Catching Osteoporosis early and reducing the risk of broken bones

Building the foundations - your hospital needs you

Getting ready for winter - tips for keeping safe and well

Surrey and Sussex Healthcare NHS Trust
A warm welcome from Brook Ward at East Surrey Hospital

We understand that being in hospital can be a stressful and tiring experience.

By opting to pay for an Amenity Bed* on Brook Ward you will receive the same high quality NHS care and treatment but in the comfort of your own en-suite room.

Charges:

- **Overnight Stay**: £250
- **Day Case**: £180

*Amenity Beds are subject to availability

The Amenity Bed service includes:

- Your own room
- En-suite facilities
- A La Carte menu
- Snack service
- A daily newspaper
- Complimentary toiletries
- Television

To book an Amenity Bed please contact:

Sandra Lockyer, Brook Ward, East Surrey Hospital, Redhill, Surrey, RH1 5RH
Email: Sandra.Lockyer@nhs.net  Telephone: 01737 768511 ext. 6492 or 1702
Website: www.surreyandsussex.nhs.uk/patients-visitors/amenity-beds

Are you coming to us for surgery? Would you like your own room?
Chief Executive’s message

Welcome

Winter is always a difficult time in hospitals as we see an increase in the demand for urgent care and we feel the impact of flu and sickness and diarrhoea on our staff and patients. This year we are taking every precaution to help keep these infectious illnesses out of our hospital. ‘Lucie’, our virtual nurse at the entrance to the hospital, reminds visitors to use the hand gel as they come in, and we have been discussing ways to limit the spread of infections with local care and nursing homes. It will no doubt be tough this winter, but I am confident we can deliver the standard of services our patients have come to expect. In this magazine, we give you some handy hints and tips about staying safe and well, and how you can help us keep our hospital resilient through the busy cold months.

This winter we are also holding a three month consultation with staff and the public on our plans to become a NHS foundation trust. The NHS is changing and being a foundation trust is the best, and only, option for our trust to have a sustainable future. It cements the Trust’s place at the heart of the local community with direct involvement from local people. We have achieved all the required performance standards needed to be granted permission to pursue our foundation trust ambition, and now we need your help to ensure we have a representative membership of local people. We would like to recruit over 5,000 members from our catchment population, who will help steer the Trust in the future. We will be out and about meeting with local people at our road-shows, and at other community events. Please look out for us in your area and come and tell us what you think about our future plans. To find out more information and to sign-up as a member, see pages 10 and 11.

Take care over the cold months, and I look forward to reporting back some of the findings from our foundation trust consultation in our spring issue of Health Focus.

Michael Wilson
Chief Executive
Useful information

Surrey and Sussex Healthcare NHS Trust

Where are we located?

Surrey and Sussex Healthcare NHS Trust (SASH) provides emergency and non-emergency services at:

**East Surrey Hospital**
Canada Avenue, Redhill, Surrey RH1 5RH
Telephone: 01737 768511

SASH provides some non-emergency services at Crawley Hospital which is managed by Sussex Community Trust:

**Crawley Hospital**
West Green Drive, Crawley, West Sussex RH11 7DH
Telephone: 01293 600300

We also provide a number of services at four community sites:

**Caterham Dene Hospital**
Church Road, Caterham, Surrey CR3 5RA
Telephone: 01306 887150

**Dorking Hospital**
Horsham Road, Dorking, Surrey RH4 2AA
Telephone: 01306646238

**Horsham Hospital**
Hurst Road, Horsham, West Sussex RH12 2DR
Telephone 01403 227000

**Oxted Health Centre**
10 Gresham Road, Oxted, RH8 0BQ
Telephone: 01883 734000

Parking information at East Surrey Hospital

All visitors are asked to park in the visitors’/public car park which is located along Canada Avenue towards the East Entrance of the hospital.

**The parking tariffs at East Surrey Hospital**
Free for up to 15 minutes if visitors exit within this time.

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Car park pay machines are located at the Main and East Entrances and in the Emergency Department. The pay machines take change, notes, debit and credit cards. A fixed £3 capped day rate is available under certain circumstances. Please ask the ward manager or visit www.sash.nhs.uk.

