Pressure on Epsom Hospital at boiling point?

Visits to emergency departments (EDs) rocketed on Monday, with more people coming through the doors than ever before. More than 1,250 people went to one of St George's, Epsom and St Helier's three EDs – a rise on the previous record of 1,170, and a huge increase on a typical day of about 800 attendances.

It comes just hours before hundreds of junior doctors prepare to strike across the hospitals group – prompting fears of a "double whammy" of pressures.

ED attendances on Monday 12 June were as follows:

■ St George's: 580

■ Epsom and St Helier: 674

Kingston: 533Croydon: 622

Croydon and Kingston hospitals also experienced very high demand and easily surpassed their previous highest number of attendances.

Kingston Hospital set a new record seeing more than 530 people visiting its emergency department in one day, including 78 ambulances and 455 walk-ins.

Croydon University Hospital saw 622 unwell patients needing to see an emergency care consultant - 16% above the previous busiest summer day on record on 17 June 2021.

Dr **Richard Jennings**, Group Chief Medical Officer at St George's, Epsom and St Helier University Hospitals and Health Group, said: "We have never been busier, and with the upcoming strikes it's going to be a very challenging week.

"We're here, as always, for those who need us. But now more than ever, we need the public's support in those cases where it is not an emergency. NHS 111 online should be your first port of call in these instances, as it can direct you to where you need to go."

Members of the British Medical Association and Hospital Consultants and Specialists Association will strike for 72 hours from 7am on Wednesday 14 June until 7am on Saturday 17 June.

This action will impact services at hospitals, and will mean that some appointments, procedures and operations may be postponed to ensure emergency care can be prioritised. Patients will be contacted directly if their appointments are rescheduled, and should continue to come forward for care as normal unless they hear otherwise.

The mercury is expected to remain in the high 20s, and even early 30s, when these strikes start – and will hit hot temperatures once action has finished, too, with the UK Health Security Agency and the Met Office extending their heat-health alert to Monday.

When temperatures rise, more people, especially those in high-risk groups, can suffer from illnesses like heat exhaustion and dehydration, as well as sunburn.

The pollen count has also been very high, and there has been a surge in people visiting EDs with shortness of breath. This might not be anything to worry about, but it is scary and sometimes those who are experiencing it will need medical help. NHS England has this advice for people who are affected.

If you have an underlying respiratory condition, you should contact your GP or asthma nurse as needed – unless it is an emergency, in which case you should call 999 or go to ED immediately.

Everyone should stay safe and well in the hotter weather, and take steps such as: looking out for people who may struggle to keep cool and hydrated, such as elderly relatives or neighbours; keeping windows closed when the room is cooler than outside; and staying hydrated.

You should also stay out of the sun between 11am and 3pm, apply suncream regularly, and wear a hat.

Dr Jennings added: "This weather has undoubtedly contributed to the rise in people - some who are vulnerable and very sick - coming to our emergency departments.

"Help us to prioritise care for those need it the most, and use our services wisely."

If you need urgent medical help use NHS 111 online first, which can direct you to where you need to go. Pharmacies, meanwhile, can offer advice and over-the-counter medicines for a range of minor illnesses, such as coughs, colds, sore throats, and aches and pains.

To find out more about staying safe during hot weather, visit the NHS's website.

St George's, Epsom and St Helier University Hospitals and Health Group

Related reports:

Hospitals heatwave warning

NHS website remedy for hay-fever

Junior doctor strikes to be 'monthly' in Surrey?

Surrey's vulnerable money support

Surrey County Council has been allocated a further £10.6m funding to continue to support the county's most vulnerable households.

The funding comes from the Government's Household Support Fund as part of a new grant running until March 2024.

Funding has been allocated via the Department of Work and Pensions to help those families who are struggling financially in Surrey, with financial assistance available for food, fuel, water and other essentials. The funds will be distributed via a range of methods and delivery partners to ensure it reaches as many people in need as possible.

A significant portion will go as food vouchers to children on Free School Meals during holiday periods, via borough and district councils and key charities and foodbanks as well as topping up Surrey's Crisis Fund.

