



Spire

Cheshire Hospital

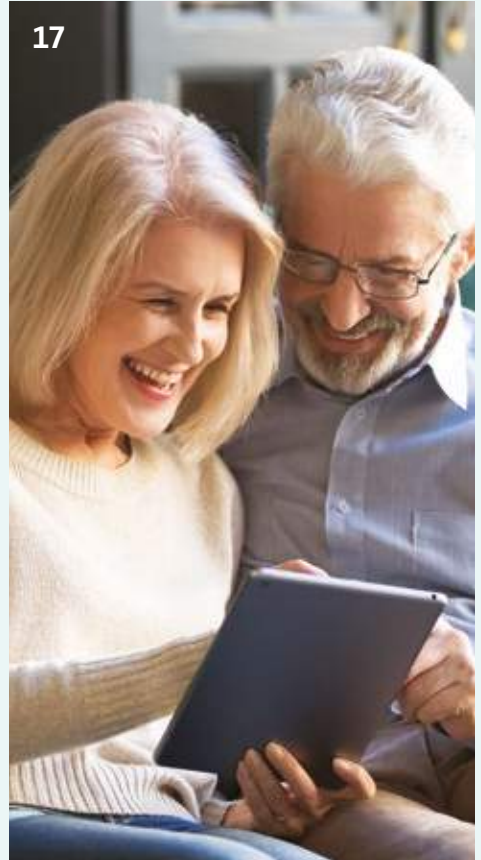
Issue 1

InSpiring Health

Health news from Spire Cheshire Hospital



This is a complimentary magazine – please feel free to take home this copy of InSpiring Health. You can download it from the Spire Cheshire website www.spirecheshire.com



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It's my pleasure to introduce you to Inspiring Health, our hospital magazine for patients, visitors and the local community.

The health and well-being of our patients is our priority and we want you to care for yourself in the best way you can, so in each edition we will feature articles offering tips and advice to keep you informed about a range of health worries or concerns.

We have included a 'Doctor Doctor' page featuring Dr Steve Coogan, who is a private GP at Spire Cheshire Hospital. Our private GP service is very popular and patients can book their 30 minute appointment online where a range of appointment times are available, including the same day, for both adults and children.

We also share the story of Jane Proudfoot, whose life has dramatically improved following a hip replacement procedure at Spire Cheshire Hospital. Jane was suffering with severe pain in her hip due to arthritis and when the pain became unbearable she knew she would have to seek help, so she turned to us for advice and treatment.

You can read more about the first ever company-wide fundraising challenge that we took part in to raise money for the Tropical Health Education Trust and The Children's Adventure Farm Trust.

There are also some lovely recipes for you to try from our excellent catering team. All in all, this edition promises to be a fantastic read!

I am privileged to work with an amazing team here at Spire Cheshire and we are proud to work with consultants who often provide life changing treatments and procedures, which is reflected in the fantastic feedback we get from our patients.

I am also delighted that Spire Cheshire Hospital has been rated outstanding by the country's health watchdog the Care Quality Commission (CQC). The CQC rating is crucial to us as a hospital and for us to have an overall outstanding rating is something we are all very proud of.

If you would like regular updates please visit our website, 'like' us on Spire Cheshire Hospital's Facebook page and follow us on Twitter @SpireCheshire

Andrew Johnson
Hospital Director

About us

If you need specialist care, there really is no better place to come than Spire Cheshire Hospital, where you can be assured that the treatment you receive is second to none.

We understand that getting better involves more than just medical treatment. That's why we ensure there's always someone on hand to answer your questions.

We care for you in clean purpose-built facilities, set in pleasant surroundings and we make sure your friends and family are always welcome.

For us, it's more than just treating patients; it's about looking after people.

Our highly trained consultants treat conditions across a range of specialties including:

Specialties

Breast cancer surgery

Cardiology

Dermatology

Ear, nose and throat surgery

Gastroenterology

General surgery

Gynaecology

Neurology

Specialties

Ophthalmology

Oral and maxillofacial surgery

Orthopaedic surgery

Pain management

Psychiatry

Rheumatology

Urology

Vascular surgery



See a consultant for almost any medical condition in as little as **24 hours**.



