One stop service to better bones

Forty years of dedicated service

New cancer support centre – supporting patients and their families

Surrey and Sussex Healthcare NHS Trust
Issue 8

Health Focus

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Trust named as one of the 120 best places to work

Investing in a healthy future

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SASH Charity

Forty years of dedicated service

Members

10,000 members and growing

Features

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Healthy living

Let Get Going!

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Surrey and Sussex NHS Trust

www.surreyandsussex.nhs.uk

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Health Focus

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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: 01883 837500

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.

0-2 hours £2.20

2-3 hours £3.20

3-4 hours £4

4-5 hours £5

5-6 hours £6

6-7 hours £7

7-8 hours £8

8-9 hours £9

10-24 hours £12

Over 24 hours £25

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

• 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.

Website

Further information on our website:

www.surreyandsussex.nhs.uk

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.
Investing in a healthy future

The builders have been hard at work at East Surrey Hospital, developing and improving facilities for patients and creating a thriving health campus.

Patients are now being treated in The Lane Fox REMEO® Respiratory Centre, the UK’s first purpose-built weaning and home ventilation centre. This great new facility allows people in the area to have specialist treatment in a relaxing and purpose built environment.

Michael Wilson, Trust chief executive, said: “We are delighted to host this cutting-edge centre on our site. It’s another way in which we can offer our patients and the wider community a chance to access the care they need closer to home.”

Work continues on the £15 million theatres refurbishment project which is due to be completed in the summer. Four new theatres have already opened and the refurbishment of our six existing theatres is nearing completion.

Once completed the East Surrey Macmillan Cancer Support Centre will offer a range of services including:

- information and advice on coping with cancer and its treatment
- complementary therapies, including reflexology and reiki
- cancer support groups
- exercise programmes
- a range of classes to support those during and after treatment

SASH is working in partnership with Macmillan and with the support of The Olive Tree Cancer Support Centre on the project. Senior Macmillan development manager Rebecca Hawkins, said: “The new centre will enable more people affected by cancer, their families and friends, to access a wide range of support services in one place – information and advice, emotional and psychological support, complementary therapies and more.” If you would like to make a donation or find out more about the centre visit the Macmillan website at: www.macmillan.org.uk/donate/east-surrey.

Trust named as one of the 120 best places to work

The Trust is celebrating being named as one of the top 120 best places to work in the NHS by respected healthcare publication the Health Service Journal in partnership with NHS Employers.

Using details from the national NHS staff survey, the HSJ describes the award as recognising organisations that show they know what it takes to create environments where people enjoy coming to work.

Michael Wilson, chief executive, said: “I am very proud that our Trust has been rated as one of the best places to work in the NHS. Every day, our staff are focused on delivering high quality care to local people and it is fantastic to know that their positivity about where they work has been recognised.

“We each have a role to play in making our Trust a great place to work and it is thanks to everyone that we all benefit – importantly we also know that this proactive approach means a better experience for the people we care for.”

Trust selected for prestigious scheme to transform care for patients

Surrey and Sussex Healthcare NHS Trust is one of just five NHS trusts in the country set to benefit from the influence of internationally acclaimed healthcare experts as part of a new initiative launched by Health Secretary Jeremy Hunt and the NHS Trust Development Authority (TDA).

The USA’s ‘Hospital of the Decade’ will mentor the Trust in an ambitious development programme – bringing their tried and tested system to East Surrey Hospital to help staff develop and deliver improvements in healthcare for local people.

As part of a trailblazing move to make the NHS one of the world’s greatest learning organisations, clinicians and leaders from the Virginia Mason Institute will teach our doctors and nurses the principles and systems that have made it so successful.

Chief executive, Michael Wilson said: “Following a very competitive selection process we are delighted to be chosen as part of this five year programme which will help us continue our journey of transformation and become one of the country’s safest hospitals, delivering world class services to the people we care for.”

Jeremy Hunt, Secretary of State for Health, said: “I want to make the NHS the safest healthcare system in the world, powered by a culture of learning and continuous improvement. The achievements at Virginia Mason are inspirational and I’m delighted they will help NHS staff to learn the lessons that made their hospital one of the safest in the world – patients will see real benefits as a result.”
Diabetes patient honoured at new centre

Gerald Law, a diabetes patient from Horsham, has been presented with the John Macleod medal for successfully living with diabetes for 70 years.