The 10.6m will be staggered across the year, with half the fund being distributed now and the other half in October. The first half of the funding is now with distributing partners and is ready for communities to access.

Surrey County Council Deputy Leader and Cabinet Member for Communities and Community Safety Denise Turner-Stewart said: "It's great news that Surrey County Council has received further funding from the Household Support Fund.

"Our top priority is to ensure no one in Surrey is left behind, and this funding will play a vital role in providing support to our most vulnerable residents.

"I'd like to thank our distributing partners for their help in ensuring the funding reaches those who need it most and together we'll continue to do all we can to support them."

For more information on the Household Support Fund and distributing partners please visit: https://www.surreycc.gov.uk/health-and-welfare/support/financial-support/household

For more information on financial support available in Surrey please visit: https://www.surreycc.gov.uk/health-and-welfare/support/financial-support

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Image: globalmoments

Epsom choristers go south for the Summer

This year, **Epsom Choral Society**'s summer concert will take you on a journey of discovery with two exciting British 20th century works on Saturday 24th June 2023 in St Andrew's Church, Cheam.

From green and leafy Surrey, Epsom Choral Society travels firstly to **Brazil** to enjoy the jazz rhythms and sparkling piano of **Constant Lambert**'s popular 1927 work The Rio Grande.

In the second half, the singers cross the Atlantic to **Africa** with **David Fanshawe**'s African Sanctus (1972), a work which combines the traditional Mass with an original soundtrack of African music recorded by the composer during his travels up the Nile.

Jane Fanshawe, David's widow, will attend the concert and will give an introduction and her personal memories of African Sanctus. David Fanshawe (1942-2010) was an English composer and self-styled explorer with a fervent interest in world music. His best-known composition is his choral work, African Sanctus, written in 1972



African Sanctus features soprano soloist, Lisa Swayne, and the soloist playing the fiendishly virtuosic piano solo in The Rio Grande is ECS's very own Marion Lea, a formidable pianist who next year celebrates 50 years as the choir's accompanist! Marion will also be joined by Peter Jaekel for duets from Walton's Façade. The concert will be conducted by Epsom Choral Society's Musical Director **Julian Collings**.

Chairman **Isobel Squire** said: "This is an exciting end to our season, and we look forward to transporting our audience from a gentle English summer to the dynamic rhythms of more southerly climes."

The concert takes place at St Andrew's Church, Northey Avenue, Cheam on Saturday 24th June 2023 at 7.30pm.

Entry is £18, or just £9 for students and under-18s.

Tickets are available via Epsom Choral Society website www.epsomchoral.org.uk/tickets

Epsom Choral Society has been singing for 100 years with around 90 singers. It puts on at least four concerts each year which attract a loyal following. Epsom Choral Society is a friendly choir – it does not require auditions but does aim for high performance standards. Rehearsals are on Wednesday evenings under the baton of their Musical Director, Julian Collings.

Related reports:

Epsom Choral works 100 years

Epsom Choral Society opens its centenary celebration 2022

NHS website remedy for hay-fever

With hay-fever suffering at a peak the NHS urges sufferers to visit its website for advice and reduce pressures on its telephone and other services.

The number of hay fever sufferers seeking advice from the NHS website has more than tripled - reaching 122,650 visits last week.

Analysis by NHS England, which runs the NHS website, found weekly visits to the hay fever page have increased by 252% in the past five weeks from 34,878 visits during the first week of May.

Sunday was the busiest day of the year so far for visits to the web page with 27,834 visits in 24 hours – an average of one visit every three seconds.

The surge coincides with figures seen last year when hay fever page visits topped a million during the six months from March to October, peaking at 462,706 in June 2022. December was the quietest month for visits with only 5,658.

NHS information pages on hay fever treatments have also proved popular during the past five weeks. Visits to the antihistamines and cetirizine pages have more than doubled, and visits to the fexofenadine page have more than tripled to reach 45,450 visits last week.

Most hay fever symptoms can be effectively managed at home or with medication widely and cheaply available in community pharmacies or supermarkets.

Robert Cleary, NHS England's Content Director for the NHS website, said:

"Many of us experience hay fever symptoms at this time of year and the nhs.uk hay fever advice page provides the latest medical advice to manage your symptoms, as well as giving guidance on when to get support from NHS services.