If you need an MRI scan, X-ray or further tests have them in as little as **48 hours**.



Have your surgery or treatment when it's right for you, in as little as **two weeks** from diagnosis.

Book to see an expert today

Search 'Spire Cheshire Hospital'

Call 01925 215 029

At Spire Cheshire Hospital, we pride ourselves on providing you with the highest quality specialist orthopaedic care. You will find that all our consultant surgeons and specialist clinical staff are at the top of their profession, passionate about what they do and have met the stringent standards that allow them to be part of our centre.

Our highly trained consultants offer some of the latest orthopaedic procedures and provide a range of specialist treatments for:

- Back and neck pain
- Bone and soft tissue injuries
- Foot and ankle problems
- Hand and wrist complaints
- Knee pain and hip problems
- Shoulder and elbow injuries
- Sports injuries

In addition to the specialist care from your chosen orthopaedic surgeon, Spire Cheshire Hospital offers the highest standards in support services.

Our physiotherapy team – Supporting our orthopaedic centre is Spire Cheshire Hospital's physiotherapy and sports injury department. The specialist physiotherapy team offer fast and effective rehabilitation to aid recovery from surgery, injury or other medical conditions.

They offer a personal, professional and highly skilled service which aims to help you recover fully and return to your normal activities within the shortest and safest period of time.



Our radiology team – The radiology department offers rapid access to on-site diagnostic facilities, including X-ray, ultrasound, CT and MRI scans. You will be cared for in a safe, welcoming and relaxed environment and Spire Cheshire's highly trained radiology staff are always available to explain procedures, answer queries and provide reassurance.



Spire

Cheshire Hospital

Hip and knee replacements from £229 per month[†]

With our new hip and knee replacement packages it's more affordable than ever to get the surgery you need.

Our all-inclusive packages* let you spread the cost of surgery, which starts from just £229 per month.[†] And you can even choose to enhance your treatment with our premium option.



Care Quality Commission

Inspected and rated

Outstanding ★

Book to see an expert today

Search 'Spire Cheshire Hospital'

Call 01925 215 029

[†]The monthly repayment is based on a loan of £7,155 with a deposit of £1,035 repayable over 36 months. Total amount repayable £8,244. Representative APR 9.9%. Loan applicable to the treatment cost and excludes the initial consultation. Credit is subject to status. Spire Healthcare is acting as a credit broker, Omni Capital Retail Finance Ltd is the lender.

Self-pay, fixed price packages are subject to the Spire Healthcare patient terms and conditions available at <https://www.spirehealthcare.com/legal/terms-and-conditions/>

Looking after you.





“Spire Cheshire not only offered the highest standards of clinical care but also a number of choices that helped me feel more involved with my treatment and eased the stress of having such a major operation.”

Reverend Jane Proudfoot is the Rector at St Wilfrid’s Church in Grappenhall near Warrington. She has a busy life with many obligations to the volunteers who help run the church and its many activities, as well as to her friends and parishioners in the community. That’s why when the arthritis in her right hip, which had been causing her pain for around eight years, became unbearable, Jane knew she’d have to take action.

Alarmingly, what she discovered was that her hip joint and socket had all but crumbled away, meaning that a replacement was the only option that could offer her full mobility again. On a personal recommendation, Jane chose Spire Cheshire Hospital for the operation.

Despite the pain she was experiencing, Jane was delighted to discover that Spire Cheshire Hospital not only offered the highest standard of clinical care but also a number of choices that helped her feel more involved with her treatment and eased the stress of having such a major operation.

First, she was able to choose her consultant. That was important for Jane: “I wanted to be sure everything was right and, after some online research, I decided

to see Consultant Orthopaedic Surgeon, Mr Nikhil Pradhan. He has a great track record and knowledge, and when I met him, he was very understanding. He really took the time to explain everything in detail. Everyone at Spire Cheshire Hospital helped to put me at ease.” With all the facts, Jane was even able to select the type of anaesthesia that suited her and to pick the exact hip replacement she wanted.

