Frozen Shoulder Link to Menopause

Frozen shoulder, also known as adhesive capsulitis, is a painful condition that restricts movement in the shoulder joint due to adhesion and inflammation in the joint capsule. While this condition can affect anyone, it is particularly common in women aged 40 to 60, with many cases coinciding with menopause.

What Is Frozen Shoulder?

Frozen shoulder is characterised by pain and stiffness in the shoulder joint. It progresses through two main stages: the **painful stage**, where movement becomes uncomfortable and often disrupts sleep, and the **stiffness stage**, where shoulder mobility is severely restricted. The exact cause isn't always clear, but there are certain risk factors.

The Menopause Connection

Frozen shoulder tends to occur more frequently in women, especially during menopause. Hormonal changes, particularly declining oestrogen levels, can impact connective tissues, making them more prone to inflammation and stiffness. This hormonal shift may partly explain why women in midlife are at higher risk of developing the condition.

Signs and Symptoms

Key symptoms of frozen shoulder include:

- **Pain**: A deep, aching pain that worsens with movement. Night pain is common.
- **Stiffness**: As the condition progresses, shoulder movements become more restricted, making daily activities like dressing or reaching overhead challenging.
- **Limited Range of Motion**: Both active and passive movements are affected.

Risk Factors for Frozen Shoulder

- Age and Gender: Women between 40 and 60, especially those going through menopause, are at higher risk.
- Diabetes: Those with diabetes are more susceptible and often experience a more prolonged course of frozen shoulder.
- **Thyroid Disorders**: Hypothyroidism and other thyroid issues are linked to a higher likelihood of developing frozen shoulder.
- Immobilisation: Lack of movement after an injury or surgery can trigger the condition.

Treatment and Management Options

Physiotherapy: The Gold Standard

Physiotherapy is the cornerstone and is supported by the National Institute for Health and Care Excellence (NICE). It includes a combination of manual therapy, exercise, and education to relieve symptoms and improve shoulder function.

- Manual Therapy: Techniques like joint mobilisation and stretching are used to reduce stiffness and increase mobility.
- Exercise Therapy: A personalised exercise plan can help restore shoulder movement and build strength. Early in the painful stage, exercises are gentle, with intensity increasing as the shoulder improves.
- **Patient Education**: Understanding frozen shoulder, its natural progression, and expected recovery time is vital. Many patients worry about the severity of their pain, especially during menopause, but education can reassure them that frozen shoulder is manageable and temporary.

Injection Therapy: Corticosteroids and Hydrodilatation

For those whose pain severely limits rehabilitation, injection therapy can be an effective complement to physiotherapy.

• Corticosteroid Injections: These are most useful in the early painful stage, providing significant pain relief and

reducing inflammation. This helps patients participate more actively in physiotherapy.

• **Hydrodilatation**: This procedure involves injecting a saline solution, often combined with a corticosteroid, into the joint capsule to stretch it and improve mobility. It's typically used during the stiffness phase.

Can Frozen Shoulder Be Prevented?

While not always preventable, staying active and maintaining shoulder mobility can reduce the risk of developing frozen shoulder, particularly during menopause when hormonal changes increase vulnerability. If you experience early signs of stiffness or discomfort, seeking physiotherapy promptly can prevent the condition from worsening.

Role of Menopause in Frozen Shoulder Recovery

Due to hormonal changes, women going through menopause may experience a longer recovery time. However, with early intervention, including physiotherapy and, if necessary, injection therapy, most women see significant improvements within one to three years. Managing underlying conditions like diabetes or thyroid issues can also speed up recovery.

Conclusion

Frozen shoulder is a painful and limiting condition, but with the right treatment, particularly physiotherapy, most people can regain their shoulder mobility over time. For women experiencing menopause, the added risk makes it important to be proactive in addressing early symptoms. Whether through manual therapy, tailored exercises, or injection therapy, effective treatment can help you regain shoulder function and return to your regular activities.

Surrey smokers quitting for free

Ex-smoker Councillor Mark Nuti, Cabinet Member for Health and Wellbeing, and Public Health, visited the One You Surrey stop smoking service to find out how we're supporting smokers to guit.

Around 12% of adults in Surrey smoke, and from personal experience Mark knows that it can be tough to give up smoking. When he visited Stop Smoking Advisors Lottie and Tutua from the One You Surrey Stop Smoking Service, he found that there is lots of support available to help people in Surrey make this life-changing choice.