"Millions of people make the NHS website their first port of call for advice and information on a wide range of conditions. The website is here for anyone 24 hours a day, making it easy for people to receive health advice and support from a trustworthy source around the clock."

There is currently no cure for hay fever, which usually hits between late March and September when the weather is warm, windy and humid, and the pollen count is at its highest.

The symptoms include sneezing, coughing, a runny or blocked nose, as well as red, itchy or watery eyes. Sufferers can also experience headaches, earache or lose their sense of smell.

The NHS hay fever page details several ways people can ease their symptoms including staying indoors, keeping their windows shut, not cutting their grass or coating their nostrils with Vaseline to trap the pollen.

The page also offers advice on different treatments available from pharmacists and recommends when people should seek help from their GP.

The NHS website is the UK's biggest health website with an estimated 2.6 million visits a day in 2022 from people seeking information and advice.

It includes over 4,000 pages and provides information about 990 medical conditions as well other health services including applying for a free UK Global Health Insurance Card for healthcare cover abroad, finding a GP, and a pregnancy due date calculator.

For more information visit Hay fever - NHS (www.nhs.uk).

NHS England Media Team

Image: Fitzpatrick AM CC BY-SA 4.0

Hospitals heatwave warning

Summer looks like it's here at last - but with a surge in temperatures also meaning a surge in people visiting emergency departments, members of the public are urged to stay safe in the sun.

Earlier this week the UK Health Security Agency and Met Office issued their first heat-health alert of the year in six regions, including London and the South East, which comes into effect tomorrow (Friday) at 9am.









With the mercury set to peak at about 30 degrees Celsius, they are warning people to stay safe and well – and St George's, **Epsom and St Helier University Hospitals** and Health Group is echoing that plea.

Dr **Richard Jennings**, Group Chief Medical Officer, said: "When temperatures start to soar, more people, especially those in high-risk groups, can suffer from illnesses like heat exhaustion, dehydration, and of course sunburn.

"It often means our hospitals are busier as a result. As always, we are there for those who need us, but please do take steps to stay safe and well, and avoid a trip to our emergency departments."

High-risk groups include elderly people, babies, young children, and those with heart, respiratory and serious health problems. But everyone should stay safe and well in the hotter weather – and take the following steps:

- Looking out for people who may struggle to keep cool and hydrated, such as elderly relatives or neighbours
- Keeping windows closed when the room is cooler than outside, but opening them at night when the temperatures has dropped, and closing curtains on rooms that face the sun to keep indoor spaces cooler
- Drinking plenty of fluids and avoiding excess alcohol. Taking water with you, if travelling
- Trying to keep out of the sun between 11am and 3pm, and staying in the shade
- Applying suncream regularly, and wearing a hat
- Not exercising during the hottest parts of the day

Staying in the sun for too long increases the risk of becoming unwell. Heat exhaustion is not serious and usually gets better when someone cools down, but if this turns into heatstroke it needs to be treated as an emergency. You may have heat exhaustion if you are experiencing headaches, dizziness, loss of appetite, and feeling sick or confused.

If you are affected by any of these symptoms, it's important to cool down as quickly as possible. There is more information on the NHS website on how to do this - and also what to do if your condition worsens.

The hospitals group is also reminding people that its emergency departments are there for serious and life-threatening emergencies – particular with a third wave of junior doctors' strikes coming up next week, which will also have a big impact on services. Hundreds of doctors from St George's, Epsom and St Helier could walk out over the 72 hours.

Dr Jennings added: "We often find we're as busy in the days following a heatwave. The hot-weather alert is in place until Monday morning – less than 48 hours before many of our junior doctors will be taking industrial action.

"That's why it's even more important for the public to take steps to help us, help our staff, and of course, help themselves."

If you need urgent medical help you should use NHS 111 online first, which can direct you to where you need to go.

Pharmacies, meanwhile, can offer advice and over-the-counter medicines for a range of minor illnesses, such as coughs, colds, sore throats, and aches and pains.

To find out more about staying safe during hot weather, visit the NHS's website.