Jane is young for this kind of procedure, so she opted for the best she could – or an “upgraded hip” as Jane puts it. Then there was Spire Cheshire’s add-on ‘premium package’, which provided a door-to-door service with cars to the hospital and back home a few days later, family meals at the hospital and one-to-one aftercare.

This individual service helped Jane reduce the strain of what could have been a traumatic situation and the opportunity to pick a date for the operation helped Jane manage the hip replacement and her recovery alongside her work commitments. “Being in control of my life, work and family commitments was so important for me,” explains Jane, “especially for someone in my line of work.”

Indigestion is a very vague term that is used to describe symptoms that are attributable to the oesophagus, stomach and small intestine. The symptoms are often pain or discomfort aggravated by eating or drinking – the feeling of nausea after food or the sensation of being over full. Also heartburn and reflux can also be described as indigestion

How is it usually caused? It is classically caused by acid reflux disease, gastritis (inflammation of the stomach) or ulcers in the stomach or small intestine. The stomach has natural defence against stomach acid but if this defence is damaged then problems can arise from naturally occurring acid.

The oesophagus on the other hand has no natural protection so acid refluxing out of the stomach into the oesophagus will cause symptoms. *Helicobacter pylori* – a bacteria frequently found in peoples stomach – can tip the balance towards damage from stomach acid.

Other things that increase stomach acid production can promote symptoms. These include smoking, acidic drinks such as wine and fruit juices and spicy food. Stress is another possible trigger.

Are there any causes that people aren't so aware of? The bottom of the oesophagus (gullet) has a muscle that tries to prevent reflux. However, this muscle can be relaxed by alcohol and, perhaps more surprisingly, by chocolate. Late night chocolate treats can classically result in nocturnal heartburn.

What about alcohol – are spirits more likely to bring on a bout of indigestion than beers or lagers? All alcohol will relax the lower oesophagus and promote reflux but fizzy drinks, such as lager, are more likely to cause reflux, especially when drunk in larger volumes. However all alcohol will cause some damage to the stomach so don't believe the medical myth that you can use brandy to settle your stomach!

Besides abstaining from alcohol and saying 'no' to tasty treats what measures can people take to avoid indigestion? Eating and drinking a number of hours before going to bed is a good option. Smaller and frequent meals tend to help as well. If reflux is the major issue, propping the head of the bed on a couple of bricks helps increase the effect of gravity at night thus reducing reflux.

Does a pint of milk at the start of the evening help or is that an 'old wives tale' started by the dairy industry? Funnily enough, while the pint of milk theory is another 'medical myth' it is a fact that before the advent of modern anti-acid drugs, patients with ulcers were often treated with milk drips direct to the stomach.



If you do get indigestion what is the best way of treating it? Modern drugs such as the PPIs (omeprazole etc) have transformed the management of indigestion by reducing acid production very dramatically. Also H2 blockers such as (ranitidine) reduce acid production. However, many of the over-the-counter remedies are only antacids that will neutralise the stomach acid for a relatively short period.

What conditions could the symptoms of indigestion be hiding? The real worry about indigestion is that it could be masking something much more sinister. If lifestyle issues and a short course or tablets/medicine – maybe two weeks of treatment – does not resolve the issue then seeking medical advice is sensible.

The diseases that mimic indigestion are stomach and pancreatic cancer and gallbladder disease. Ulcers of the stomach and small intestine need to be diagnosed and treated effectively as the huge majority are curable without prolonged treatment.

The increasing age of the patient and the fact that these symptoms are new are indicators to investigate further. Oesophageal cancer can give symptoms similar to reflux and any sensation of food sticking and painful swallowing require urgent investigation so make sure you visit your GP or a gastroenterologist as soon as possible.



Cosmetic surgery

It's not just about how you look, it's about how you feel

If you choose to have your cosmetic surgery at Spire Cheshire you can be sure you will be in the very best hands. We are here to give you all the information you need to make the choice that's right for you. We recognise that everyone is different, which is why you will receive personalised treatment throughout your journey with us.

All our cosmetic consultants are on the specialist register of the General Medical Council (GMC), and many are also members of the UK's leading cosmetic and plastic surgery associations, the British Association of Aesthetic and Plastic Surgeons (BAAPS) and the British Association of Plastic Reconstructive and Aesthetic Surgeons (BAPRAS).