One You Surrey offer a free quitting service, to help residents make the first step towards a healthier and smoke-free life. With access to free quitting aids, including e-cigarettes, nicotine replacement patches and gum, as well as encouragement and support to guide smokers through their quitting journey, One You Surrey are there every step of the way. One You Surrey offer a personalised service, including 1:1 sessions and online support. Whether this is someone's first shot at quitting smoking, or whether they feel like they've tried it all, the advisors at One You Surrey are here to find what works. Smokers who quit with the help of a stop smoking service are 4 times more likely to quit for good, as Mark found.

Mark told us: "The benefits of quitting smoking make this challenging journey well worth it!" After just 72 hours, you will already be able to breathe better and will have more energy. Your sense of taste and smell will improve, and quitting can boost your mood and help you to feel less stressed. And you could save close to £2000 a year, enough for a holiday or towards a new car."

Smoking Cessation Lead Tutua shared: "Last year we were able to support over 1500 people in Surrey to successfully quit smoking. I love seeing the benefits our clients gain through their time with us, from the positive financial impact of quitting right through to people being able to run around with their children or grandchildren without getting out of breath as easily."

To find out how One You Surrey can support you, or someone you know, in your smoke-free journey, visit https://oneyousurrey.org.uk/programmes/stop-smoking/. It's well worth it!

Epsom and St Helier Hospitals in Desperate Need of

Repairs

Epsom and St Helier University Hospitals are in need of urgent repairs, with more than £150 million required to address crumbling infrastructure, according to the latest NHS data. Epsom and Ewell MP **Helen Maguire** has urged the Government to prioritise investment in the upcoming Budget to tackle these issues.

The data highlights that nearly £70 million of the required repairs are classified as 'high risk,' meaning a failure to address them promptly could lead to serious injury and significant disruption to healthcare services. Both hospitals have been struggling with deteriorating facilities for years, with St Helier Hospital facing particularly severe challenges, such as falling ceilings and condemned buildings.

One major issue is the division of emergency care teams across both sites, a problem that the proposed specialist emergency care hospital in Sutton is intended to resolve. However, delays in funding mean that these plans have not yet come to fruition, leaving local residents reliant on facilities that are increasingly unable to meet modern healthcare needs.

Ahead of the Autumn Budget, Liberal Democrat MP Helen Maguire has renewed her call for urgent financial support to clear the backlog of repairs and ensure that the hospitals can provide safe and effective care for local communities.

"It is scandalous that people in Epsom, Ewell, Ashtead, and Leatherhead are being treated in hospitals that need millions of pounds in repairs," said Maguire. "When someone goes to the hospital, they should expect to be treated in a building that is safe. This is the bare minimum. We need to do far better. It is now down to this Government to rescue our NHS, which is why, at the Budget, the Chancellor must urgently use any changes to the borrowing rules to invest in hospitals here in Epsom and Ewell."

NHS Response

A spokesperson for the **Epsom and St Helier University Hospitals NHS Trust** acknowledged the extent of the challenges, stating: "We've spent £60 million in the past five years improving the facilities in our ageing hospitals, which are deteriorating faster than we can fix them. Local people deserve better, and we're ready to build a new state-of-the-art hospital and upgrade our existing sites, but urgently need investment to make this a reality."

The spokesperson also highlighted the outdated nature of parts of the hospital infrastructure, some of which predate the founding of the NHS. "The age of our buildings means they flood regularly, and when our lifts break down, we can't fix them because they don't make the parts anymore."

Plans for the new specialist emergency care hospital in Sutton aim to address these issues by consolidating highly skilled medical teams, providing round-the-clock care. This would alleviate the strain on the existing Epsom and St Helier hospitals, which will continue to provide 85% of local services, including outpatient appointments and scans.

The Way Forward

The pressing need for investment in the local NHS infrastructure is clear, with both the MP and the hospital trust calling for urgent action. As the Budget approaches, the focus will be on whether the Government will step up and provide the necessary funds to ensure that residents of Epsom and surrounding areas receive the healthcare services they deserve in safe and modern facilities.

Local residents will be closely watching developments in the Budget announcement, hoping that long-awaited improvements to the area's hospitals will finally become a reality.

Public meeting about Epsom Hospital future

A public meeting has been scheduled for October 17th, 2024, at the **Epsom Sports Club**, located next to **Epsom Hospital**, to discuss the future of local healthcare services. The meeting, organized by the **Epsom and Ewell's Residents' Associations**, will be centred on the evolving plans for Epsom Hospital and the broader health services in the area. The keynote speaker, **James Blythe**, Managing Director of the Epsom and St Helier NHS Trust, will provide an update on the trust's long-term plans, including the new Specialist Emergency Care Hospital (SECH) in Sutton and the modernization of both Epsom and St Helier hospitals. The event will be followed by a Q&A session, allowing local residents to voice their concerns and ask questions directly to the leadership.

