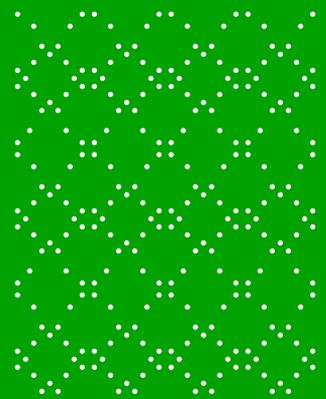


# Consultant and services directory 2021/22

Nuffield Health Shrewsbury Hospital



Working with you, for your patients.



# We're building a healthier nation

## Working with you, for your patients

Connected healthcare for your patients, at every stage of their treatment journey.

## Working with you, for your professional development

Professional training tailored to the needs of your practice.

## Working with you, for your community

Expert-led, evidence-based charitable community programmes available locally to support your patients.



## Contents

- 04 | How to refer your patients
- 06 | Key facilities
- 08 | Consultant directory
- 18 | Associated services:
  - 18 | Recovery Plus
  - 19 | Health assessments
  - 19 | Physiotherapy
  - 19 | Emotional wellbeing
  - 21 | Diagnostic imaging services
  - 21 | Pathology
  - 21 | Hospital sterile services unit
  - 21 | GP events
  - 22 | Local fitness and wellbeing centres
- 24 | Flagship programmes
- 26 | About us

**Nuffield Health Shrewsbury Hospital**  
Longden Road, Shrewsbury SY3 9DP  
[nuffieldhealth.com/hospitals/shrewsbury](https://nuffieldhealth.com/hospitals/shrewsbury)  
01743 282505

# How to refer your patients

Referring your patients for a wide range of health and wellbeing services at Nuffield Health is quick and simple. We accept the following patients:

## Patients with health insurance

We have agreements with all major insurers. In most cases, a GP referral is required when patients are using health insurance. Patients will need to have their health insurance policy details and authorisation number available when booking or attending an appointment.

## Patients via NHS e-Referral Service

Your patients can also be referred via the NHS e-Referral Service – formerly ‘choose and book’ ([www.nhs.uk/referrals](http://www.nhs.uk/referrals)). You and your patients can select the most convenient time, date and place of treatment for those NHS services we currently have listed on the NHS e-Referral Service web portal.

Call **08000 155020**

Fax **08004 715058**

Email [chooseandbook@nuffieldhealth.com](mailto:chooseandbook@nuffieldhealth.com)

## Patients who are paying for themselves

When it comes to the way in which patients pay us, transparency and clarity are key. That’s reflected in the Nuffield Health Promise: our pledge to patients who are paying for their treatment themselves. What it means: a clear and transparent price for treatment, the very best in clinical care and no limits on aftercare either.

- ◆ The confirmed price is all your patient will ever pay\*
- ◆ If they find a better price for the same procedure package, we’ll match it\*\*
- ◆ There are no time limits on aftercare.\*\*\*

There is also the option of an interest-free loan.

\*Initial consultation(s), diagnostic scans/tests and investigations required to establish a diagnosis are not part of your patient’s procedure price. \*\*Not including Private Patient Units at NHS hospitals. Local area defined as within 15 miles of the patient’s chosen Nuffield Health hospital. We will match against written quotes only. \*\*\*Where necessary, we promise to assist your patient to receive any follow up advice, treatment or care that is clinically required. Where a prosthesis is required for your patient’s procedure, this is guaranteed for the manufacturer’s expected prosthesis lifetime. “Clinically required” indicates where further intervention and/or monitoring of your condition is deemed necessary as a direct result of your procedure. The Nuffield Health Promise applies for patients paying for themselves and excludes fertility services. Find out more at [nuffieldhealth.com/promise](http://nuffieldhealth.com/promise).



## Patient safety is our number one priority

We want to reassure you and your patients that we’ve put in place safety measures to make our hospital COVID-19 secure. We’re offering telephone and online consultations, as well as face-to-face appointments, so whether your patients’ appointment is from home or in person, they’ll be in safe hands with high-quality, award-winning healthcare from experts they can trust. All our measures follow UK government and Public Health England guidance and are implemented by the Nuffield Health infection prevention team.