Mr Law received his medal at the opening morning of The Earlswood Centre, a new hub for diabetes and endocrine care for people in east Surrey and west Sussex.

The team of specialist doctors and nurses recently moved from East Surrey Hospital into the community where they are working to raise awareness of the help they offer to people with the disease.

Susan Stockley, lead diabetes specialist nurse, said: “The large new space enables us to run separate clinics for people with Type 1 and Type 2 diabetes and clinics for young adults and people using an insulin pump.

“We can also now treat patients with monogenic diabetes which means they no longer have to travel to Brighton and Oxford and we are bringing diabetes and endocrine care for local people into one place.”

Enhancing patient care

Running marathons, hotly contested quiz nights and bidding for FA cup final tickets are just a few of the great fundraising schemes that have boosted the Trust charity coffers recently.

Stepping out to support East Surrey Hospital in the Edinburgh Marathon were two fantastic fundraisers, Sophie Lindsay and Tobias Tipper, whose efforts raised £2,000.

This was the first marathon for Sophie, who said: “I wanted to raise money for the people who spent so much of their time helping my brother in law fight his battle against cancer. They gave him such fantastic medical care, particularly in the last days of his life.”

Tobias, an NHS graduate management trainee at SASH, described his four hours 42 minute run as brutal. “It is by far one of the hardest things I have ever done. Having the charity in mind for the last few miles really helped me drag myself over the finish line.”

A strongly competitive quiz night held at the hospital raised another £1,000 while fierce bidding for the cup final tickets kindly donated by Redhill Football Club boosted funds by another £700.

From enabling cancer patients to participate in art workshops to investing in additional clinical support for patients with dementia and high-tech ultrasound devices for our emergency department, SASH Charity goes above and beyond to ensure our community receives the best care possible when they visit their local healthcare trust.

If you would like to find out more about the charity, make a donation or organise a fundraising event please visit the website at www.sashcharity.org or e-mail fundraising@sash.nhs.uk

From Redhill to Washington

Shrilla Banerjee, a SASH consultant cardiologist, has recently returned from representing the UK at an international cardiology leadership forum in Washington DC.

She was one of only two cardiologists from the UK to be handicapped by the President of the British Cardiovascular Society to attend The American College of Cardiology’s Leadership Training Programme.

The event brought together 40 doctors from across the globe to offer intensive leadership training.

Four legged friends visit hospital

Bringing a smile to the faces of our patients are Berry and Elle – the four legged members from the local Pets As Therapy (PAT) charity. The charity provides regular therapeutic pet visits to East Surrey Hospital and the friendly dogs always get a warm welcome on the wards.

Volunteer and Retigate resident David Cook said “It’s lovely to see patients’ reactions and their eyes light up when they see a dog come onto the ward. They remind them of pets they have had in the past or dogs they have at home and it breaks up the day for them.”

Maris Codling, voluntary services manager, said: “For many years we have had all different breeds from mongrels to Rottweiler visiting our wards bringing so much pleasure not just to patients but also visitors and staff. They do have a proven therapeutic effect on our patients and we are very grateful to their owners for bringing them into the hospital regularly.”

Patient art work unveiled

Former patient Nathan Harvey proudly unveiled his art work to staff at a special tea at the hospital recently.

Mr Harvey drew dozens of pictures while he was a patient on Woodland ward and his colourful drawings capture the work of the many staff who looked after him.

The Dorking resident joined staff and former patients at the Learning Disability Liaison Tea, an event organised to raise awareness of the support available at the hospital for patients with learning disabilities.

Sarah Lalljee, an acute learning disability liaison nurse, said: “This was a great opportunity for us to involve and listen to patients with learning disabilities. Their feedback will help us develop and improve our services and help us tailor the care we provide to the needs of different people.”

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One stop service to better bones

It is called the ‘silent disease’ as osteoporosis is often not discovered until someone falls over and breaks a bone.