This meeting follows recent developments within the Epsom and St Helier NHS Trust, which is moving forward with a £500 million project to build the SECH in Sutton. This new hospital will centralize acute services such as emergency care and surgery, while 85% of other services will remain at Epsom and St Helier hospitals, ensuring local residents continue to have access to a wide range of healthcare services nearby. The new SECH, located on the Sutton Hospital site, is designed to enhance patient outcomes by co-locating with the Royal Marsden Hospital and the London Cancer Hub.

Epsom and Ewell's newly elected MP, **Helen Maguire**, has made healthcare a key priority in her first 100 days in office. Maguire has been an advocate for the new hospital in Sutton, meeting with the Epsom and St Helier NHS Trust to see that the project moves forward without delays. In a press release marking her 100th day in office, Maguire emphasized her commitment to ensuring that the SECH is built and that Epsom and St Helier hospitals are modernized to better serve the local community. She has also scheduled a meeting with Health Secretary Wes Streeting to gain more insights into the government's broader healthcare strategy

Maguire's focus on healthcare comes at a time when the trust is also addressing other critical issues such as managing its financial constraints while improving patient services. Maguire attended the trust's recent Annual Public Meeting, underscoring the importance of the SECH in addressing long-standing challenges.

Local residents are encouraged to attend the public meeting on October 17th to stay informed about the future of their healthcare services and to have their say in the discussions about these transformative plans for Epsom and its surrounding areas.

Event Details:

Topic: The Future for Epsom Hospital and Local Health Services

Date: October 17th, 2024

Time: 7:30 PM

Venue: Epsom Sports Club, next to Epsom Hospital

Speaker: James Blythe, Managing Director, Epsom and St Helier NHS Trust

Format: Presentation followed by a O&A session with refreshments

There's always Buckland Park for winter swimmers

Guildford Lido, in Stoke Park, used to be open 12 months a year from 2014, but that ended during the pandemic. This year's summer season ended on September 15.

Nestled between Dorking and Reigate within the picturesque Surrey Hills, the Surrey Hills Activity Centre's (SHAC) private lagoon at Buckland Park offers a 400m loop and is the perfect setting for your open water swimming and cold water training needs.

Outdoor swimming enthusiasts have called on Guildford Borough Council (GBC) and operator Freedom Leisure to reinstate all-year-round swimming in the contract when it is renewed in November.

Reaching over 1,600 signatures, a petition has said restoring the lido's 'off-season' (autumn to spring) will promote health, well-being, and athletic achievement throughout the year.

"Not a financially viable model"

Councillors quizzed the Lead for Commercial Services about the lido at GBC Overview and Scrutiny Committee on September 30. Cllr James Walsh, referencing the petition, asked if a viable compromise could be made where winter swimmers can enjoy the pool without a financial loss.

"I don't know how many of those 1,600 people would like to swim in the winter," said Cllr Catherine Houston, Lead for Commercial Services at GBC. She told the Overview and Scrutiny Committee, on September 30, that she went down to the lido a week before it closed and there were only 12 people in the pool. "That is not a financially viable model," Cllr Houston added.

Run at £140k loss in the summer, the lido is still able to operate because it is paired with the Spectrum centre, according to Cllr

Houston. She described it as a 'loss leader' model: where the lido is sold at a loss to attract customers to the Spectrum.

Cllr Houston said the lido is "already not a profitable operation in the summer" but the council chooses to run it because "we all love it". She added: "It's such a wonderful facility and it provides a really valuable asset to the residents, visitors and beyond."

Questions were raised about where the money is coming from for the council to invest to keep the pool open. Although there are some super keen winter swimmers, there are not the other leisure swimmers that may spend the whole day in the lido.

Cllr Walsh asked whether letting the pool out to clubs would subsidise the running costs. Officers explained that once the pool is open, the filtration and heating will be on so it is "tough" to see how many clubs and extracurricular sports groups will be needed to offset the costs. GBC would have to pay extra for the staff, heating, energy and catering arrangements.

The "grand old lady" needs upkeep

Around 91 years old, the 50m lido is a "grand old lady" in need of "tender loving care", according to Cllr Houston. The off-season closure allows operators to have a safe area to operate the annual works without people in the pool.

Six new boilers will be installed this winter, as part of the lido's annual maintenance season. Three pool blankets, with an accompanying structure, will also be fitted on the lido to maintain the water's temperature.

GBC invested £2.1m into refurbishing the lido last year, including new changing rooms, improved drainage systems, environmental technologies to reduce energy and water usage, and updated poolside catering. Freedom Leisure also put in £1m towards the upgrade.