Disabled parking

There are dedicated parking spaces for disabled patients around East Surrey Hospital. There are spaces outside the new Main Entrance, in front of the East Entrance, and adjacent to the visitor’s car park. Disabled parking in these areas is free. There are more disabled parking spaces in the visitor’s car park where the normal car park tariff applies.

**PALS: Patient Advice and Liaison Service at SASH**

As a patient, relative, carer or visitor sometimes you may need to turn to someone for confidential, on-the-spot help, advice and support. PALS will help you to sort out any concerns you may have about the care we provide. We can also guide you through the different services available from the NHS.

**Contacting PALS**
- telephone on 01737 231958
- email pals@sash.nhs.uk
- writing to: PALS, East Surrey Hospital, Canada Avenue, Redhill, Surrey, RH1 5RH

You can also ask a member of staff to contact the PALS on your behalf.

**Visiting Information**

Our standard visiting times are 2pm to 8pm on most wards. However, sometimes in order to control the risk of infections, and for the safety of our patients, we take the difficult decision to restrict visiting times. Any changes are communicated via the telephone message when you call the hospital and on our website. For exceptional circumstances during times of restrictions, visitors are advised to contact the ward manager to discuss visiting arrangements. For more information about visiting please contact the ward directly by calling switchboard on 01737 768511 or visit our website www.surreyandsussex.nhs.uk.

**Infection prevention**

We do as much as possible to safeguard patients and visitors, and minimise any spread of infection. These measures are consistent with good practice across the country.

**We kindly ask visitors:**

1. Not to visit the hospital if you or your children have experienced diarrhoea and/or vomiting in the previous three days. Please contact your GP surgery for advice if you have any concerns about your health.
2. Seek advice from the lead nurse on the ward if you are unsure about infection control procedures.
3. Do not sit on patient beds (this is an infection control risk).
4. Avoid bringing flowers into the hospital.
Our Endoscopy service is the best you can get

Our Endoscopy service has been awarded full unconditional accreditation by the Joint Advisory Group (JAG), part of the Royal College of Medicine.

Achieving JAG accreditation is like getting a seal of approval from the most highly regarded experts. The accreditation process has been on-going for months with them scrutinising every aspect of our service. Being JAG accredited means our patients can be assured our service is the best you can get; we’ll attract the best professionals to the Trust; and we can now consider offering bowel cancer screening as part of our service – only trusts with JAG accreditation can offer this service.

The inspectors didn’t raise any areas for improvement. This is an accolade that very few Endoscopy Units manage to achieve and is testimony to all the staff and the leadership of Dr Gary Mackenzie.

Safer Surgery – in the spotlight

Surgery in our theatres is very safe, but any surgery is not without an element of risk. We perform thousands of operations every year in our theatres at Crawley Hospital and East Surrey Hospital, and we are always looking for ways to ensure our patients are as safe as possible when in our care.

In September we launched a new ‘Safer Surgery Checklist’ created by our surgeons. The checklist formalises the pre and post-surgery checks that the theatre teams follow on every patient and for every procedure.

Mr Sam Khemani, Surgeon, explains: “By following the checklist, we ensure nothing gets missed or overlooked. It’s sort of like the checks a pilot does before leaving the ground, and the safety precautions the aviation industry follows for every take-off and landing.”

One of the most important steps in the checklist is the surgical pause. This is an extra pause we’ve introduced where the whole theatre stop what they are doing and together confirm they all agree the operation and the site of the surgery.

Mr Khemani explains: “The Surgical pause is called the ‘PAWs check’, and this helps prevent there being any delay or distraction between us confirming we have the right patient for the correct operation, and knife to skin.”

Our checklist is displayed on a dry-wipe board in all of our theatres. The boards are also being installed in the four new theatres being built at East Surrey Hospital.

You can see a summary of our Safer Surgery Checklist training film at www.sash.nhs.uk

New theatres among best in the country

The builders are hard at work on our £14.5 million theatres project and the first operations will take place in December. By the end of the project, we will have four brand new theatres, and six completely refurbished theatres taking the total to ten at East Surrey Hospital.