Your consultant will be with you every step of the way, from your first consultation to your follow-up appointment and aftercare. We also have specialist cosmetic nurses to provide support and advice, and we'll give you all the time you need to make an informed decision about your procedure.

Cosmetic surgery can be a life changing decision and you may have important questions to ask before you make any firm decisions. That's why we want to give you the opportunity to talk directly to our cosmetic nurse adviser or you can attend one of our free information events.

Free appointment with our cosmetic nurse adviser This can help prepare you for your initial consultation with your cosmetic surgeon and also provide you with no-obligation free impartial advice.

Free information events If you would like to know more about any of our cosmetic treatments, we would be pleased to see you at one of our open events. Hosted by our expert cosmetic surgeons, the events give you the perfect insight into some of the treatments that we offer.

For more information or to make an appointment with our cosmetic nurse adviser please call 01925 215 029 or email info@spirecheshire.com

We offer a wide range of cosmetic surgery treatments including

- Anti-wrinkle treatments by injection
- Breast enlargement, uplift and reduction
- Brow lift
- Ear pinning
- Eyelid surgery
- Facelift
- Liposuction
- Neck lift
- Nose re-shaping (rhinoplasty)
- Tummy tuck (abdominoplasty)

Give up.

Give up the gimmicks for a long-term investment in your health at Warrington Bupa Health Centre

0330 127 6973

bupa.co.uk/health-assessments

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For health assessments.
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Keep motivated to exercise

The health benefits of regular exercise and physical activity are hard to ignore. Louise Charlesworth, Bupa Health Assessment Centre Manager at Spire Cheshire shares some motivational tips to help you lead a healthier lifestyle

The benefits of exercising are wide-ranging, from improved mental health to a lower risk of serious diseases, but still many of us live sedentary lives. According to a recent study by the British Heart Foundation, around 39% of UK adults – that’s around 20 million people – are failing to meet government recommendations for physical activity of 150 minutes (two and a half hours) of moderate-intensity activity per week.

Regular exercise will make you feel more energetic and also benefit your body’s defences. There is some limited research suggesting that moderate exercise can strengthen the immune system, thereby reducing the risk of coughs and colds. Exercising can help you manage your weight and keep your body in shape.

If you have been putting exercise off for a while here are some helpful tips to motivate you:

Enjoy what you do. The most important thing is to find something you love. If you enjoy it you will want to do it more and that is the best motivation. Try out different things and decide if there’s something you enjoy doing. Most people who dislike exercise just haven’t found the right exercise. It might be time to try something new or even what you can do indoors, such as rock climbing, swimming or even tai chi.

Set goals and stick with them. Set realistic goals, measure results and look to others who have achieved what you want. Schedule in your workout and place it at the top of your priority list.

Eat well. Keeping a food diary will make you conscious of what you’re eating and drinking. There are many useful smart phone apps like My Fitness Pal to help you record your daily calorie intake. Your diet should be healthy and nutrient-dense if you’re seriously intending to become fitter. Experts say 90% of training is diet and 10% is activity – there is no point training hard if you eat rubbish.

Don’t do it alone. Training with friends or groups can help you keep motivated for longer.

Sleep. Aim for 7 – 8 hours per night, as poor-quality sleep reduces our ability to train and make good food choices.

Be ready. Get your workout clothes and trainers ready the night before. This way you’ll have no choice but to wear that outfit and you’ll be 100% ready. Wear your fitness clothes as much as possible and wherever you can. It’s like wearing a uniform and being in a constant state of ‘ready’. In other words, your afternoon walk might turn into a brisk one or even a jog, if you’re dressed appropriately.

Another thing to consider is how exercise can impact on our mental health, exercise can help stimulate body chemicals called endorphins which are natural mood boosters.

So, stay active and feel on top of the world!



Spire

Cheshire Hospital

We are very proud that Spire Cheshire Hospital has been rated 'Outstanding' by the CQC

At Spire Healthcare, clinical standards are our first and foremost priority. We continuously monitor our performance against the standards set by the country's health watchdog the Care Quality Commission (CQC).