# Key facilities at Nuffield Health Shrewsbury Hospital

## Medical cover

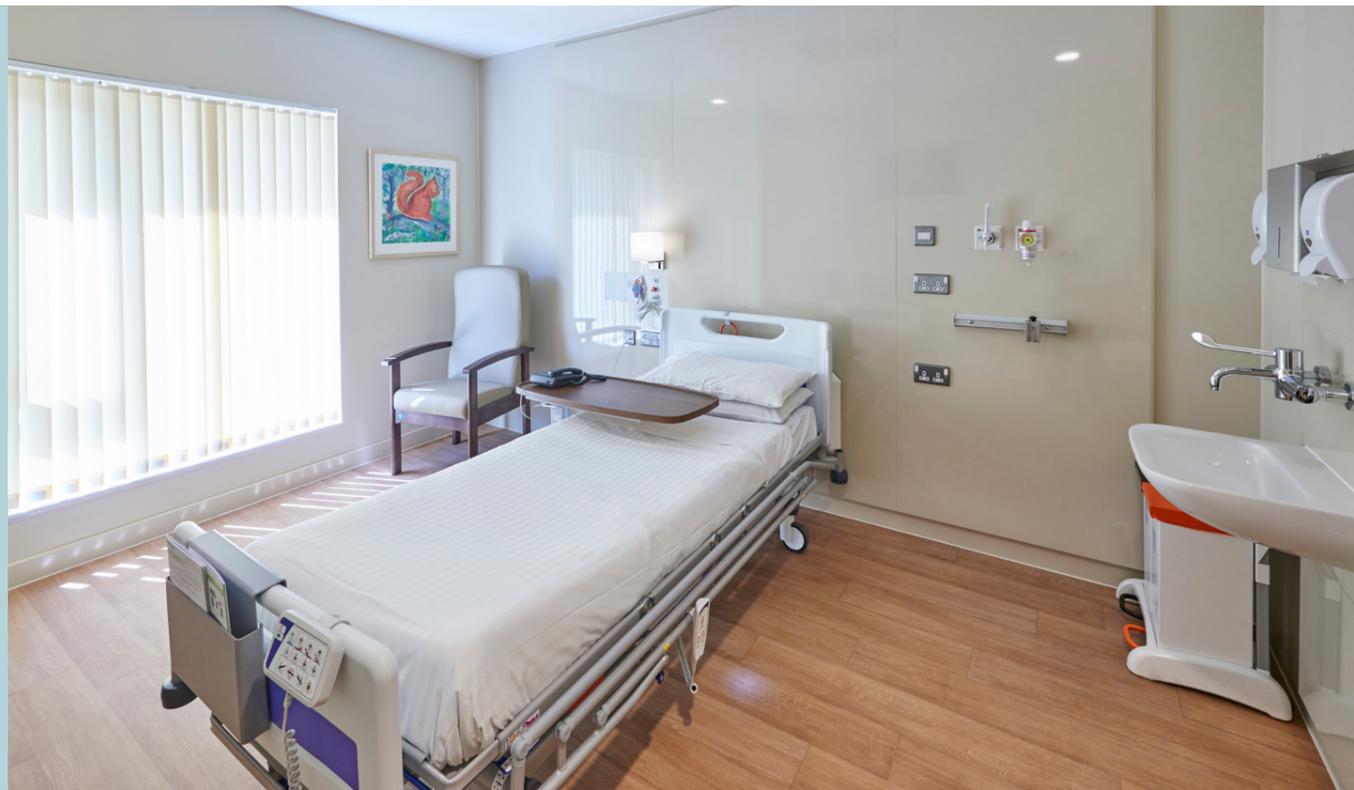
24hr resident medical officer.

## Patient accommodation

30 residential patient rooms with en-suite facilities, nurse call system, direct dial telephone, TV and radio.

## Theatre and support services

Three major operating theatres with laminar flow system and one endoscopy suite.



## Outpatient services

Including:

- ◆ 10 consulting rooms
- ◆ Two treatment rooms
- ◆ Ambulatory care suite
- ◆ Nurse-led pre-assessment
- ◆ Physiotherapy
- ◆ Pharmacy
- ◆ Radiology
- ◆ YAG Laser for glaucoma and post-cataract surgery.



# Consultant and services directory

## NHS base – abbreviations

<b>HoE</b>	Heart of England NHS Foundation Trust
<b>BCU-HB</b>	Betsi Cadwaladr University Health Board
<b>EKHUFT</b>	East Kent Hospitals University NHS Foundation Trust
<b>UHNM</b>	University Hospitals of North Midlands
<b>RJAH</b>	Robert Jones and Agnes Hunt Orthopaedic Hospital
<b>RWH</b>	Royal Wolverhampton Hospital
<b>SaTH</b>	Shrewsbury and Telford Hospitals
<b>WM-HPT</b>	Worcestershire Mental Health Partnership Trust



Visit [nuffieldhealth.com/consultants](https://nuffieldhealth.com/consultants) to view our consultants' profiles.

The details for each consultant show their name, specialist area, contact details and NHS hospital.