Without proper treatment and lifestyle changes, that person may go on to break more bones, and eventually a hip or even vertebrae. By then, osteoporosis may have reduced their quality of life and their ability to be independent, leaving them in chronic pain.

“We want to prevent people from getting to that point,” said Dr Sian Griffith, the Trust’s osteoporosis lead. “Osteoporosis should not be a natural part of the aging process.”

With that aim, our health trust has been running a one-stop Facture Liaison Service (FLS) for more than seven years. Anyone who arrives for their first appointment at the fracture clinic aged 50-plus with a fragility fracture (caused by falling rather than colliding with something) is automatically referred to the FLS. At that appointment, they are seen by osteoporosis nurse specialist, Rosemary Harborne, and given a DEXA scan to assess their bone mineral density.

Just 38% of health trusts in the country offer this, but in our trust, everyone is Up through the Trust’s fracture clinic when they come in with a fracture. If their DEXA score indicates that they may be at risk of osteoporosis, they are referred to the FLS where Rosemary will type these patients’ medical history and DEXA score into the computer, using the World Health Organisation Fracture Risk Assessment Tool (known as the FRAX tool). The results of this are immediate and will determine if the patient needs treatment.

Dr Griffith recommends that anyone in their 50s, or women who have gone through the menopause, assess their own risk of osteoporosis by using the FRAX tool. She encourages GPs to carry out the online FRAX test if a patient has concerns.

Although many people with osteoporosis are picked up through the Trust’s fracture clinic when they come into hospital with a broken wrist, for some, they will not know they have the disease until suddenly, in their 60s, they have a spontaneous spinal fracture.

“A wrist fracture will get better, but a vertebral fracture is the most severe thing that can happen with osteoporosis, and can leave you in chronic pain,” says Dr Griffith.

“A FRAX test is another way of identifying patients early so we can prevent this from happening.”

It is simple, just go to www.shef.ac.uk/FRAX tool.jsp or type ‘FRAX’ into the search engine. A DEXA scan result is not needed to complete the online questionnaire which will then give a 10-year probability of having a fracture. If your scores are high, make an appointment with your GP for further advice.

Patient case study:

A walk in the park turned into a nightmare for retired practice nurse Katie Gratton-Brown from Pound Hill, Crawley.

Within hours, she had excruciating pain in her back and had to take herself to bed. Days later, an MRI scan showed she had fractured two vertebrae in her spine, and a DEXA scan confirmed osteoporosis.

“Even childbirth wasn’t as painful as that,” said the 71-year-old grandmother.

The severity of her injury meant Katie was referred direct to Dr Sian Griffith, the Trust’s osteoporosis lead, and she was put on an 18 month course of daily injections, which she administered herself. Katie now receives an intravenous drug, once a year, at the chemotherapy unit in Crawley Hospital, and takes Vitamin D supplements.

“Having a diagnosis of osteoporosis is an awful thing to take on board, it is life changing,” she says.

Her biggest sadness is not being able to run around with her grandchildren, aged 9 and six, and play tennis with them – a sport she used to enjoy.

Since the fractures, Katie has lost about 4 inches in height and now has a cushion on her chair, otherwise she feels the “dining table is coming up to greet me”.

She has learnt to adapt – switching to thick soled shoes so she can’t feel the impact of the ground as she walks, always using a trolley rather than a basket when going round the supermarket, and taking walking poles whenever she is out for a stroll with Peter, her husband of almost 50 years.

Although Katie’s osteoporosis may have been complicated by the fact she also has a thyroid problem, she believes long working hours as a clinical nurse meant she rarely took time to go out in the sunshine to boost her Vitamin D levels.

“I would like to see more emphasis on Vitamin D and its benefits to women as they go through the menopause,” she says.

From left to right: Alan Carmen (Lead Radiographer DEXA), Tracey Neal-Pickard (Radiographer), Rosemary Harborne (Osteoporosis Nurse Specialist), Dr Sian Griffith (Trust Osteoporosis lead)

What is Osteoporosis

It is a medical condition in which the bones become brittle and fragile from loss of tissue. The people more likely to be at risk are:

• women who have had an early menopause, before the age of 45
• those who had anorexia or bulimia as a teenager
• people on long-term steroids
• women with breast cancer – although they will automatically be scanned for osteoporosis by the Trust
• a person whose parent has had a hip fracture.
• people with low vitamin D and calcium levels
• smokers
• heavy drinkers

Studies have shown that smoking and excessive alcohol consumption are two habits directly linked to decreased bone density.