Contractual obligations

The contract renewal in November creates a new opportunity for the operator and the council to see if a new out of season activity can be put on offer.

Cllr Houston speculated Freedom Leisure might be asked to extend its opening hours by Friends of Guildford Lido. But the operator would have to look at a financial model to see if it is worth it without the extra cash input.

Operators of the lido are contracted to keep it open for 20 weeks, so the council cannot force it to stay open unless there is a big investment. "We're in financially challenging times so we have to make tough decisions," the Lead for Commercial Services said.

NOTE: Friends of Guildford Lido and the petitioners were contacted for comment. Neither have got back in touch.

Image courtesy SHAC

Epsom's Love Me Love My Mind week of healing

This year's theme is 'Be Kind to your Mind'

- Be active For your mental and emotional health, and wellbeing
- Be Mindful Practise mindfulness, live in the present moment and look for the positives.
- Be Kind Connect with others, be kind to yourself.
- Give to others Perform random acts of kindness, volunteer and give to your local community.
- Keep Learning Invest in your interests and hobbies.
- Talk kindly to yourself: Think about how you speak to your loved ones and use that voice on yourself.
- Practise gratitude, reflect daily, write a journal.
- Focus on self-care and be responsible for your wellbeing.

PROGRAMME OF EVENTS AND ACTIVITIES - BE KIND TO YOUR MIND

Saturday 5th October

10am - 4pm Community engagement stand in Epsom Marketplace, High St, Epsom KT19 8EB:

Come along and meet the Friends of Horton Cemetery on Saturday 5th and 12th October and pick a ceramic flower to plant in your garden. Last year we painted over 1000 flowers to Remember Epsom's Forgotten Residents buried at Horton Cemetery, and we want to give the flowers back to the local community. Any donations that we receive for the flowers will support our future

research into the

lives of the 9000 patients buried at the cemetery.

11am - 2pm Kids Art Club at Epsom Social, 1 Derby Square, Epsom KT19 8AG:

Join us for Colouring activities, create Be Kind bracelets and Seminal Events will be with us for face painting and henna tattoos

1pm Bodhi Eden, Epsom Yoga Studio - 29 Waterloo Road, Epsom KT19 8EX:

FREE taster sessions

Hatha Yoga Taster | 30mins | 13:00pm Sound Bath Taster | 20mins | 13:40pm

please book via https://www.bodhieden.com/be-kind-tasters

Sunday 6th October

10.00am We Power On - Men's Social Walk and Talk, meet outside the Rubbing House pub, on Epsom Downs (every Sunday unless otherwise advertised) at 9.50am for a 10am start.

10.15am Church service at St Barnabas Church, Temple Road, Epsom, KT19 8HA - Being Kind to Your Mind

2 – 4pm Free Kids Art and Craft Club at Epsom Social, Derby Square, Epsom KT19 8AG join us for Colouring activities, create Be Kind bracelets and Seminal Events will be with us for face painting and henna tattoos

Monday 7th October

10am - 1pm Drop-in service at Citizens Advice Epsom & Ewell, The Old Town Hall, The Parade, Epsom KT18 5AG

3 - 7pm Monday Drop-in at St Barnabas Church, Temple Road, Epsom, KT19 8HA

3.30pm Guided Mindfulness and Relaxation practice with This Little Yogini at St Barnabas Church, Temple Road, Epsom, KT19 8HA

4pm Be Kind to your Mind - Debbie Brewin, Consultant Therapist, Supervisor & Trainer at Mind-Growth Mastery at St Barnabas Church, Temple Road, Epsom, KT19 8HA

Tuesday 8th October

10am - 1pm Drop-in service at Citizens Advice Epsom & Ewell, The Old Town Hall, The Parade, Epsom KT18 5AG

2 - 4pm Talking Table at The Old Moat Garden Centre, Horton Lane, Epsom, KT19 8PO

Come and join the team at The Old Moat Garden Centre for a cup of tea and piece of cake and find out what our Wellbeing Service has to offer, receive a free tour, or just come for a chat. We would love to meet you!

6 - 7.30pm Come and join The Include Choir Epsom at St Joseph's Church, St Margaret's Drive, Epsom, KT18 7JQ. The Include Choir provides social, musical and volunteering opportunities (for anyone age 16+), it also teaches inclusive Makaton signing and provides 'joy and uplift' which means you are 'guaranteed to leave with a smile'.

Wednesday 9th October

9:45 - 11:45 Home-Start Epsom, Ewell and Banstead, Ewell Family Centre, Riverview Road, West Ewell, KT19 0JP. Dealing with Difficult Emotions workshop - this workshop is designed to help parents who may be struggling to manage or deal with their children's emotions, providing emotional support and practical suggestions to make parenting just a little more manageable.

