist

Priya Nair
Senior Respiratory & Sleep
Physiologist

Joel Patasin
Sleep and CPAP Technician

Donna Cresswell
PA to Dr McMillan

Aimee Eveleigh
PA to Dr Chong



We are pleased to say we are now fully staffed and, with the help of our new Team members, we will keep aiming to continuously improve our Service.

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)

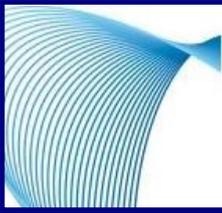
If your call is not answered straight away, please leave a message and we will phone you back as soon as possible. We aim to return all the calls within the same day, as long as the messages are left **before 5pm.**

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 Support Group

The remaining date and theme for the Support Group for 2017 are:

14th November - "Diabetes awareness"

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:

**Great Ashby Community Centre
Whitehorse Lane
Stevenage
SG1 6NH**

As usual, there will be a short quiz with a prize for the winner and we will aim to do a short presentation focused on each theme. The presentations start around 5:45pm to allow time for discussion.

We are still not sure whether we will use the same venue for next year's sessions, as it will depend on the attendance. We will run the remaining session there and if the number of patients attending is similar, we will start running the sessions in the Sleep Unit instead. If that is the case, the sessions in the Sleep unit will have the same outline.

Please tell us what you think about the possible change of the Support Group to the Sleep Unit - your opinion is the most important factor! Give us a ring or email us, or simply come to the next Support Group to give us your feedback.

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!

Sleep Charity Fund

We are very pleased to say that we have had several donations made into our Sleep Fund. Recently we have had £300 donated in total from two Masonic lodges - Walnut Tree Lodge & King Harold Lodge.

We would like to say a **big thank you** to all of you for your generosity!

If you want to contribute by donating any books or magazines you no longer want, please feel free to drop them off at the Sleep Unit so they can go in our waiting area. **Any contribution is very much appreciated!**

If you have any questions about how to donate directly into the Sleep Fund, please contact the Sleep Unit via phone or email and we will give you all the details.

Thank you.



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!