These new facilities will be some of the first in the country that have a laminar flow ventilation system – proven to lower the risk of surgical site infections.
Welcome two experts you can trust

We have two new Chiefs on our senior management team. Our new Chief Nurse, Fiona Allsop has been busy meeting patients and staff during her first month on the job. A job she said she wanted after visiting the hospital and noticing a real sense of achievement and a desire to be the best. Fiona followed in her mother's nursing footsteps, deciding at the age of 16 that this was what she wanted to do. She says: “The Trust's reputation has come on leaps and bounds and the aspiration at the Trust shines through.”

Paul Bostock is our new Chief Operating Officer. This is about ensuring patients are admitted and discharged correctly. We have over 80,000 patients through the doors in our Emergency Department each year, and many of these patients are admitted to the wards. Ensuring all these patients are on the most appropriate ward for their treatment, means we can run the hospital efficiently and our patients have a better experience too. Paul began his career in the NHS in 1994, and his CV includes a nice year stint at Frimley Park Hospital. He says: “Getting patients into the best ward for their treatment from the moment they are admitted, is one of the key things to get right.”

You said - We did

As a direct result of patient feedback these are just a few of the changes we have made recently;

- You said noise was an issue in the Emergency Department. We have installed acoustic panels in the ceiling.
- You said Woodland ward was noisy at night. We have introduced new soft close bins and quieter tray tables.
- You said Abinger ward needed to improve communication with families. We have put consultant timetables on the wall and introduced a system where doctors are accompanied on ward rounds with senior nurses and these senior nurses are available to talk to relatives at visiting times.
- You said patients in Meadvale ward didn’t know what time it was. We have installed three clocks.
- You said Tilgate ward was busy at night. We have changed the roster to allow for extra twilight staff.

A royal stamp of approval

HRH Princess Alexandra, who officially opened our new Endoscopy Unit and 40 bed ward last summer, has agreed to us calling that wing of the hospital ‘The Princess Alexandra Wing’.

Care Recruitment

We are urgently seeking healthcare workers for short and long term assignments in London and Surrey

Excellent rates of pay

CARE ASSISTANTS • REGISTERED NURSES • SUPPORT WORKERS • DOMESTIC

Call Tracey on 020 8240 7884 or email tracey@carerecruitment.org for more information
Getting ready for winter

Winter is a challenging time in hospitals with more people needing hospital treatment. Help us keep the hospital resilient by taking a few precautions to keep you and your family safe and well in the cold weather.

Clean Hands are Happy Hands
Washing your hands properly with soap and warm water is one of the best defences against common winter illnesses like coughs, colds, vomiting and diarrhoea. Washing your hands properly should take you about 15 seconds – the time it takes to sing happy birthday twice through.

In hospitals we also ask staff, visitors and patients to use alcohol gel too. You might have met ‘Lucie’ at East Surrey Hospital, she is our virtual nurse who asks you to use the hand gel as you come into the hospital.

We have noticed a huge increase in visitors using the gel and we are replenishing the stocks of hand gel more often. Please help us keep our patients safe by always using the hand gel when you are in the hospital, and help protect yourself by washing your hands properly and regularly throughout the day.

Tackling Norovirus
Keeping the virus that causes vomiting and diarrhoea away from the hospital is a challenge every year. The virus spreads easily and causes huge disruption in all hospitals and schools, particularly over the winter.

This year we organised a conference on Norovirus and invited our community partners to join us to decide the best way to prevent and control the spread of the virus. Nothing like this has ever been done before, and is just one of the ways that we are proactively trying to tackle the virus this winter.

Representatives from nursing and care homes, the ambulance service, Public Health England and other local NHS trusts all attended, to work with us in seeking a common goal. We looked at ways of avoiding admitting people with Norovirus symptoms, patient transport, and the control of the illness in care and nursing homes.

Winter MOT:
Colds and flu
A visit to the local chemist might be all you need to fight a cold or the more severe symptoms of flu.
- Stock up your medicine cabinet with paracetamol or aspirin, rehydration mixture, indigestion mixture and a thermometer – high temperature is usually above 38°C. To find your night pharmacy, visit www.nhs.uk or call 111 or look in your local newspaper.
- For those with underlying health conditions, it is important to get advice from your GP if you develop flu-like symptoms.