10am – 1pm Open day at the Forget-me-not Allotment at Appley House Care Home, Longmead Road, Epsom, KT19 9RX. Love Me Love Me Mind volunteers have been visiting the allotment weekly since early 2024 helping the staff and residents of the care home to use the space, planting flowers and vegetables, and making future plans for a sensory space.

- 5 7pm Open evening at CYP Haven Epsom. Visit our Focus youth centre, 9 Depot Road, Epsom, KT17 4RJ and meet the staff at the CYP Haven in Epsom. We will be serving Tea/Coffee and biscuits and look around, we then showcase our youth services at 5.30pm, followed by a Q&A with staff and find out how we support children's mental health within the community. The CYP Haven is an open access wellbeing drop-in for young people aged 10-18 years. Working closely with local schools and CAHMS/Surrey CC services. Check out our website: cyphaven.net
- 7 8.30pm Grow & Glow Epsom Methodist Church, Ashley Road, Epsom, KT18 5AQ. A woman's only mental health support group. A place to grow, glow and connect with others No booking required to attend, just come as you are.

Thursday 10th October - World Mental Health Day

9.15am-10.15am Yoga for Wellbeing - The Horton Arts Centre, Haven Way, Epsom KT19 8NP (Doors open 9am) Start the day with a session of gentle yoga. Yoga teacher Louise Tozer will incorporate breathing techniques, sound and gentle movements into her class to improve self-awareness, flexibility and relaxation. This is an all-inclusive class, suitable for all levels. Wear

comfortable clothing and bring layers. • Bring your own mat or use a towel or blanket if you don't have a yoga mat. • Bring water This session is normally £12 but for World Mental Health Day, the session will be freely open to all. Donations are welcome.

10am - 3pm Drop in service at Citizens Advice Epsom & Ewell, The Old Town Hall, The Parade, Epsom KT18 5AG

10am – 4pm Community engagement stand in Epsom Marketplace, High St, Epsom KT19 8EB. Come and get a FREE hug, a high five or a handshake! Join LMLMM and Age Concern Epsom & Ewell for a Delicious CAKE sale, and an opportunity to chat to two local charities.

- 5 6pm Join the Sunnybank drama group for a workshop about being kind, St Barnabas Church, Temple Road, Epsom, KT19 8HA 6pm 7pm Let's Talk Epsom Peer Support group at St Barnabas Church, Temple Road, Epsom, KT19 8HA
- 7 8pm Live Music performed by Steve Dyke, a trustee of LMLMM at St Barnabas Church, Temple Road, Epsom, KT19 8HA. Join us for an evening of stories and songs, written and performed by Steve. Some

funny, some poignant, some with themes from local history and a couple of singalong classics for everyone to join in. Refreshments are available, free entry with the option to donate on your way out if you feel you've been entertained. It promises to be a great evening, and we'd love to see you there.

Friday 11th October

10am - 12noon Advice Cafe at St Barnabas Church, Temple Road, Epsom, KT19 8HA - providing a space for our partners and groups to provide support, advice and care in a warm and welcoming environment. Action for Carers Surrey, Christians Against Poverty, Citizens Advice Epsom & Ewell, Epsom Foodbank, Epsom Primary Care Network, Love Me Love My Mind, Mary Frances Trust

10am – 12noon – Action for Carers Surrey – Find out more about Action For Carers and how we support unpaid carers throughout Surrey. You'll also be able to meet one of our specialist mental health carer support advisers, whose role is to support unpaid carers who are looking after someone with poor mental health or substance issues.

Saturday 12th October

10am - 4pm Community engagement stand in Epsom Marketplace, High St, Epsom KT19 8EB

Come along and meet the Friends of Horton Cemetery on Saturday 5th and 12th October and pick a ceramic flower to plant in your garden. Last year we painted over 1000 flowers to Remember Epsom's Forgotten Residents buried at Horton Cemetery, and we want to give the flowers back to the local community. Any donations that we receive for the flowers will support our future research into the

lives of the 9000 patients buried at the cemetery.

11am - 2pm Free Kids Art and Craft Club at Epsom Social, Derby Square, Epsom KT19 8AG - Join us for Colouring activities, create Be Kind bracelets and Seminal Events will be with us for face painting and henna tattoos

11am - 7pm Epsom Picturehouse, Epsom Square KT19 8AG. Join us for a Wellbeing Fun Day, in collaboration with Surrey Community Lounges, End Stigma Surrey, Epsom Library and hosted by Epsom Picturehouse - we'd love for you to be there! Come along for a day of community, connection, and fun!