Epsom Hospital's speedy chemo for cancer kids

A mum says she is "amazed" by a **new chemotherapy service** that has proven to be invaluable for young cancer patients and their families. **Nathan Dunne**, nine, is usually "back home and in his pyjamas" within 90 minutes of leaving the house to have the cancer treatment – known as Vincristine – at **Epsom Hospital**, and is in the treatment room itself for just half an hour.

Mum **Oana** is full of nothing but praise for the service, and says it has significantly reduced the amount of time they spend in hospital for appointments – with Nathan previously receiving his Vincristine dose elsewhere. "It's so much quicker, and Nathan gets everyone's full attention – plus, the toy box is there already waiting for him on arrival!" said Oana.

"The staff are amazing, they know what they have to do and are always helpful – and if they don't know the answers to my questions, they will find out. We're in and out really quickly, and I look forward to the days when we are in Epsom Hospital now. We know the nurses who are working, and we see often the same faces. They know our children and they remember the routine that works for us – for Nathan, that's counting '1, 2, 3' when the needle goes in, and back again when it's taken out. I'm just amazed at how quickly we're back home after a visit for Vincristine."

Nathan – who lives with his family in **Worcester Park** – was diagnosed with leukaemia in June 2020. Aged six at the time, he started to complain of tummy aches, and also started to feel really tired – with Oana recalling how one day she had to carry him home from the park because he couldn't walk.

On another occasion Nathan had a wobbly tooth that wouldn't stop bleeding for two days, and he also had a swollen finger that hurt when using his iPad.

Concerned about her son, Oana sought help, and Nathan was eventually referred to St Helier Hospital for blood tests. Later on, the family received devastating news: there was a 90 per cent chance Nathan had leukaemia. "We were devastated – it was the shock of our lives," said Oana. "I didn't think for a moment that was what it would be."

The diagnosis was officially confirmed shortly afterwards, and Nathan spent a night at St Helier Hospital before being transferred to **Epsom Hospital**'s paediatric oncology unit (POSCU).

He was then moved to the Royal Marsden on his seventh birthday, and spent the next few months in the care of the teams there. Oana says Nathan understood what was happening to some extent – knowing "there was something wrong with his blood" and that he was "very poorly". Treatment started quickly and every day.

Now, Nathan visits **Epsom** every four weeks to have treatment and is at the Royal Marsden every 12 weeks - with Oana saying the care he has received and continues to receive at both as "incredible". Nathan is due to finish treatment in August, and is one of 10 patients to have now received a regular Vincristine infusion at Epsom Hospital.

Dr Beccy Suckling, Chief Medical Officer at Epsom and St Helier University Hospitals NHS Trust, said: "Ensuring our patients receive outstanding care is our biggest priority. Our new Vincristine clinics are something to be really proud of, and a lot of work has gone into getting us to this point. It's fantastic to hear that young cancer patients like Nathan are being treated so well by our brilliant teams – and as well as thanking our wonderful staff for the care they provide, I'd like to thank Oana and Nathan for their really lovely words about that care."

Lucy Lloyd-James, Lead Nurse for Epsom's Paediatric Oncology Shared Care Unit, said: "Epsom Hospital is much closer to home for many of our young patients, and we've had such wonderful feedback about our Vincristine clinics and how quickly patients are in and out. We know how scary and overwhelming it can be for our young patients and their families, and this is one way we can make such a difficult experience just a bit easier."

St George's, Epsom and St Helier University Hospitals and Health Group

[Epsom and Ewell Times say: Thank you Nathan and Oana for your courage sharing your story.]

Ewell Village vitalisation

Ewell residents are being asked to take part in a public consultation on a range of improvements to revitalise Ewell Village and help to make it a safer, more welcoming place for everyone.

The consultation will take place online and in person, with a number of drop-in events scheduled. Residents have until the end of June to have their say on the proposed improvements. See **the website** for more information.

Community-led research, which began in 2020, identified potential areas for improvement in Ewell Village. Following on from this, Surrey County Council carried out further research to understand what improvements were needed to meet the needs of residents. This highlighted concerns about road safety, congestion and narrow and uneven pavements throughout the village.