Sickness and Diarrhoea
Please stay away from the hospital if you have experienced vomiting and/or diarrhoea in the past 48 hours, unless advised by your doctor. Stay hydrated by drinking small sips of water, and rest. Symptoms should pass within 48 hours. If worried please ring your GP or call 111.

Remember, book your flu jab. Available free from your GP if you are pregnant, over 65, have a long-term health problem, or you are a main carer for someone.
Chill to the bone

Slips, trips and falls are more common in winter with snow and ice on the ground.

Just behind WH Smith in the main entrance to East Surrey Hospital is one of the busiest clinics in the building – the fracture clinic. Officially called the ‘Trauma and Orthopaedic Department’, every weekday morning around 60 people pass through its doors with limbs in casts and slings.

Many will leave the clinic with the cast removed and the good news that they hadn’t actually had a fracture after all. Until the initial swelling has gone down, fractures are difficult to diagnose, so our Emergency Department will often err on the side of caution and place a temporary cast on a limb until it can be examined properly in the fracture clinic about a week after the injury. For other patients, however, their first appointment at the fracture clinic is one of several until the injury is healed.

Winter normally brings more injuries as a result of slips, trips and falls on snow or ice. And surprisingly, the main victims are not the elderly.

“During winter, it is more often the people aged 50-60 coming in with fractures as they are the ones more likely to be rushing around, trying to do their jobs and helping elderly relatives as well,” said Trauma and Orthopaedic Sister Marian Flint.

These types of injuries are known as fragility fractures as they have occurred by falling or slipping, rather than colliding with something. And although painful, luckily for the patients within the Surrey and Sussex area their injury has started a chain reaction of care that could prevent further fractures in later life.

Anyone who arrives for their first appointment at the fracture clinic aged 40-plus with a fragility fracture is automatically seen, at a later date, by our osteoporosis nurse specialist, Rosemary Harborne, and given a DEXA scan and blood tests all at the same time. This one-stop service is called the Fracture Liaison Service and less than half the health trusts in the country offer this.

Around 50 per cent of people who are scanned for osteoporosis, don’t have it. For the other 50 per cent, they are given an explanation, advice and treatment that could prevent them from having further fractures in the future.

“People who break their limbs in their 60s and 70s have invariably broken another bone in their 50s. With medication and lifestyle advice, we can do something about it, if we catch it early,” says Rosemary. “If it is not diagnosed, osteoporosis can lead to spinal collapse or hip fractures. Even an active person will not go home with the same level of mobility after a hip fracture.”

If you have a fracture and have any concerns about the swelling or pain, then contact the Trauma and Orthopaedic Outpatient Department on 01737 768511 ext. 2840
Case study

Patients over 40 years old get tested for osteoporosis at East Surrey Hospital

East Surrey Hospital is lucky enough to have had a DEXA scanner for diagnosing osteoporosis for the past five years, following a bequest in a patient’s will. It runs three days a week and scans around 2,000 people a year.

The scan is non-invasive, uses a tiny amount of radiation - less than a fiftieth of a normal chest x-ray – and patients can keep their clothes on during the process.

56 Year old Tracy Baynham, from Redhill, was relieved to be able to have her scan so near home. “I thought it would be a tunnel type scan, but it was quite nice to find out that it wasn’t,” she said. “It is so important to get yourself checked out - I do not want to end up as a crippled old lady.”

Bone matters

This autumn, the National Osteoporosis Society is launching a campaign called ‘Stop at One’ to raise public awareness of the risk of broken bones caused by osteoporosis. The society is campaigning for a Fracture Liaison Service linked to every hospital that receives fragility fractures ……our hospital, East Surrey, has been offering a Fracture Liaison Service for more than five years.

To find out more about osteoporosis, the risk factors and dietary advice, visit the National Osteoporosis Society website www.nos.org.uk

Be prepared

Sheila Merrill, public health adviser at the Royal Society for the Prevention of Accidents (RoSPA), says: “During wintry weather, snow and ice can lead to an increase in slips, trips and falls for people of all ages.