Young Bones Building healthy bones in youth helps prevent osteoporosis and fractures later in life. The National Osteoporosis Society says young people need to ‘bank’ strong bones before their late twenties. After that, bone strength starts to decline.

It’s education campaign ‘Bones 4 Life’ provides information for children, families and teachers.

Visit www.bones4life.org.uk

For more information about osteoporosis, visit the National Osteoporosis Society at www.nos.org.uk or call its helpline on 0845 4500230

Treatment and lifestyle changes

Once a patient has been identified with osteoporosis or osteopenia, Rosemary Harborne, osteoporosis nurse specialist, will explain the treatment and lifestyle changes that need to be made. Each treatment is selected according to the severity of the osteoporosis. Many of the treatments not only halt the process, but can improve bone density. Rosemary will also advise on diet and exercise, and encourage patients to reduce their alcohol consumption and stop smoking.

After the diagnosis, the medical care is carried out by the patient’s GP, but Rosemary says patients need to take ownership of their condition.

“Patients need to be proactive - they need to say to themselves ‘what can I do about it?’ They may need to make changes to their diet or stop smoking. We can’t do it for them, but can point them in the right direction for help.”

She also recommends patients stay on their medication for five years and then ask their GP to refer them for another DEXA scan.

It is never too late to adopt new habits for healthy bones. Here is what else you can do:

• have a good general diet, rich in protein and calcium.
• increase vitamin D levels by getting sunlight throughout the year.
• get 20 minutes of weight bearing exercise 5 times a week.
It’s good to talk

Men are not always great talkers or sharers of emotion, unlike women. But members of the prostate cancer support group have swapped talk of fast cars and football for discussions of a far more intimate nature.

Prostate Cancer Support Group – enjoying time to talk

Improving treatment

Prostate is the most common cancer among patients referred to Surrey and Sussex Healthcare NHS Trust, and our team fully understands the anxieties of those recently diagnosed. A key focus in the past six months has been to improve the experience of these patients wherever possible. Prostate cancer patients were the first to use East Surrey Hospital’s new radiotherapy unit, saving them a long daily drive to St Luke’s Cancer Centre in Guildford for treatment - a 50-mile round trip for those living in Reigate.

The way prostate cancer is diagnosed is also changing. The Trust has introduced pre-biopsy MRI scans which can identify areas where prostate cancer may be present.

“The MRI can be enough to reassure you that you don’t have cancer or it will show the location of a potential cancer,” said Mr Michael Swinn, consultant urological surgeon. “The MRI result will also help determine which biopsy is needed.”

Any biopsy is an invasive procedure and is associated with complications such as discomfort, bleeding and urinary retention. Until recently, the only option at East Surrey Hospital was the transrectal biopsy – a 10 minute procedure carried out under local anaesthetic with 10-12 biopsy samples taken from the prostate.

Now, the hospital can also carry out ‘trans-perineal template biopsies’. This procedure takes more biopsy samples – between 10 and 32 - while the patient is under general anaesthetic. This type of biopsy may be more likely to pick up cancer than a transrectal biopsy in some men. It also has slightly less risk of infection. If early prostate cancer is diagnosed, there is a choice of treatment available. While radiotherapy can now take place at East Surrey, surgical procedures are still carried out at the Royal Surrey County Hospital in Guildford. Some patients will opt for ‘active surveillance’ in which they undergo monitoring. Prostate cancer can be slow growing and, for many men, the disease may never progress or cause any symptoms. By choosing active surveillance, they have avoided the physical side effects associated with other treatments.

“The side effects are often a key factor in the treatment choices men make,” said Kate Etheridge, Macmillan urology cancer nurse specialist. “We help patients with that decision making process. The outcome for men is often very good.”

Patient case study

Ralph Grant rode through his treatment of prostate cancer – literally. For 25 of the 37 sessions of radiotherapy, the 59-year old climbed on his 700cc motorbike for the ride to St Luke’s Cancer Centre in Guildford from his home in Broadbridge Heath.

