

# Priory Hospital Burgess Hill Newsletter

**PRIORY**  
Part of MEDIAN



**Issue 13  
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Welcome back to the Priory Hospital Burgess Hill newsletter! This is the thirteenth edition of our quarterly newsletter that features some of the highlights over the past few months.

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This newsletter captures the beginning part of the year, reflecting on what has happened here, over the last three months.

Occupational Therapy timetables continued to run with meaningful and productive activities for our male patients. In February, we got the chance to showcase our efforts to delegates at the Royal College of Psychiatry Forum, by doing a presentation. Aside from the timetable and facilities we spoke in detail about, we also got the chance to introduce our Expert by Experience, Hannah, who has been actively involved in enhancing service delivery and recruitment for our Hospital. More on the presentation below and introduction from Hannah on page 3.

Special thanks goes to all those who contributed to the development of this newsletter. Suzanne, our Nutritionist, who speaks about the importance of fibre in our diet and provides a recipe for spaghetti and lentil bolognese on page 2. Our Physical Health Nurse informs us about the cautions of vaping in her educational talk on page 3. And Sophie, our Head of Psychology, is behind an advert to recruit a Carer Expert by Experience on page 4.

Enjoy reading!



## A word from the OT Department: presentation to showcase our work

On the 9<sup>th</sup> of February 2023, the Occupational Therapy (OT) Department and one of our Experts by Experience (EbE) travelled up to the Royal College of Psychiatry head quarters in London. Collaboratively, Ruth Meaden- Jones (Lead Occupational Therapist, OT), Millie Virgo (Occupational Therapy Assistant, OTA) and Hannah Reed (EbE) worked on a presentation that highlighted the OT programme and the therapeutic spaces where these sessions take place, in and around the Hospital. The presentation was well received by a number of peers from surrounding PICU's in the South of England, who chose to attend the workshop on the day.

The OT department were praised on their least restrictive practice approaches, in regards to the timetable provided to patients and the facilities within the hospital building. The OT programme offers practices that have allowed our PICU patients to interact with the acute patients, which was considered an example for other services to follow.



## A word from Suzanne, our Nutritionist: Fibre

Fibre is an important component of a healthy balanced diet. We get fibre from plant-based foods, but it is not something the body can absorb. This means fibre is not a nutrient and contains no calories or vitamins.

- Fibre helps your digestive system to process food and absorbs nutrients.
- Fibre lowers blood cholesterol.
- Fibre helps to control blood sugar levels, which in turn controls appetite.



There are two types of fibre:

**Insoluble fibre:** contains cellulose, hemicellulose (green beans) and lignin (potatoes). It helps your bowel to pass food by making stools soft and bulky. This type of fibre helps prevent constipation

**Soluble fibre:** contains gums and pectin (carrots). This type of fibre lowers cholesterol levels, controls blood sugar, and can be found in all fruit and vegetables. (Highest concentrates for both found in brackets).

How do I increase dietary fibre?

Because fibre is central to your bowel health, be careful about suddenly increasing your intake and overburdening your digestive system. You should only aim for a 5g increase over a three to five day period, and drink plenty of water for it to be effective.

Make sure you get both forms of fibre in your diet.

- Stock your pantry with wholegrain staples such as oats, brown rice, cereals, rye and whole-wheat crackers.
- Start the day with a high-fibre cereal or try this recipe for muesli. Mix oats, bran flakes, sesame seeds, sunflower seeds, nuts, and assorted chopped dried fruits. For something a little crunchier, toss the oats, seeds and bran lightly in oil, add honey and bake at 150C for 45 minutes. Add the dried fruit and nuts last.
- Add lentils, pearl barley, brown rice or cracked wheat to casseroles and soups.
- Finish a meal off with an orange or have a citrus fruit as a mid-morning snack.
- Replace white bread with wholegrain. Pumpernickel and seed loaves have the highest fibre and nutrient content.
- Oats contain both soluble and insoluble fibre. They are cheap, easy to prepare and delicious when eaten with a fresh sliced banana and maple sugar.

### QUICK SPAGHETTI WITH LENTIL BOLOGNESE

#### Ingredients

400gr spaghetti or other long dried pasta  
2 tbsp. olive oil  
1 finely chopped onion, 3 garlic cloves, finely chopped  
1 stalk celery, finely chopped  
420gr tomato pasta sauce  
250gr punnet cherry tomatoes or tin of chopped tomatoes  
400gr can of lentils, drained (can be substituted with cooked mince)  
½ cup grated parmesan (or other hard cheese)

#### Method

Cook the pasta in a large saucepan of salted water. Heat the oil in a frying pan, medium heat and cook onion, garlic and celery until softened. Add pasta sauce and ½-cup (125ml) water and simmer. Add tomatoes and cook for further 5 minutes. Add lentils, season and cook for a few minutes. Add 1 tsp marmite for extra taste – optional. Drain pasta and toss with pasta sauce. Divide among bowls, serve with parmesan, and decorate with basil leaves.



## A word from our Physical Health Nurse: Vaping

Included in my February Health Promotion talks with patients, was a session on vaping.