“The consequences of a fall can be more serious for older people, resulting in the loss of confidence to go out or worse, a fractured hip leading to a stay in hospital.

Wear warm, sturdy footwear with a good grip and to take it slowly when out and about on slippery pavements and driveways. Keep an eye on older people, the disabled and new mums, and if council grit bins are available use them for treating public areas not included on the gritting route.”

RoSPA top tips:
- Wear sturdy footwear, with a good grip
- If you have Nordic walking poles or similar, use them
- Take it slowly
- Allow yourself extra time to get from A to B
- Look across the road, sometimes only one side is gritted.

The Met Office has ‘get ready for winter’ advice that can be found on its website www.metoffice.gov.uk/learning/get-ready-for-winter
Your hospital needs YOU!

Become a member of your local hospital to have your say in its future - it's free, easy and you can choose how involved you would like to be - recruiting now.

The future of your local hospital is in your hands. Yes, YOU, sitting there reading this article. For the first time in history, how the hospital is run, and how it delivers its services could be down to you….and 9,000 other people like you.

In the next few weeks, the words ‘foundation trust’ will hopefully become familiar to you. An army of recruiters will be traveling all over Surrey and Sussex – from Dorking to Oxted, Horsham to Wallington - to consult with the public on plans to become a foundation trust.

That means Surrey and Sussex NHS Trust, which runs East Surrey Hospital and provides services in Caterham, Crawley and Horsham, could become an independent organisation with the power to make decisions devolved from central government into the hands of local organisations and communities.

A foundation trust is made up of members…YOU… and governors. The governors listen to the members and hold the foundation trust board to account. Members will receive regular newsletters, either by post or email, telling them of new services, investments, and plans for future developments. Those members can then email back their opinions, or send them via a comment post on the Trust’s website. These opinions will be heard by the governors and, in turn, listened to by the board before decisions are made.

Len Roberts of Oxted, says the concept of a foundation trust is “like a cooperative”. Len is the patient representative on the foundation trust project team. “You can sign up as a member and be consulted on all sorts of issues,” he says. “People have an affection and pride. If it becomes ‘our’ NHS then that is a huge motivator. You will have a route into the organisation to make changes and say what you feel.”

To achieve foundation trust status, the hospital trust needs the backing of the local community…hence a three month public consultation starting in November. If it gets support, it could become a foundation trust by early 2015. The final decision rests with ‘Monitor’ the regulator for NHS foundation trusts in England. But if not, the alternative could be out of your hands. “If it doesn’t become a foundation trust, the local hospital trust cannot continue as it is,” says Michael Wilson, Trust Chief Executive. “How the Trust is managed in the future would be determined by the NHS Trust Development Authority and NHS England and it’s possible there will either be a merger with another foundation trust or management brought in from another trust or the private sector.”

If you don’t want that to happen, then make sure you do two things this winter. Firstly, show your support for foundation trust status by responding to the consultation on the Trust’s proposals for becoming a foundation trust, and secondly, sign up to become a member. Your hospital needs YOU!
What is it like being a member of a foundation trust?

David Chuter is a member of Royal Surrey which was awarded foundation trust status in 2007. He is also on his second term as a governor for the Trust.

“I had a cancer treatment seven years ago at the Royal Surrey that was successful, so when that trust was going for foundation status it seemed the natural thing to do to put something back. As a member you get information and news about the hospital - what research they are doing or what new equipment has been bought. It is my local hospital, so if myself or any of my family falls ill, they are going to go there, so it is good to know what the hospital is good at and how it is performing. As a governor, I can represent the members’ views and I can have my own say too. You don’t have to give any time unless you want to. I would say to anyone in your area...join up. It doesn’t cost anything and it gives you your say in your hospital. “

Becoming a member

We need at least 9,000 members to provide a representative membership for the foundation trust. Hospital staff and volunteers will account for 3,500 of that figure and the rest will come from our patients and the population we serve. We propose that the public members must be 14 years or older and live in one of the following constituencies:

- Mole Valley
- Reigate & Banstead
- Tandridge District
- Crawley District
- Mid Sussex
- Horsham
- Croydon

We are recruiting members now! To sign up visit our online recruitment page at www.surreyandsussex.nhs.uk/ft. Membership forms will also be available at the road shows during the consultation period.