“It’s a painless procedure, but you have to drink a lot of water beforehand, and having a full bladder and wearing motorcycle protective clothes was quite tricky,” he says.

When Ralph began getting really tough problems and going to the toilet a lot, he went straight to his GP with a list of potential causes, including prostate cancer. An examination found an enlarged prostate and an MRI scan and biopsy later confirmed cancer contained within the prostate.

He then went into oxidative and googled all available treatments and their side effects.

“I probably did too much research and had to be told to keep things in perspective,” he said. He felt the side effects of surgery were too invasive, so chose radiotherapy because “I wanted the full zaps. Although he had researched the side effects of his chosen treatment, he wasn’t prepared for the severity.

“The extra water needed to be drunk and the weakness of my bladder meant I was up eight times a night which made me snap, but that has improved since my treatment finished. My bones also ache – feeling weak has been a big thing. I found my 700cc motorbike quite heavy towards the end of the treatment.”

Meeting fellow patients in the hospital waiting room and at the prostate cancer support group has helped him cope.

“I’m a retired man and group organiser. ‘They gain confidence in talking openly, happy to share, not just experiences, but how they feel.’

There are confidential slips that can be filled in for any queries that members don’t feel they can air in public and they can always call Leanne and the cancer nurse specialist at the Trust with their queries that members don’t feel they can air in public.

“Everyone is very open about their problems, and people are at different stages of treatment so you can ask them how you feel. I’m quite happy to share, not just experiences, but how they feel.”

For more information, call Leanne Tookey on 01737 768511 ext 1799 or the Olive Tree on 01293 534465.

PSA levels

Going to the toilet more frequently is often the trigger for men to make an appointment with their GP. As well as a rectal examination to see if the prostate gland is enlarged, a blood sample will be taken to test for prostate specific antigen (PSA) levels.

“Don’t panic if your first PSA test is raised,” said Mr Swinn. “A raised PSA is not necessarily a mean cancer – of those with a raised level only 30% are likely to have prostate cancer.”

To avoid unnecessary diagnostic procedures, Mr Swinn and his team urge GPs not to refer every man to hospital with a first raised PSA level.

“Unless it is exceptionally raised, or there are other concerning factors, it is best if GPs only refer men if they have a consistently raised PSA level,” he says.

If you are referred to the raised PSA clinic by your GP, you will be sent an appointment with two weeks.

Spotlight on cancer

Meet the new chief of cancer services for the Trust – Dr Ed Cetti.

It is a new role created in November last year to ensure that the care and treatment of cancer patients has the focus it deserves.

“I see my role as sitting with the Trust’s executives, and acting as a champion for cancer services, to help improve outcomes and experiences for the patients,” said the 40-year-old thoracic consultant.

Medicine is in Dr Cetti’s blood – his father was a surgeon, his mother, a nurse, and he too is married to a nurse. He joined the trust more than five years ago and his special interests include lung cancer, asthma, chronic obstructive pulmonary disease (COPD) and bronchoscopy.

Cancer is the number one killer in the UK but with as many people surviving as dying from it, Dr Cetti sees the challenges as two-fold – to improve experiences and outcomes of patients undergoing treatment and to ensure the best care for those with terminal illness.

Already the Trust has helped reduced patient travel time to treatments with the opening of a new radiotherapy suite last September. It has also increased nurse specialists with 18 chemotherapy nurses now on the team, which means more treatments can be done at the hospital in Earlswood.

There has also been an investment in palliative care. Thanks to joint funding with Marie Curie, patients at the end of their life can now go home and have care seven days a week from there. Later this year, a new Macmillan cancer centre will open providing informal and alternative therapy rooms for patients.

