

Epsom Hospital faces flu challenge

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Hospitals serving Epsom and Ewell are facing one of their toughest starts to a year in recent memory, with dozens of beds taken up by flu patients and others closed because of infection control, as winter illnesses surge across the country.

As of Sunday, 45 beds across St George's, Epsom and St Helier hospitals were occupied by patients with influenza, according to the St George's, Epsom and St Helier University Hospitals and Health Group. At the same time, further beds have had to be taken out of use due to flu and norovirus outbreaks, reducing the system's overall capacity just as demand is rising.

The combination of cold weather, widespread winter viruses and a growing number of patients needing specialist treatment has created what NHS leaders locally describe as a "bleak" start to the new year.

Elaine Clancy, Group Chief Nurse for St George's, Epsom and St Helier, said hospitals across the group were seeing "some very sick patients" as winter illnesses and low temperatures take their toll. "Don't make the mistake of thinking flu is just a bad cold," she said. "These figures show the infection can make people seriously ill, and I'd urge people to take steps to ensure they and their loved ones don't suffer."

A national problem, not just local

The pressure on Epsom and St Helier reflects a wider national trend. NHS England has warned that socialising over Christmas and New Year is likely to have fuelled a rebound in flu, Covid-19 and other winter viruses, with senior figures cautioning that the worst of the season is "far from over".

Across England, hospitals are again reporting high numbers of admissions for respiratory illness, alongside continued demand from people with complex medical needs who are more vulnerable in cold weather. The knock-on effect is felt most sharply in accident and emergency departments, where delays grow when wards are full and patients cannot be moved on.

Public health experts have long warned that flu remains a serious illness, particularly for older people, pregnant women and those with underlying conditions. In bad seasons, it contributes to thousands of excess deaths nationally, even though it is often dismissed as minor.

Norovirus, meanwhile, spreads rapidly in hospitals and care settings, forcing wards or bays to close for deep cleaning, further reducing available beds at precisely the moment they are most needed.

What people can do

Local NHS leaders are urging residents to take simple but effective steps to reduce the spread of infection and help protect the health service. These include getting vaccinated against flu if eligible, washing hands regularly, staying at home if unwell, and avoiding contact with vulnerable people when displaying symptoms. Keeping homes warm – ideally at 18°C or above in key rooms – and wrapping up when going outdoors also helps reduce the risk of illness.

People are also being asked to use health services appropriately, so that emergency departments remain available for those in urgent need. NHS 111, which is available online and by phone 24 hours a day, can direct people to the right service, while community pharmacists can advise on many minor illnesses and treatments.

Residents are encouraged to check on neighbours, friends and family who may be vulnerable, to make sure they have food, medication and adequate heating during the cold snap.

With flu and winter viruses still circulating widely, health leaders say the coming weeks will be critical – both for hospitals trying to manage demand, and for communities doing their part to keep themselves and others safe.

Sam Jones – Reporter



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