Benefits of becoming a member

- regular newsletters keeping you up to date with what is happening at the Trust, such as medical developments, investment and plans for the future.
- You can come along to regular members’ health events and listen to consultants and specialists speak on topics such as respiratory conditions.
- You can be as passive or active as you wish. Becoming a member gives you the chance to play a role in consultations, focus groups and receive information about involvement opportunities in health matters that interest you.
- members have access to Health Service Discounts, saving money on shopping, holidays and financial services.

Questions you might want to ask?

Can I become a member?

Anyone can become a member so long as they are over 14, and are a patient or carer, or live within the catchment area, or is a member of staff.

How much will I need to get involved?

You make the decision on how much or little you want to be involved.

How much will it cost me?

Nothing, membership is free.

How long will I have to join for?

You can stop your membership at any time by simply writing to us.

What are NHS foundation trusts?

They provide and develop healthcare according to core NHS principles - to deliver high quality and safe care. NHS foundations trusts are public benefit corporations. They are part of the NHS, and already provide over half of all NHS hospital, mental health and ambulance services.

NHS foundation trusts were created to devolve decision making from central government into the hands of local organisations and communities. They are not directed by government so have greater freedom to decide, with their governors and members, their own strategy and the way services are run. They can retain their surpluses and borrow to invest in new and improved services for patients.

NHS foundation trusts can be more responsive to the needs and wishes of their local communities – anyone who lives in the area, works for the Trust, or has been a patient or service user, can become a member. These members elect the Council of Governors.

Find out how to get involved and for more information visit www.sash.nhs.uk/ft or call 01737 768 511 ext 1864
Leading the way in care for the elderly

Our Consultants, Dr Ben Mearns, Clinical Lead for Acute and Elderly Medicine, and Dr Natalie Powell, Consultant in Acute and Stroke Medicine, are leading their teams of Doctors into the limelight when it comes to caring for elderly patients.

They stole the show at the recent international conference hosted by the Society for Acute Medicine, when they presented seven new ways of working on elderly care wards to help improve our patient’s experience.

One way of helping patients be discharged sooner to their more familiar home environment, is by estimating their discharge date when they arrive. This helps the hospital staff manage their care, and the patient and their family plan their return home and make any necessary provision for on-going support.

The Acute Medical team has also mapped their rotas to match the peaks and troughs in demand, and this has significantly improved waiting times for patients.

The ward round training that all junior doctors now do in the Trust’s simulation suite, has proven so popular with medical staff that it is being rolled out to other hospitals. Dr Natalie Powell helped develop the training session in response to patient feedback. She says: “We wanted to have more structure within ward rounds to ensure that the rounds were focussed on the patient’s safety and experience, as well as inspiring confidence in our junior team”.

Junior doctors on a practice ward round at East Surrey Hospital
Celebrating the staff who make a difference

The work of the dedicated staff that go the extra mile was recognised at our recent staff annual awards ceremony.

Over 100 staff were invited to the event and there was plenty to celebrate as awards were presented across 11 categories as well as a host of long service honours.

Trust Chief Executive Michael Wilson said: “It is our staff that are behind our growing reputation: “There are many staff on our wards and behind the scenes delivering exceptional standards of care each and every day. The awards give us the chance to share these stories of excellent care, and to be inspired by our colleagues who are going over and above what is expected.”

Some of the winners are:

**Improving Patient Care**
Leeanne Hussey, sister on Hazelwood ward.
Her leadership, and interpersonal skills have put Hazelwood among the best performing wards in the hospital.

**Frontline – Employee of the Year**
Dilys Rolfe, Abinger ward clerk
Our winner received three nominations and she is described as truly vital to the ward, making it a fantastic place to work. She embodies all the Trust values.