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**Heath Focus**

**WALKS FOR ALL**

**Tuesdays and Wednesdays.** Crawley Health Walks from Tilgate Park, Gatwick, and Chilworth Playing Fields. T 01293 585350 W www.crawley.gov.uk/healthwalks FREE

**Wednesday 30 September.** The North Downs Way to Walton at 10.30am. Meet at: Way Lane Car Park, Reigate Hill, Reigate, RH2 0HX 07477 337034 W www.ymcacs.org.uk

**Sunday, 27 September.** Polesden Lacey 5 mile morning walk. Start Denbies car park 10:00am (off A24) at Dorking. Walk to Polesden Lacey approx 2.5 hours allow a little longer depending on stops. Not suitable for dogs. W www.registermymap.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 W www.horsham.gov.uk/A librarian/11778.aspx

**Oakslee Surrey Rambling Club** offers a full and varied programme of guided rambles between Edenbridge to Betchworth and Churt. £4 per adult (£3 for USA members). Friendly dogs welcome. T 07930 738034 W www.oakslee.co.uk

**East Surrey Walking for Health** offers a variety of walks for all ages and abilities. Guided walks take place in Lingfield, Godstone, Reigate Priory Park, Banstead, Nutfold Marsh, Horley, and Queens Park, Caterham. Choose from shorter 40 minutes to longer 90 minute walks. T 01737 772030 E eaffordnitude@gmail.com

**BACK TO NATURE**

**Sunday, 4th October.** Gatton Park gardens and park open, Reigate. W www.gattonpark.com

**Saturday, 26th September.** 10am - 4.30pm. One day basket making course with underwoodesam John Walker in the beautiful setting of Gatton Park. Materials and tools provided. W www.gattonpark.com

**Friday, 25th September.** 6.45pm – 8.15pm. Learn how to identify bats at Nover Wood Educational Nature Reserve. Booking essential. More details at T 01983 778677 W www.surreywildlife@trust.org

**Saturday, 17 October.** 10am - 4pm Surrey Wildlife Trust Fung Workshop at Nover Wood Educational Nature Reserve, Mill Way, Leatherhead, Surrey. W www.surreywildlife@trust.org

**First Sunday of each month.** Gatton Park open day, free with guided tours, bird hide available, plus activities for children, including the Wild Things play trail. Off Rocky Lane, Reigate Hill. 1-5pm. Adults £4, children. W www.gattonpark.com FREE

Enjoy all the health benefits of the great outdoors with Gatwick Greenspace conservation volunteering programme. Full details W www.gatwickgreenspace.org.uk

**FITNESS FOR ALL**

**Live It!** is the YMCA’s sport and fitness programme for those aged 30+ with a learning disability. Activities held at the YMCA Sports and Community Centre, Princes Road in Redhill or in day centres and residential homes throughout Reigate and Banstead. FREE taster sessions available. T 01737 779979 E katie.gatt@ymcaeastsus.org.uk W www.ymcaeastsus.org.uk

**Every other Saturday.** Bocca Club, the Paralympic sport for children and adults. YMCA Sports and Community Centre, Princes Road, Redhill. 12.30-1.30pm. T 01737 779979 W www.ymcaeastsus.org.uk

**TEEN FIT** is YMCA East Surrey’s fitness course for 13-15 year olds. Courses held regularly at YMCA Sports and Community Centre, Princes Road, Redhill. T 01737 779979 W www.ymcaeastsus.org.uk

**FEELING SPORTY?**

**Sunday 20 September.** Run Reigate Half Marathon 9am Priory Park. W www.runigotia.com

**Mondays, Tuesdays, Thursdays and Fridays – AC Line Dance Club offer classes for all ages and levels held in Reigate, Horley and Forest Row, East Sussex. £5 per session. T 01293 820909**

**Wednesdays, Thursdays, Fridays and Sundays from April-September.** Crawley Croquet Club. Worth Park, Milton Mount Avenue, Pound Hill. 2-5pm. T 01293 844669 W www.crawleycroquetclub.org.uk

**Sundays, Freestyle Chi Gong. De Stafford Sports Centre, Burntwood Lane, Caterham. 10.30am. The class adapts throughout the year as it follows the five seasons of the Chinese calendar. £6.55, concessions £4.90. T 01883 344351**

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**HEALTH AND WELLBEING**

**Mondays and Wednesdays.** Well-balanced for wellbeing exercise classes for over the 65s, to build confidence and stability, and help prevent falls. The Dance Centre, West Green Drive, Crawley. £2.50 per session. T 01293 804826 or 01293 585352.