Whether you're in the mood for a friendly chat over tea, want to play some games, or need a quiet space to relax, there's something for everyone. This special day will focus on celebrating wellness, sparking conversations around mental health, and showing you where to find support within the borough.

1pm Bodhi Eden, Epsom Yoga Studio - 29 Waterloo Road, Epsom KT19 8EX

FREE taster sessions

Yin Taster | 30mins | 13:00pm

Meditation Taster | 20mins | 13:40pm

Please book via https://www.bodhieden.com/be-kind-tasters

Sunday 13th October.

10am We Power On - Men's Social Walk and Talk, meet outside the Rubbing House pub, on Epsom Downs (every Sunday unless otherwise advertised) at 9.50am for a 10am start.

2 - 4pm join us for Free Kids Art and Craft Club at Epsom Social, Derby Square, Epsom KT19 8AG

Epsom pensioners gather less winter fuel pay this St Stephens

Thousands of pensioners across Epsom, Ewell, Ashtead, and Leatherhead are facing the loss of vital winter fuel payments following cuts by the UK government, sparking fears that many will struggle to keep warm this winter.

Helen Maguire, the Liberal Democrat MP for Epsom and Ewell, has urged the government to reconsider its decision, warning that vulnerable pensioners could be left choosing between "heating and eating" during the colder months. Maguire opposed the cuts when they were voted on in the House of Commons on 10th September, but the measures were passed despite her concerns.

The cuts primarily affect pensioners over the age of 80 who are not in receipt of pension credit. Previously, these pensioners were automatically entitled to an additional £300 to help cover their energy bills in the winter. Now, many will lose this support unless they qualify for other benefits.

Data released earlier this week shows that in Epsom and surrounding areas, 5,788 pensioners aged over 80 who do not receive pension credit are at risk of losing their Winter Fuel Payment. In total, 18,261 pensioners in Epsom and Ewell could be affected by the government's decision.

Last winter, over £3.3 million in support was distributed to pensioners in the constituency, with £1,525,800 going to those aged over 80. These figures are expected to fall significantly this year due to the cuts.

"Thousands of pensioners here in Epsom and Ewell are desperately worried about how they will make it through this winter," said Ms Maguire. "These latest figures are deeply concerning. It is not too late for this government to change course, reverse their plans, and protect vulnerable pensioners here in Epsom."

In response, Chancellor **Rachel Reeves** has defended the government's decision, framing it as part of a broader strategy to stabilise public finances. "We are facing challenging economic times, and difficult choices must be made to ensure the sustainability of our public services," Reeves said in a recent statement. "However, we remain committed to supporting those most in need, and we have maintained targeted assistance for the poorest households."

Reeves also pointed to ongoing support measures, including the Energy Price Guarantee, which she says will help alleviate pressure on households most at risk. "We recognise the importance of protecting our pensioners, and our policies are designed to ensure that no one is left behind. But we must also take steps to manage public expenditure responsibly."

Despite this, charities and local advocacy groups have voiced concerns about the potential impact on older residents. Many fear an increase in demand for services such as food banks and emergency heating grants as pensioners struggle to afford rising energy bills without the additional winter fuel support.

As winter approaches, the situation remains uncertain, with many pensioners hoping for a reversal of the cuts or further government action to protect those most affected.

Image: Richard Peter Creative Commons Attribution-Share Alike 3.0 German

Epsom's local life savers

A Covid survivor who was so poorly her children were warned she wouldn't survive the night and the mum of a young boy who bravely battled leukaemia have thrown their support behind an inaugural event that celebrates incredible NHS staff.

Jan Ehtash, from Carshalton, spent 12 weeks in Epsom and St Helier hospitals after falling seriously ill with Covid – receiving care from a dedicated team of nurses, doctors, and other health professionals.

Sutton schoolboy Jackson Hall, meanwhile, was treated at St George's Hospital for leukaemia, where paediatric teams went "the extra mile" to support the now-seven-year-old and his family.

Both Jan and Jackson have finished treatment, and they and their families are calling on others to cast their nominations for the very first staff awards at St George's, Epsom and St Helier University Hospitals and Health Group.

"They are amazing, just wonderful people," said Jan, 60. "All of the nurses, the doctors, the cleaners, they are just so, so caring.

"When I went into hospital, all I took with me was a handbag with a set of pyjamas, a toothbrush, and a pair of underwear. I had no idea I would be there that long, but quickly started to deteriorate and was told I would have to go into intensive care. I just remember turning to the doctor and saying, 'I don't want to die'.

"It's thanks to the staff at Epsom and St Helier that I am here today, and I cannot thank them enough for saving my life and for being there when my family and I needed them the most."