CQC Inspectors carried out a rigorous examination into services offered and decided Spire Cheshire Hospital had earned an overall rating of 'Outstanding'.

You can find the latest CQC inspection reports for Spire Cheshire Hospital at www.cqc.org.uk



Looking after you.

No waiting lists – No GP referral required

It doesn't matter if you play golf, squash, cricket, tennis, or any other sport – if you have an injury that stops you doing what you love, you want to get back in action as soon as possible.

At Spire Cheshire we have a team of state registered, highly trained chartered physiotherapists who are determined to get you back to fitness as quickly as possible.

Whether it's a problem with your knee, a twinge in your back or a pulled thigh muscle our physiotherapists will assess your injury and devise a rehabilitation programme that is tailor-made to suit you.

As well as treating the immediate problem the physiotherapist will also look for underlying causes of the injury with the view to taking action that will prevent the problem reoccurring in the future.

We assess and treat a number of conditions including:

- Arthritis and joint pain
- Back and neck pain / whiplash
- Chronic pain / sciatica
- Muscle and tendon problems
- Post-operative conditions
- Repetitive strain / postural problems
- Sports injuries

For more information or to book an appointment call **01925 215 027** or email **physio@spirecheshire.com**



Whether you are insured or not we are open to everyone



Spire

Cheshire Hospital

Medical loans made easy

We've partnered with Omni Capital Retail Finance to make your treatment more affordable by spreading the cost.

- 0% APR on loans paid back over 10 months
- Most applications are approved immediately so you can be treated quickly
- Loan money is paid directly to your Spire hospital for ease
- Helpful online tools including loan calculator and eligibility checker

Find the loan that's right for you today

www.spirehealthcare.com/finance

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Looking after you.





Paying for your own treatment is a quick and easy way to get immediate access to the healthcare you need. You don't need to have private medical insurance to access private healthcare at Spire Cheshire, you can simply choose to self-pay.

With self-pay, we provide you with all the costings in relation to your treatment upfront, so you have peace of mind that there are no hidden charges, so you can concentrate on getting better.

Being a self-pay patient, you can benefit from:

- Self-referral, GP referral not always necessary
- Flexible appointment times
- Your choice of consultant
- A fixed price* package to suit you, with no hidden costs

You can also spread the cost in monthly payments. Please call **01925 215 029** to learn more about available finance options. We can talk you through the different representative examples over a range of repayment terms.

*Self-pay, fixed price packages are subject to the Spire Healthcare patient terms and conditions

Stop snoring to get a good night's sleep

The sound of someone snoring can make people laugh out loud – unless, of course it is stopping them getting to sleep. Then snoring suddenly becomes a serious issue!

It can cause loving couples to sleep in separate rooms and has even been blamed for some marriage breakdowns. But there are solutions. From simple changes in lifestyle to a range of operations that could correct the causes of the snoring.

Snoring is very common, with around 40% of us being snorers at some level or other. In most cases it isn't a cause for concern – well not for the snorer, although their partner might tell a different tale!



It is caused by turbulence inside the airways due, mostly, to a partial blockage that may be located anywhere from the tip of the nose to the vocal chords. Typically, this occurs when the muscles that keep the airways open become too relaxed or excess tissue accumulates nearby and obstructs air flow.

In many cases, snoring could be controlled by making some simple lifestyle changes.

Common-sense changes such as losing weight, not drinking alcohol within three hours of bedtime and stopping smoking can all have a beneficial effect as can sleeping on your side, sleeping with a thin pillow and keeping pets out of the bedroom.

However there can be times when medical intervention is needed. Snoring is often due to a multilevel obstruction with varying degrees of blockage at the level of nose, soft palate, tonsils and the tongue base. Careful assessment to identify the level of obstruction can help to select which patients will benefit most from surgery or from a range of non-surgical devices. Surgery to the nose may be as simple as a septoplasty or turbinate surgery to improve the nasal

airway. Palate operations are generally to reduce its size or stiffen it up and stop it vibrating and tonsil surgery helps to create more space. Surgery to the tongue base can also be performed but this is less common.

There are a range of non-surgical products that can also be effective such as mandibular advancement devices that bring the lower jaw forward and improve the airway or even ear plugs for your partner!