**Frontline – Team of the Year**
The Peer Support Workers, maternity
This group of seven volunteers offer breast feeding education and training to new mums on Burstow ward.

**Dignity and Respect for Patients**
Dr Kofi Nimako, Dr Kutaeba Ibrahim, Nurse Ana Chislu and Nurse Claire Fleet, Tilgate ward.
Nominated by the daughter of a patient who died – she described the care they offered her father as exemplary.

**Service Improvement**
Lizzie Hamilton, Birth Choice Lead Midwife
She has designed a care plan to support, inform and educate women before labour and this has led to a reduction in the number of caesarean sections and shorter hospital stays.

In September we held our first Nurses’ Conference, where our nurses, midwives, health care assistants and students all took it in turns to look at the work being done across the Trust that contributes to good patient care. The conference focused on improving our patients’ experience; end of life care; and the important role research can play in improving treatments for patients. Based on the excellent feedback from the staff that took part in the conference this year, we have already decided to make it an annual event, and next year we will invite community nurses and some patients along too, to tell us about our care from their perspective.
Let’s get going!

Don’t let cold days and dark nights stop you. Get active with one of these events and banish the winter blues.

### PEDAL POWER

**Mondays:** The Bike Works Project helps young people and adults with disabilities learn to ride a bicycle in a safe outdoor enclosed area. YMCA Sovereign Centre, Slipsnatch Road, Reigate. £3 per session. 4.30-6pm for 14-18 year olds and 6-7.30pm for 18-30 year olds. T 01737 229234

**Tuesdays and Thursdays:** Organised cycle rides from ‘easy’ to ‘challenging’. Start at 9.45am from various meeting points around Reigate & Dorking areas. W www.bikefitsurrey.co.uk

Crawley Wheelers have weekly cycle rides throughout the autumn and winter. Saturdays, 10am, and Sundays, 9.30am, leaving from outside Virgin Active on Crawley Leisure Park. Ladies only rides now offered, led by a British Cycling Breeze Champion. W www.crawleywheelers.co.uk

### FITNESS FOR ALL

**Teen Fit** is a six week, gym-based class aimed at 13-16 year olds. YMCA Sports and Community Centre, Princes Road, Redhill. £24 for the course. For the next start date, call T 01737 779979

**Reigate & Redhill YMCA** is running Inclusive Multi Sports sessions for young people with disabilities (14-30 years) to participate in a range of sports. The sessions take place in Dorking, Reigate, Merstham, Epsom, Oxted, Ashhead, Leatherhead and Caterham. For more information, T 01737 229234

**Chase Fitness Centre** in Rusper Road, Ifield, offers a range of fitness classes and activities for young people with learning difficulties. T 01294 426135 W www.chase-fitness.co.uk

### FAMILY FUN

**Sunday, 8 December:** YMCA Santa Run for all the family. Priory Park 11am. Entry £10 including a free Santa suit. To book a place, T 01737 779979 W www.ymcacommunity.co.uk

**Friday, 22 February:** Family night hike in Buchan Country Park. Meet in countryside centre. 6-8pm. Booking essential. T 01293 542088

### WALKS FOR ALL

**Sunday, 3 November:** Reigate Ramblers 5 mile circular walk from Brockham Green. Meet 10am. T 01737 760848 Mobile on day 07905 518083

**Saturdays, 9, 16, 23 and 30 November:** Nordic Walking Technique Courses take place in Horsham Park. To book T 07703 575915 E lindaedwards1@yahoo.co.uk

**Sunday, 1 December:** Reigate Ramblers 5.5mile Ranmore walk. Meet at White Downs Lane Car Park. 10am. T 01737 760848 Mobile on day 07905 518083

**Monday, 30 December:** Reigate Ramblers 4.5 mile walk at Headley. Meet at the Cock Inn. Permission to park given. 10.30am. T 01737 760848 Mobile on day 07905 518083

The Oakleafe Rambling Club has a full programme of guided rambles or Nordic walks from Brockham to Edenbridge. W www.oakleafe.co.uk

**Horsham District Health** Walks Scheme offers free guided walks for all abilities every week throughout the area, including some specifically for those with health problems. T 01403 215269 M 07780 701184 E leisure@horsham.gov.uk W www.horshamhealthwalks.co.uk