Working with a group of residents and local councillors, and in consultation with Epsom & Ewell Borough Council, Surrey County Council has designed a number of proposed improvements across the village based on the highlighted concerns. This includes introducing safety measures at several junctions, designed to create better spaces for pedestrians and cyclists.

However, the most significant changes are proposed for the High Street, with three different options for residents to consider ranging from partial pedestrianisation to making a section of the road one-way. All options include pavement enhancements, more space for community gatherings, additional pedestrian crossing points, and a proposed 20mph speed limit on many roads.

Councillor Matt Furniss, Surrey County Council Cabinet Member for Infrastructure and Transport, said: "Ewell Village residents have told us they would like to improve certain aspects of the village, particularly around traffic congestion and safety, and they would like to see their local area improved. I'm delighted to present a number of options to residents that address their concerns and will enhance community spaces for years to come. I look forward to hearing the feedback from residents on which of the options they prefer."

Detailed plans and maps, along with artist's impressions of how the village could look, are available online for residents to view at **ewellvillage.commonplace.is** along with space to provide feedback.

In addition, the maps and plans will be on display in Ewell Village library, Bourne Hall, for the first two weeks of June. There will

be three drop-in sessions, to meet the project team, discuss the plans and ask any questions. They will be at:

- Saturday 3 June, Ewell Village Artisan Market, 10am-3pm
- Wednesday 7 June, Bourne Hall, Begonia room, 10am-1pm
- Friday 9 June, Bourne Hall, Begonia room, 4pm-8pm

Residents and local businesses in Ewell can view the online consultation and provide feedback on the proposed changes by visiting **ewellvillage.commonplace.is**. The consultation closes on 30 June 2023.

Ewell film festival ends with a bang

The **Satisfied Eye International Film Festival** wrapped up its 4th edition with a bang on Sunday, closing out this year's event with a thrilling taiko drumming performance.

Festival founder **Chris Hastings** told us: "We'd wanted to end on a high note and we couldn't have hoped for a better festival. Having shifted from the delayed Picturehouse in Epsom, we had no idea whether or not **Ewell and Bourne Hall** would embrace indie cinema but this has been our most successful season ever.* The venue and the community really pulled together to support us. There was a buzz about this year's event which made it something truly special."

One audience member noted "I'm no film buff, I just enjoy a good film and the quality here was really exceptional. I will be thinking about the films I saw for days to come."

In addition to a packed programme of short films, feature films, documentaries and animation, audiences came in large numbers to meet Johnny 5 from Short Circuit, ED209 from Robocop, get a photo in the Back to the Future DeLorean and take their seat in the Iron Throne, while Spiderman thrilled the children who had arrived for free animation screenings.



The drummers of Aber Taiko and Gongming collect the opening award of the festival on behalf of documentary Finding Her Beat which walked away with the Jury Prize

Following three days of World, European and UK premieres and a host of Oscar winners and nominees, the festival wrapped up with a stunning live show by Aber Taiko and Gongming which literally made the ground vibrate! Followed by a sold-out workshop attended by many of the audience, one participant declared that the event was "absolutely epic, the best thing to ever happen in Ewell, I can't wait for next year"!

The full list of the festival's award winners will be announced this week with details available at www.satisfiedeye.com for those attendees eager to discover if their favourite film walked away with any prizes.

*Previous highest box office for SEIFF 88% (in 2019) compared to 92% ticket sales for this 4th season.

The Epsom and Ewell Times was very happy to have sponsored this great community event in our Borough

Epsom Hospital Radio goes National

Back in 1978 two patients in Epsom District Hospital were having a discussion about music. It turned out that they were both DJs and between them they decided to launch Epsom District Hospital Radio. It took a couple of years to acquire funding, equipment and support but in 1981 the station broadcast its first programmes.

Over the ensuing years the station has grown in both size and reputation, continuing to entertain and amuse the patients as well as hosting events such as school fetes, the Dorking Big Weekend, the Epsom Common Day and the Epsom and Ewell Community Fayre.