Public Health England (PHE) states that vaping contributes to at least 22,000 smokers quitting every year and that vaping is at least 95% less harmful than cigarettes.

Vaping is one of the most preferred forms of nicotine replacement therapy (NRT) as it depicts smoking a cigarette, whilst giving a nicotine 'hit'.

We need to understand smoking habits, lifestyle choices and health goals to give customised advice on the best course of action to quit smoking and at the same time satisfy cravings and fit with a daily routine. As with e-cigarette devices, advice on the right level of nicotine concentration is critical and this is mirrored by the same level delivered when cigarette smoking.

### **The long-term risks of vaping are not yet clear**

E-cigarettes do not produce tar or carbon monoxide, two of the most harmful elements in tobacco smoke. The liquid and vapour contain some potentially harmful chemicals also found in cigarette smoke, but at a much lower level. However, e-cigarettes are not risk-free. They have only become popular recently, so we don't know what effects they might have in the long term. They should only be used to help you stop smoking, or to stop you going back to tobacco.

Popcorn lung (bronchiolitis obliterans) is a rare type of lung disease. A possible cause of developing this condition is breathing in a chemical called diacetyl. The link was discovered when a group of popcorn factory workers, who used the chemical at work, developed it. In the UK, diacetyl is a banned ingredient in e-cigarettes and vaping devices. So, e-liquids sold in the UK shouldn't contain diacetyl.

### **There is currently no medically licensed vaping (e-cigarette) product available in the UK**

This means that they haven't been approved by the Medical and Healthcare Products Regulatory Agency (MHRA) - but, in the UK, we have some of the strictest regulations for e-cigarettes in the world. For example, lots of potentially harmful chemicals been banned from being added.

### **E-cigarettes are not risk-free**

We don't yet know their long-term effects, so people who have never smoked shouldn't use them. It is easier to continually vape without having a break as vaping is odourless and therefore easier to smoke in the home and public places.

Some studies suggest it is associated with cardiac and neurological diseases and with negative impacts on brain development for children and young people. E-cigarettes could be associated with acute lung injuries; there are rare but terrible stories of young people who use vapes suffering from collapsed lungs. To be continued following further evidence and research.

## A word from one of our Experts by Experience (EbE)

Hi, my name is Hannah Reed and I am an EbE (Expert by Experience) in Priory Hospital Burgess Hill. I have been working here since August 2022. I love working here and being able to help both the patients and staff giving feedback about the service. I have done a few projects so far which includes some focus groups with patients.

My first project was with Advocacy and how best to promote it so patients feel they can speak via phone, zoom or in person. The second project was for a Pets as Therapy (PAT) dog to come in called Bobby. This has been helpful for the patients as they appear to calm and relax as they play and spend time with him off ward in a recreational space. Here there is also a shop that helps patients practice budgeting. Next, I focussed on the Sacred Space room. This room is off the ward to give patients space to reflect.

In the pipeline is regular spin classes to take place at a local leisure centre (The Tringle) as a group session. This is important because exercise releases endorphins, natural happy hormones.

I have had several admissions to a psychiatric unit in my lifetime and share this with the patients with the message that there is hope of coming out of hospital and living a purposeful life.



Bobby, our PAT dog

## Has your friend or family member been in our care? Do you want to become a Carer Expert by Experience?



Answered yes to the above? We need your help and would love to hear from you.

Priory Hospital Burgess Hill are looking for carers to become involved with the service as an expert by experience.

### Why?

We are always seeking to better our service by keeping patient experience at the heart of everything we do. We have a pool of experts by experience who have direct personal experience of mental illness and are now looking to expand to further include the carer's voice.

### How?

The role is project based, which means the expert could be involved in a variety of things. The next project we want to get up and running is a carer's forum and would like a Carer Expert by Experience's involvement. Time commitments are dependent on the project and are flexible.

### Who is eligible?

Anyone who identifies as a carer, friend or family member of an individual who has been under the care of Priory Hospital Burgess Hill. Your friend or family member can be a current or past patient; you do not have to stop working with us if they are discharged.

### Is it paid?

Yes, we would very much like to pay you! However some people may prefer to be unpaid. We can discuss payment preferences at the start of each project. All expenses will be paid.

### Want to know more? or be added to the list of future experts by experience?

Please email [PHBHParticipationTeam@priorygroup.com](mailto:PHBHParticipationTeam@priorygroup.com)

#### Future events run by the OT team and in collaboration with other departments

The Coronation Big Lunch Picnic is planned for the 5th of May. Patients and staff will celebrate together in an open air street party format.

Staff are getting behind the Eurovision Song Contest, by creating a video, where they will sing along to the song Waterloo, by Abba. Watch this space for Prioryvision!

#### Upcoming dates for your diary in England and Wales 2023

13th of April – Passover ends (Judaism)  
22nd of April – Eid Ul Fitr – celebration following the end of Ramadan (Islam)  
1st of May - Early Bank Holiday  
6th of May –Coronation of King Charles III  
8th of May – King's Coronation Bank Holiday  
29th of May – Bank Holiday

## Contact us

For more information or to make a referral, please contact us today.

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Visit our website at:

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