

## IN THIS ISSUE

Welcome!

[Get involved! Join our People Bank](#)

[Cardiac patient events](#)

[Stroke patient events](#)

[SLCSN moves to a new office](#)

[New Web site](#)

[What is the SLCSN?](#)

A 'glass half-full' attitude may be heart-healthiest

Research published in the European Heart Journal suggests that a positive mood is associated with lower rates of heart disease, independent of other major risk factors. Read more on the [British Heart Foundation's Web site](#).

| [BHF Web site](#) |

Let us know!

Submit your ideas to our new e-mail box, [People@slcsn.nhs.uk](mailto:People@slcsn.nhs.uk).

We're excited to launch the first South London Cardiac and Stroke Network (SLCSN) e-newsletter, aimed at involving patients and the public in advancing cardiac and stroke care in the region.

We work with patients, carers, clinicians and other healthcare professionals across South London to create high quality cardiac and stroke services that focus on the patient and are available to all. Patients are *always* our top priority and are the driving force behind everything we do.

We will be sending our e-news out monthly, so please add our e-mail address to your safe list.

[Get involved](#) | [Cardiac events](#) | [Stroke events](#) | [Network news](#)

## Join us! Get involved and improve cardiac and stroke care

Just as your general practitioner (GP) and other clinicians involved in your care are experts in their field, you are also an expert. Patients who have experienced cardiac or stroke conditions are specialists in their experience, able to give informed opinions on ways to make services even better.

Your input is essential to making improvements.

Get involved with our patient and public engagement group via our new People Bank.

Here, you can sign up to participate in activities like surveys, interviews and focus groups. Tasks will vary and commitment levels are completely flexible. You are under no obligation to participate in all activities; we'll advise you of the task and you tell us if you'd like to join. Choose the level with which you are comfortable and we'll find an appropriate way to get your voice heard.

### Sign up for the People Bank

Register with the People Bank by e-mailing your name and contact details to the People Bank e-mail address: [People@slcsn.nhs.uk](mailto:People@slcsn.nhs.uk). An online form will be available through the new Web site, beginning later this month.



*Recent cardiac events*

## Cardiac patient events

### Recent cardiac events

Last October, the South London Cardiac and Stroke Network (SLCSN) hosted two cardiac patient events, one in South East London, the other in South West London.

The purpose? To better understand patient and public views on cardiac care within the NHS and to identify areas of improvement as determined by those who would know best – the people who have received that care.

Thank you to all who participated; the input you provided will help to direct our future improvement projects.

During the cardiac patient events, your input identified four key areas of importance:



*Recent cardiac events*

- Pathways – getting patients in for treatment as quickly as possible, minimising waits, and ensuring that information and guidance is readily available to all
- Prevention and rehabilitation – supporting a healthy lifestyle (to avoid potential health problems) and delivering world-class rehabilitation to ensure that patients maximise their quality of life – both must be of the highest priority
- Communication – ensuring that patients, their families, hospital clinicians, carers and staff are fully informed about their treatment and the services available to them
- Primary care – aligning hospital services and aftercare so that our patients achieve the best possible outcomes

[View the summary online.](#)

### Be a heart expert! Join our team

We will be holding future cardiac events like these across South London and need your input.

Please join our [People Bank](#) so we may contact you with future participation events. Choose only the ones you want. Activity levels are up to you and as flexible as you need.

## Stroke patient events: We need your input

From March onwards, we will be attending patient and public stroke events across South London asking patients and carers to help us improve stroke care.

We will be teaming with local organisations to encourage as much participation as possible. Stay tuned for more details.

Sign up for our [People Bank](#) and you'll be notified of our stroke events as they are planned.

[Back to top](#)

## SLCSN moves to a new office

In order to rapidly advance cardiac and stroke care across the region, the South East London and South West London networks have joined forces and moved to a new location:

80 Kennington Road  
London SE11 6NJ  
020 7848 4210  
[people@slcsn.nhs.uk](mailto:people@slcsn.nhs.uk)

By working closely together, the two networks can better see the big picture and share critical information to make changes in care across South London.

[Back to top](#)

## New Web site planned

As the South East and South West Networks are now working together, we require a new South London Cardiac and Stroke Network Web site. Our new site, [www.slcsn.nhs.uk](http://www.slcsn.nhs.uk), will go live later this month. Here, you'll find clinical and patient information and the news of the Network's activities.

[Back to top](#)

## What is the SLCSN?

The South London Cardiac and Stroke Network partners with healthcare organisations across the region to advance cardiac and stroke care.

- Focusing on patients  
Everything we do at the Network centres around patients. That is why we exist. Our vision is to connect patients and healthcare organisations across South London to exceed national standards in cardiac and stroke care.

## Connecting healthcare

By collaborating with patients, PCTs, commissioners of healthcare, clinical staff and other healthcare professionals, the Network channels clinical expertise and builds strong relationships to help streamline the way in which care is delivered across the entire patient pathway, from prevention to acute care to rehabilitation.

- **Creating results**

Rapid improvements create a healthier, more financially viable system which facilitates consistently high-quality care for all South Londoners.

[Back to top](#)

South London Cardiac and Stroke Network

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