Snoring could also be a sign of sleep apnoea – a condition that interrupts your breathing when you are asleep. In effect you actually stop breathing for a period of time, cutting off the oxygen going to the brain. This can occur multiple times each hour at night and leave you with a muzzy-type headache and feeling sluggish in the morning. You will also find that you fall asleep easily during the day.

If your partner notices that when your snoring stops you actually stop breathing then you should visit your GP as soon as possible. Snoring can be controlled but you have to take steps towards controlling it so that both you and your partner get a good night's sleep.



Spire

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Do you have private health insurance?

An inSpire private health insurance plan gives you:

- Fast access to award-winning Spire Hospitals
- Choice of specialists and consultants
- Affordable premiums

Get a quote from Clear Health today

Call 0333 443 2202

Email quote@myclearhealth.co.uk



Lines are open 9am - 7pm Monday to Friday. We may record and/ or monitor calls for quality assurance, training and as a record of our conversation.

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As a company, we believe in a responsible approach to everything we do, stretching beyond the high-quality care we provide for our patients. We realise our business plays an important part in the communities in which we operate, and we have a duty to give back to these areas and contribute to their greater wellbeing, as well as supporting other parts of the world who do not have access to vital healthcare.

Our first ever company-wide fundraising challenge, across our network of 39 hospitals, recently took place to raise money for the Tropical Health Education Trust (THET) and a local cause chosen by each hospital.

Spire Cheshire chose The Children's Adventure Farm Trust, a local registered charity that provides a variety of free programmes for terminally ill, disabled and disadvantaged children from all over the North West.

The challenge was to complete 40,000km – one lap around the world – between us, and each hospital had a target to reach 1,000km and raise £1,000.

Spire Cheshire was the first hospital to reach the 1,000km target and we raised an amazing £1,612.40, which was split between the two charities.



Spire

Cheshire Hospital

See a private GP at a time to suit you

Book to see an expert today

Search 'Spire Cheshire GP'

Email info@spirecheshire.com

Call 01925 215 029



Looking after you.



Dr Stephen Coogan, Private GP at Spire Cheshire answers some of your medical questions.

I have eczema all over my body but it's particularly bad on my arms and hands. None of the over the counter treatments have worked. What else can I try?

'Eczema' is a term which comes from the Greek word 'to boil' and is used to describe red, dry, itchy skin which can sometimes become weeping, blistered, crusted, scaling and thickened. It is typically a condition that is life long and can for example flare if a person has dry skin, stressed or has a cold or infection. We would always advise that you avoid anything that is known to make your eczema flare up, and whilst it cannot be cured it can be controlled by using regular none perfumed moisturisers know as emollients on a regular basis over your entire body at least 2-3 times per day, this is essential to control eczema as well as washing using an emollient. It is also important to wear clothing from materials such as cotton and to avoid wool as this can make eczema worse. If you have tried these basic things, I would suggest seeing your GP who can assess your skin and suggest further prescription treatments for example steroid creams to settle your skin.

I seem to always feel tired even if I've had a good night's sleep. I can't understand why I'm like this. What could be causing this?

Tiredness is a very common complaint that as a GP we are faced with each and every day. Tiredness can be difficult to describe and can mean different things to different people. It can also be caused by many different factors, from simply being tired due to the effects of our lifestyle to serious conditions such as cancer. In many cases it will not be due to one particular cause but a combination. It can also be caused if we are suffering with a mood problem such as anxiety or depression. My initial advice would be assess your lifestyle, such as your daily routines, diet, sleep, alcohol consumption and see if they combined may be potentially making you tired and address these. If this does not identify a cause, or if your tiredness came on very sudden and is related to other symptoms such as weight loss, night sweats or excessive thirst see your GP who can take a detailed history of your symptoms and arrange the necessary investigations.



Spire

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Specialist children's services



When a child is unwell, everyone wants them to get better quickly.

That's why we work with expert paediatric consultants to run a surgery service for children aged three and over, plus outpatient appointments from birth.

Whether a child needs tests or treatment, we can offer quick and convenient appointments.