**Gatwick Greenspace** has a full programme of guided walks recommended for regular walkers. They take place in Crawley, Horsham and Horley on Thursdays, Fridays and Saturdays throughout autumn and winter. For full details, Brenda T 07847 022288 Colm T 07841 758931

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If you would like your healthy event featured on these pages, then email information to letsgetgoing@sash.nhs.uk. Inclusion is free, but subject to space.
Healthy living

FEELING SPORTY

Saturdays: Football Academy for 20 months up to 7 years. Different classes between 9am-12noon. Chase Fitness Centre. Rusper Road, Ifield. Booking essential. T 01294 426135 W www.chase-fitness.co.uk

Horsham Table Tennis Club hosts adult and junior coaching session and family play sessions every week. W www.horshamtabletennisclub.co.uk T 07764 146338

For information on sport and physical activity in the Horsham area, go to W www.horshamleisurelink.co.uk

HEALTH AND WELLBEING

Crawley Wellbeing can help you take those first steps towards a healthier lifestyle, such as getting fitter, losing weight, healthy eating, sensible drinking and other well-being issues. It also has a full programme of physical activities for all abilities, such as teen and family weight management courses, exercise programmes for the over 50s and rehabilitation classes. T 01293 585317 E wellbeing@crawley.gov.uk W www.crawleywellbeing.org.uk

ACTIVE RETIREMENT

Tuesdays: Join Reigate Artisans, a new scheme for retired male residents to make new friends, stay active and have fun. Work alongside experienced grounds staff on a variety of activities, including preparing pitches for games and making minor repairs to the club house. Reigate Priory Cricket Club and Old Reigatians Rugby Club, Park Lane, Reigate. 10.30am-12.30pm. T 01737 276430 E helen.dredge@reigate-banstead.gov.uk

Tuesdays: Horley Active Retirement Group. Meet for keep fit, activities, talks, games and regular outings. Regent Hall, Albert Road, Horley. 2-4pm. £1.50 per meeting; half-yearly subscription £2. E janetdoddington@tiscali.co.uk

Weekday mornings: Active senior exercise classes in Felbridge, Crawley and Crawley Down. W www.julienottinghamfitness.co.uk

The Woodhatch Centre, Whitebeam Drive, Woodhatch has regular physical and mental activities for the active retired and 50+ age group, from monthly rambles, tea dances, computer sessions and games of chess and cards. Membership is £5 per year. T 01737 221030 W www.woodhatchca.org.uk

GET OUTDOORS


Thursday, 28 November: Orienteering around Nower Wood. Mill Way, Leatherhead. 10am-12noon. Adults £15. Booking essential T 01372 379509

Tuesday, 18 February: Practical bushcraft skills for all the family. Meet in Buchan Country Park countryside centre. 10am-3.30pm. £10pp, Family of 4, £35. Booking essential T 01293 542088

Saturday, 22 February: Coppice your own bean poles with a countryside ranger. Meet at Rudgwick Health Centre, Station Road, Horsham. 10.30am-12.30pm. Free. T 01293 542088

Saturday, 8 March: Coppice your own bean poles with a countryside ranger. Meet at Rofant car park, Wallage Lane, Crawley. 10.30am-12.30pm. Free. T 01293 542088

Friday, 22 March: Amphibian Amble - an evening walk and pond dip. Meet in the Buchan Country Park Countryside Centre. 6.30-8.30pm. £5pp. Booking essential. T 01293 542088

Saturdays, 5 October, 2 November, 7 December, 4 January, 1 February, 1 March: Learn practical conservation activities with the Buchan Country Park Rangers. Meet at the Countryside Centre at 10am and bring lunch. T 01293 542088

Almost Country Line Dance Club has weekly classes in the Reigate & Horley areas. T 01293 820909

Mondays: 12noon-1pm. Reigate Community Centre.

Tuesdays: 7.30-10pm. St Francis Church Hall, Balcombe Road.

Thursdays: 12noon-1pm. The Methodist Church Hall, Victoria Road, Horley.

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