Sam Hall, Jackson's mum, added: "All the staff were incredible throughout Jackson's treatment and they really went the extra mile – from giving me a hug when I had to choose between staying at hospital or going home with my daughter, to making me a cup of tea. The care they provided was fantastic, but it was these small things, too, that made a difference.

"Jackson is doing amazingly, settling back into school and becoming an amazing big brother to three-month-old Louie. He makes us so proud.

"Sometimes as a patient or a family member it's hard to know exactly how to show your gratitude to the incredible people who have been there in your time of need. But one way you can say thank you is by nominating a team or member of staff for this award."

The Outstanding CARE Award is dedicated to staff and teams who have been nominated by a member of the public, while colleagues will put forward their nominations in several other categories. All 17,000 members of staff working for the hospitals Group - from frontline clinicians, to essential support teams - are eligible for nomination.

Jacqueline Totterdell, Group Chief Executive, said: "Our biggest-ever awards event will recognise the incredible teams and individuals who go above and beyond for patients like Jan and Jackson.

"Hearing stories about the amazing efforts our staff go to is one of my greatest joys, and every single day they make me proud. I'm already looking forward to reading all the nominations and celebrating everyone who is shortlisted."

The awards take place on Tuesday 10 December at the Oval cricket ground, and will be generously supported by the hospital charities and local businesses. To make your nomination, visit www.stgeorges.nhs.uk/about/gesh-care-awards or www.epsom-sthelier.nhs.uk/gesh-care-awards by Tuesday 22 October.

NHS Press

Image: Jan in ITU with family

Surrey Coroner's bed safety concerns

A frail, elderly man "cried for help for over an hour" before tragically dying after getting stuck in a gap between his care home bed extension, a Surrey coroner has found.

Paul Batchelor was found dead at The Red House, **Ashtead**, on 27 June 2023, after a mattress extension fell through his bed's extension frame.

Assistant Coroner, **Susan Ridge**, raised concerns that Mr Bachelor's "numerous cries for help" were not responded to and there is a "lack of awareness" about bed extensions which could put other lives at risk.

A spokesperson for the care home said the circumstances around Mr Batchelor's death was "deeply distressing" and they "fully accept and respect" the assistant coroner's findings.

Ms Ridge found that despite one carer hearing Mr Batchelor's cries for help, she "did not open the door or go into his room as it was said she was frightened of him". Even as he called out for help for over an hour, between 10:05pm-11:15pm, much of the staff were doing their night-time routine.

Mr Batchelor, who was under respite care, was put into bed around 9pm by care home staff. Later that night he had manoeuvred himself to the foot of the bed and was lying on the mattress extension.

But because there was no deck in place supporting the extension, Mr Batchelor fell through the bed extension frame and became wedged in the gap.

Ms Ridge also addressed her report to the governmental Medicines and Healthcare Products Regulatory Agency (MHRA) regarding a possible "lack of awareness" of the support needed for a mattress extension or bolster on extended beds.

She said: "Without adequate support there is a risk of death in that the mattress extension can fall through the bed frame creating a sufficient gap for a person to become wedged or stuck."

A Red House spokesperson said: "We strive to provide the highest level of personal care and support to all our residents." They added the company had addressed the concerns raised with equipment and staff protocols as a "matter of priority".

The member of staff no longer works for the company, the spokesperson said, stating the care home has "ensured that the wider team understands how best to manage challenging or stressful situations". They added: "We have underlined the importance of seeking support from others to sustain responsive and appropriate care, which is our highest priority."

Dr Danielle Middleton, Deputy Director in Benefit/Risk Evaluation at MHRA, said she is reviewing the report carefully. The government agency has 56 days to respond to the coroner's concerns.

Dr Middleton said the MHRA issued a National Patient Safety Alert, after reports of "adverse incidents" involving bed rails, medical beds, trolleys, bed rails, bed grab handles and lateral turning devices, warning of the risk of entrapment."

The Alert requires staff receive device training suitable to their roles. Organisations are also required to have an up-to-date medical device management system in place, with regular servicing and maintenance of medical devices in line with the manufacturer's instructions.

She added: "It also requires regular risk assessments for patients using bed rails or handles, including entrapment risks."

The prevention of future deaths report, issued on September 13, has also been sent to the interim chief executive of the Care Quality Commission and chairman of The Red House (Ashtead) Limited.

The Red House Care Home, Ashtead. (Credit: Google Street View)

Local women's health specialist on GTPS

Greater Trochanteric Pain Syndrome (GTPS) is a prevalent condition, particularly affecting peri- and post-menopausal women. It causes significant discomfort in the soft tissue on the outside of the hip and can severely limit mobility. This article discusses the signs, causes, and management of GTPS, with a focus on why it predominantly affects women undergoing hormonal changes.