Services include:

- Allergy investigations
- Audiology
- Dermatology
- Ear, nose and throat (ENT)
- General paediatrics
- Orthopaedics
- Paediatric general surgery
- Plastics and cosmetic surgery

Book to see an expert today

Search 'Spire Cheshire Hospital'

Call 01925 215 087

Looking after you.

Maintaining our high standards

There were no reported cases of MRSA blood infections or Clostridium difficile infections in our hospital in 2019

We minimise infection by making sure our wards, corridors and surfaces are regularly and thoroughly cleaned. We believe this is very important so we employ our own cleaners who have regular training in the prevention of infection.

We train all our staff in exceptional hand hygiene to minimise any risk of cross infection and every Spire Hospital has an infection prevention and control lead with a supporting team.

We also screen all patients, who have a known risk or are having a high risk procedure, for MRSA before we admit them to our hospital.

We have operating theatres with laminar air flow, an air filter system, for all major orthopaedic operations.

To view further performance information please visit www.spirehealthcare.com



Chefs top recipes

BBQ pulled pork shoulder with barbeque sauce



Ingredients

Pork shoulder joint, boneless and skinless, weight as desired

3 tablespoons olive oil

4 tablespoons of barbeque sauce

Spice mix

2 teaspoons paprika

2 teaspoons mustard powder

1 teaspoon garlic puree

Salt and pepper

Cajun spice (if preferred)

Method

- Preheat oven to 150C or 130C if fan assisted
- Rub pork with 2 tablespoons of olive oil
- Mix the spices together and rub over meat
- Place on a wire rack in a roasting tin
- Add one cup of water to the roasting tin
- Cover with tin foil tightly and allow to cook for 5 hours or until falling apart
- Drain juices from the meat in to a measuring jug
- Shred the pork using two forks and pull apart
- Skim the fat from the juices mix 125ml of the juices with 4 tablespoons of barbeque sauce
- Pour over the meat and keep warm until serving
- Serve on a toasted brioche roll with a drizzle of the barbeque sauce around it
- Serve alongside sweet potato fries and coleslaw

Sticky toffee pudding



Method

- Preheat oven to 180C
- Put chopped dates into a bowl and add 6fl oz of boiling water
- Then add vanilla extract, coffee essence and bicarbonate of soda to the dates and leave for a few minutes
- Cream the butter and sugar together until light and fluffy
- Add the beaten eggs gradually
- Add sieved flour gradually, folding in gently in a figure of eight
- Liquidise the date mixture slightly and then add to the cake mixture – It will look a little bit runny but don't worry!
- Pour the mix into 8 individual moulds or large cupcake cases
- Cook for approximately 25 minutes

Ingredients

- 6oz (175g) stoned dates
- ½ teaspoon vanilla extract
- 2 teaspoon instant coffee with a touch of water to dissolve
- ¾ level teaspoon bicarbonate of soda
- 3oz (75g) butter
- 5oz (150g) castor sugar
- 2 large eggs
- 6oz (175g) self-raising flour

Toffee sauce

- 6oz (175g) soft brown sugar
- 4oz (110g) butter
- 6 tablespoons double cream

Method

- Combine all the ingredients in a pan and stir until the sugar has dissolved and the sauce has come together
- Warm the puddings and serve with the toffee sauce, cream or custard

Your local private hospital

Spire Cheshire Hospital

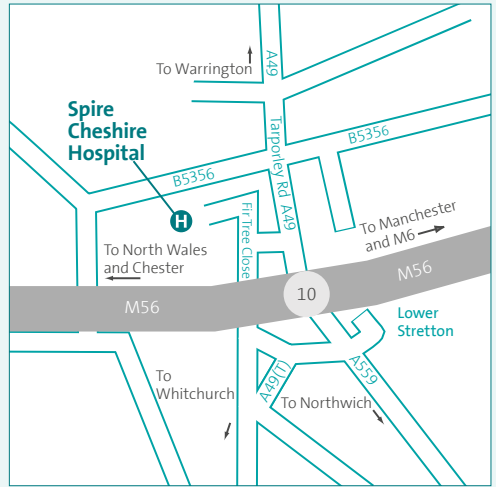
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Care Quality
Commission

Inspected
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