**Tuesdays.** Forget-Me-Not Dementia Carers Group. Fairlawn House, Community Hall, Wassand Close, Three Bridges, Crawley. 7:45pm. T 01293 585352 W wellbeing@crawley.gov.uk

**Better – the feel good place.** Find out about a wide range of activities at local leisure centres and libraries - get active and have fun. W www.better.org.uk

**People aged over 40, living in West Sussex, can now have free NHS health checks to assess their risk of developing heart attack, stroke, diabetes and kidney disease. The check lasts 20-30 minutes and provides advice and support on how to prevent or reduce these risks, and live a healthier life. To book T 01243 624023 W www.nhshealthcheck.com**

**Horsham Wellbeing advisors can help you take the first steps towards a healthy lifestyle. For information and advice on healthy eating, being more active, losing weight, stopping smoking, alcohol awareness and emotional wellbeing T 01403 215111 E info@horshamdistrictwellbeing.org.uk W www.horshamdistrictwellbeing.org.uk**

**Is drink sneaking up on you?** If so, the Crawley area has a new wellbeing alcohol service offering free and confidential support with one to one appointments. T 01293 585317

**YMCA Live SMART project** offers free NHS health checks for people aged 40-74 in the privacy of a patient treatment room. Live SMART centre, The Bathly, Redhill. T 01737 772030.

**Sussex Health Arts** holds courses in the Crawley area in Chinese Health Arts such as Qi Gong, Tai-Chi and Baqia, to improve wellbeing. For details, E contact@sussexhealtharts.co.uk or visit W www.sussexhealtharts.co.uk

**Crawley Wellbeing** offers a free, impartial service to support in making positive improvements to health and wellbeing. Crawley Wellbeing can help you to find local wellbeing information and services and support you in getting your family fitter, doing some regular exercise, dealing with stress, kicking a habit, or simply improving your general wellbeing. It also organises health walks in the area. T 01293 585317

**Crawley Change4Life Project** aims to help families make small changes to their daily routine that could have a big effect on the family’s health. W www.facebook.com/crawleychange4life

**PEDAL POWER**

**Tuesdays and Thursdays.** Bikhed Surrey leisurely paced off-road cycle rides offered at 3 levels – Ride Easy (Tuesdays), Ride Steady and Ride Well (Thursdays) Start points vary, but within a 20 minute journey from Redhill. Meet at 9.45am. £5 (£4 concessions). E info@bikhedsurrey.co.uk T 07801 235222 W www.bikhedsurrey.co.uk

**Saturdays.** Crawley Wheelers organises social rides to cater for a range of abilities. Meet outside Evans Cycles, Crawley. 9.15am. W www.crawleywheelers.co.uk FREE

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**ACTIVE RETIREMENT**

**First and third Wednesday of the month.** Singing for Pleasure, The Woodhatch Community Association, 9.30am, just turn up. W www.worthinghca.org.uk

**Mondays-Fridays.** The Regent House Community Centre, Albert Road, Horley. The Regent House Centre has a full programme of activities for health and wellbeing for the over 50s, from Plates and line dancing, to art and short mat bowls. E enquir@regenthousecc.org T 01293 774170 W www.regenthousecc.org

**Tuesdays.** Horley Active Retirement Group meets for exercise and talks. The Regent House Community Centre, Albert Road, Horley. 2pm. T 01293 788608

**Tai chi, line dancing and tea dances** are just some of the activities on offer for people aged 50+ at Batemans Centre, The Horshorse, Bollers Lane, Batemans, Monday-Friday T 01737 361712 W www.batleysadventurecentre.co.uk

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**Healthy living**

"Let’s get Going!"

Jump into action with one of these activities. No matter what your age or ability, there will be an event or sport for you here.

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

Did you know? In Singapore, the government sponsors line dance clubs to promote classes all over the country as they have found that it keeps people fitter and healthier in mind, body and spirit.

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**Healthy Focus**

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13 Health Focus Issue 8
Would you like to have a say in the future development of local healthcare? Surrey and Sussex Healthcare NHS Trust is looking for people who would like to become members and join the 10,000 people who have already signed up. It's free and a great way for people to learn more about what we do, get involved and share their views.