2023 marks the 45th anniversary of the station and is a landmark year. Surrey's finest and fastest growing hospital radio station will now be broadcasting on the internet. Thanks to generous donations from **Epsom and Ewell Times**, Kane Construction, 3ti and the on-going support of Epsom Rotary Club, **from Wednesday 31st May** you will be able to listen to Epsom Hospital Radio wherever you are in the UK. The online launch at 8pm begins with a guest appearance by **Epsom Rotary**, one of the sponsors of EHR Online.



Epsom Hospital Radio's President **Trevor Leonard**, who recently celebrated 40 years as a member, is thrilled by the latest development. "This is a pivotal moment in the 45 year history of Epsom Hospital Radio as we will now able to more actively engage with our wider local community, while still ensuring the patients of Epsom Hospital remain absolutely at the heart of everything we do.

"As well as the superb efforts of our current Station Manager, Chief Engineer, Management Team and members who have made internet broadcasting possible, this major development is also accredited to all those who have volunteered at Epsom Hospital Radio throughout the years and in doing so, helped to lay the foundations for us to take this major step forward today".

Current Station Manager Ian Daggett said it reflected the station's desire to progress over the last couple of years. "It's a small step in the world of broadcasting, but for Epsom Hospital Radio it's a giant leap. Being on the internet is something we've wanted to do for quite a while and we're really looking forward to reaching out to the people of Epsom and Ewell and the surrounding areas".



If you want to tune in to Epsom Hospital Radio, a click to listen link is now available on the homepage, which is www.epsomhospitalradio.org.uk

You will be able to enjoy Epsom Hospital Radio playing your favourite hits from across the decades, alongside an eclectic mix of themed programs from classical to comedy, country to rock, specialist music genres, interviews with local people and the occasional celebrity as well.

You can also request a song for a patient in the hospital or a listener anywhere via the request line which is 01372 735999 or via email studio@epsomhospitalradio.org.uk

Junior doctor strikes to be 'monthly' in Surrey?

Junior doctor strikes at a Surrey NHS trust is feared to become 'monthly' with 'a lot less willingness' from people to cover gaps in maintaining levels of service.

The Royal Surrey NHS foundation board meeting took place on Thursday, May 25, and almost immediately the issue of striking doctors came to the fore with staff retention and breaches of patient confidentiality also featuring prominently.

Front and centre though was the dispute over pay and conditions between the Government and junior doctors. Royal Surrey CEO Louise Stead said, with three days of industrial action already announced for June, the trust "would be going into overdrive to plan for that" but said it would be more difficult as there would be "a lot less willingness" from people to cover any gaps – a problem that would only increase "as this goes on".

She told the meeting it was increasingly likely that there would be "strikes every month until there is a resolution", adding "this will be very difficult". Trust chairperson Joss Bigmore said the "whole situation was becoming "increasingly frustrating on the hard working people". He told the meeting: "Until they find a resolution to this its just going to get worse and worse.

He said: "It was galling to see the health secretary canvassing during the election when the junior doctors were on strike", before adding "We have managed incredibly well so far but it won't last. We really need to find a resolution to this."

Junior doctors in England are planning a new 72-hour walkout in June as talks with the government once again broke down. The walkout will start at 7am on Wednesday, June 14, and run until Saturday, June 17 with the British Medical Union labelling the government's 5 per cent pay offer as not "credible".

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Among the other items discussed during the morning meeting were the increase in the number of healthcare infections being detected across the hospital, in line with the rest of the UK since coming out of the Covid-19 pandemic.

Jacqui Tingle, the director of nursing and midwifery, said that while there had been a nationwide pattern for infectious diseases to rise as a whole, Royal Surrey had specific recorded a "spike" in c-difficile cases.

The meeting also heard about the on-going issues with recruitment, which had played a role in the three month increase in complaints received from patients.

On IT, she spoke to the "significant rise" in patient data breaches - 248 from 90 reported last year, which she said was due to the implementation of a new electronic patient record system though these are said to be in decline,

What has been happening, she said, was the new system pulled patient data from a central hub rather than the most up-to-date local lists resulting, in some cases, in confidential medical letters being sent to the wrong address.

Related reports:

Surrey doctors to go on strike?

Image: Royal Surrey Hospital Trust Board (Chris Caulfield)