Luke Schembri is an Advanced Physiotherapy Practitioner working within the NHS, while also offering care to a limited number of private patients from his home. Born and raised in Epsom, he has always lived near Epsom Downs, which inspired his initial interest in the horseracing industry where he began his physiotherapy career. Luke is dedicated to delivering evidence-based, high-quality care to his local community. In addition, he authors a fortnightly blog that addresses health and wellbeing topics, particularly aimed at individuals over the age of 40.

What is Greater Trochanteric Pain Syndrome?

GTPS is characterized by pain and tenderness over the greater trochanter, a bony area on the outside of the hip. The condition involves inflammation of the gluteal tendons or bursa, and although it was once called trochanteric bursitis, the term GTPS is now preferred as it covers a broader range of tendon-related disorders.

Signs and Symptoms

The primary symptom of GTPS is pain over the lateral hip, which can radiate down the outer thigh. Key symptoms include:

- Lateral Hip Pain: Often worsened by activities like lying on the affected side, walking, or sitting in low chairs.
- Tenderness Over the Greater Trochanter: Touching this area typically causes discomfort.
- Pain with Activity: Repetitive movements, such as climbing stairs, exacerbate the pain.
- Night Pain: Pain at night is common, particularly when lying on the affected side.

- Weakness or Stiffness: Some may experience hip weakness or stiffness, affecting their gait.

Why is GTPS Most Common in Peri- and Post-Menopausal Women?

GTPS disproportionately affects women in peri- and post-menopause due to hormonal changes and mechanical stress on the hip. Here are the primary reasons:

Hormonal Changes

The decline in oestrogen during menopause impacts the health of tendons, ligaments, and muscles. Oestrogen plays a critical role in maintaining soft tissue integrity, and reduced levels lead to:

- Decreased Collagen Production: Collagen is essential for tendon strength and elasticity, and its decline makes tendons more prone to injury.
- Increased Tendon Stiffness: Lower oestrogen increases tendon stiffness, contributing to gluteal tendinopathies.
- Altered Pain Perception: Hormonal changes during menopause can heighten sensitivity to pain, worsening GTPS symptoms.

Mechanical Load and Changes

Other factors contributing to GTPS in menopausal women include:

- Increased Load on the Hip: Weight gain during menopause places more stress on the hip joints and surrounding tissues.
- Reduced Physical Activity: Lower activity levels can cause muscle weakness, altering hip mechanics and increasing the likelihood of tendon injuries.
- Altered Gait: Pain-induced changes in walking patterns can further strain the hip and lead to GTPS.

Treatment and Management of GTPS

Treatment for GTPS involves conservative methods, physiotherapy, and sometimes more invasive procedures, following the National Institute for Health and Care Excellence (NICE) guidelines, which recommend starting with non-invasive options.

- 1. Conservative Management
- Rest and Activity Modification: Reducing activities that worsen symptoms, such as standing for long periods or lying on the affected side, is crucial. Using a pillow between the knees when sleeping may help alleviate pressure on the hip.
- Non-Steroidal Anti-Inflammatory Drugs (NSAIDs): These medications can reduce pain and inflammation and are often recommended as initial treatment.
- 2. Physiotherapy

Physiotherapy plays a key role in treating GTPS and involves:

- Strengthening Exercises: Targeted exercises to strengthen the hip abductors, particularly the gluteus medius and minimus, improve hip stability and reduce strain on the tendons.
- Manual Therapy: Techniques such as deep tissue massage and myofascial release can help relieve muscle tightness and provide short-term pain relief.
- Education and Advice: Physiotherapists offer valuable guidance on managing activities and loading the hip joint to prevent further injury.
- 3. Shockwave Therapy

Extracorporeal shockwave therapy (ESWT) is a non-invasive option that promotes healing by delivering shockwaves to the affected area. Some studies show positive outcomes for GTPS patients treated with ESWT.

4. Corticosteroid Injections

For patients who do not respond to conservative treatments, corticosteroid injections may be used to reduce inflammation. However, repeated injections can weaken the tendons, so they are not a long-term solution.

Surgery

Surgery is rare and reserved for severe cases where other treatments have failed. Options include removing the inflamed bursa or repairing the tendons.

Conclusion

Current



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Greater Trochanteric Pain Syndrome is a common condition that primarily affects peri- and post-menopausal women. Hormonal changes and mechanical stress on the hip contribute to its development. Effective treatment usually involves conservative management, physiotherapy, and sometimes shockwave therapy or injections. Early diagnosis and a tailored treatment plan can help alleviate symptoms, improve function, and enhance the quality of life for those affected by GTPS.