Chief executive Michael Wilson said: "I want to thank everyone who has signed up so far. It is great to see our members at focus groups and events sharing their views and making their voices heard."

He added: "The level of local interest and support in the Trust is clearly shown, not just by our growing number of members, but also in our recent council of governor elections. Eight-four members stood for election – one of the highest numbers of candidates in the country."

The newly formed 28 strong council of governors is made up of 19 elected governors (15 public governors and four staff governors) and nine nominated by partner organisations. The council works with and represents members and the community and oversees the activities of the Trust.

As a member you can get involved as little or as much as you like. You may want to stand as a candidate in future elections or simply receive the members' newsletter which will keep you updated on what is happening in the Trust.

If you would like to find out more about membership or to apply online visit www.sussexandsussex.nhs.uk or email sashFT.membership@nhs.net

Membership Application Form

Members play a key role in our Trust and you will be able to get more involved by becoming a member. Anyone aged 14 and over can join as long as they are, or have been a patient or carer in the past 5 years, or live in the Trust’s catchment area, which is made up of the following local council areas: Crawley, Horsham, Mid Sussex, Mole Valley, Reigate & Banstead, Tandridge and Croydon.

Name ________________________________ Title ________________________________

Address ________________________________

Postcode ________________________________

Telephone (land line or mobile) ________________________________

Email Contacting members by email is the most cost-effective method of communication. If you are willing to receive information by email please provide your email address below: ________________________________

What is your connection to the Trust?

| Are you a member of the public/patient or carer that lives inside our catchment area? | I declare I am eligible and would like to become a member of the Trust |
| Representing a group/organisation | A member of Trust staff |
| A patient or carer that lives outside our catchment area | Representing a group/organisation |

Signed ________________________________ Date ________________________________

Do you have any special information requirements? 

Audio □ Large print □ Braille □ Other □ Please state below: ________________________________

Would you like more application forms so your family and friends can join? □

We will send you the forms along with a first-class addressed envelope to post the completed forms back to us.

Patients, carers and members of the public who live in our catchment area are eligible to be public members, and will vote for the public governors. Patients and carers that do not live in one of the seven areas we've identified as our catchment area, will be eligible to be patient members and will vote for the patient governors.

Putting people first delivering excellent, accessible healthcare
We are committed to building a membership that reflects the diverse communities we serve and we would be grateful if you would complete the following section.

**Date of Birth:**

| D | O | M | M | Y | Y | Y | Y |

**I am:**

- [ ] Male
- [ ] Female
- [ ] Transgender

**Do you consider yourself to have a disability?**

- [ ] Yes
- [ ] No
- [ ] Prefer not to say

**Ethnicity**

- [ ] White British
- [ ] White Irish
- [ ] Other White
- [ ] White & Black Caribbean
- [ ] White & Black African
- [ ] White & Asian
- [ ] Other Mixed Background
- [ ] Black African
- [ ] Other Asian background
- [ ] Indian
- [ ] Pakistani
- [ ] Bangladeshi
- [ ] Other ethnic group

**Sexual Orientation**

- [ ] Heterosexual (Straight)
- [ ] Gay Woman (Lesbian)
- [ ] Bisexual
- [ ] Prefer not to say
- [ ] Gay Man

**What geographical area do you live in?**

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

**Do you have any special interests regarding care?**

- Medicine e.g Rehabilitation, Accident & Emergency
- Women’s Health e.g. Maternity, Gynaecology
- Children’s Services e.g. Paediatrics
- Surgery e.g General Surgery, Orthopaedics
- Outpatients
- Support services e.g. cleaning, food, parking, volunteers

**How did you hear about our membership?**

- At a public meeting
- Received a leaflet
- Face to face recruitment
- Via our services/staff
- On our website
- Through the local press/media
- Other

Please state below:

______________________________

This information will only be used by Surrey and Sussex Healthcare NHS Trust in conjunction with membership and public involvement, and in accordance to the Data Protection Act 1998. We are obliged to keep a public register of members, if you do not wish to be included on this register please tick this box

Thank you for taking your time to fill in this form and for becoming a member.

Your support is appreciated.

For more details visit www.surreyandsussex.nhs.uk/ft