Consultant Name	Sub-speciality	Telephone	Fax	NHS Base
<b>Cardiology</b>				
<b>Ingram, T Dr</b>	Cardiac imaging (echocardiography, CT coronary angiography) and congenital heart disease.	01743 282505	01743 247575	SaTH
<b>Makan, J Dr</b>	Complex device implantation and heart failure.	01743 282505	01743 247575	SaTH
<b>Mistry, D Dr</b>	Pacemaker insertions, intervention, heart failure, DC cardioversions and coronary angiograms.	01743 282505	01743 247575	SaTH
<b>Clinical Oncology</b>				
<b>Srihari, Dr</b>	Urological cancers.	01743 282505	01743 247575	SaTH
<b>Dermatology</b>				
<b>Al-Rawi, H Dr</b>	Dermatologist and dermatological surgeon.	01743 282505	01743 247575	HoE
<b>Jain, D Dr</b>	General dermatology, dermatological surgeon, inflammatory and complex skin conditions.	01743 282505	01743 247575	SaTH
<b>Endocrinology and Diabetes</b>				
<b>Moulik, P Dr</b>	Diabetes and endocrinology.	01743 282505	01743 247575	SaTH
<b>Ear, Nose and Throat (ENT)</b>				
<b>Hari, C Mr</b>	General ENT, neck lumps, thyroid and salivary disease.	01743 282505	01743 247575	SaTH
<b>Harris, R Mr</b>	Head and neck cancer surgery, neck lumps, throat disorders, voice disorders, thyroid surgery, nose and sinus surgery (non-cosmetic) and general ENT.	01743 282505	01743 247575	SaTH
<b>Gastroenterology</b>				
<b>Bateman, J Dr</b>	Including colonoscopy, upper gastrointestinal endoscopy, ERCP and advanced therapeutic endoscopy.	01743 282505	01743 247575	SaTH
<b>Jones, J Dr</b>	Gastroenterology.	01743 282505	01743 247575	SaTH
<b>Townson, G Dr</b>	Gastroenterology.	01743 282505	01743 247575	SaTH
<b>General Medicine</b>				
<b>Garton, M Prof</b>	Adult general medicine, rheumatology and metabolic bone disease including osteoporosis.	01743 282505	01743 247575	RJAH BCUHB

Consultant Name	Sub-speciality	Telephone	Fax	NHS Base
<b>General Surgery</b>				
<b>Cheetham, M Mr</b>	Colorectal including laparoscopic surgery, colonoscopy and proctology, general surgery including hernias and gallbladder surgery.	01743 282505	01743 247575	SaTH
<b>Clarke, R Mr</b>	Colorectal (not including gallbladder), laparoscopic surgery and hernia surgery.	01743 282505	01743 247575	SaTH
<b>Fox, A Mr</b>	Varicose veins, vascular, hernias (local and general anaesthetic), keyhole surgery, gallstones and gallbladder.	01743 282505	01743 247575	SaTH
<b>Houghton, A Mr</b>	Varicose veins, vascular, hernias (local and general anaesthetic), parathyroid, gallstones and gallbladder.	01743 282505	01743 247575	SaTH
<b>Jain, R Mr</b>	Bariatric surgery, general surgery, laparoscopic surgery, upper GI surgery, gallbladder, reflux and hernia surgery.	01743 282505	01743 247575	SaTH
<b>Riera, M Mr</b>	Bariatric surgery, general surgery, laparoscopic surgery, upper GI surgery, gallbladder, reflux and hernia surgery.	01743 282505	01743 247575	SaTH
<b>Rink, J Mr</b>	Bariatric surgery, general surgery, laparoscopic surgery, upper GI surgery, gallbladder, reflux and hernia surgery.	01743 282505	01743 247575	SaTH
<b>Schofield, A Mr</b>	Colorectal including laparoscopic surgery, colonoscopy and minor proctology, general surgery including hernias and gallbladder surgery.	01743 282505	01743 247575	SaTH
<b>Usman, T Mr</b>	Breast surgery but sees outpatients at Wolverhampton.	01743 282505	01743 247575	SaTH
<b>Gynaecology</b>				
<b>Biswas, N Mr</b>	Heavy menstrual bleeding, post-menopausal bleeding, pelvic pain, ovarian cysts, fibroids, minimally invasive surgery, laparoscopic hysterectomy, hysteroscopy including polypectomy and endometrial ablation.	01743 282505	01743 247575	SaTH
<b>Sahu, B Dr</b>	Minimal access surgery, suspected cancer, colposcopy and pelvic floor surgery, menstrual dysfunction, abnormal smears, pelvic pain, ovarian mass and MyoSure treatment.	01743 282505	01743 247575	SaTH
<b>Sizer, A Mr</b>	Infertility (male and female), assisted conception, miscarriage, reproductive endocrinology and menopause.	01743 282505	01743 247575	SaTH
<b>Tapp, A Mr</b>	Abnormal vaginal bleeding, pelvic floor disorders and urogynaecology, urodynamic studies and MyoSure® treatment.	01743 282505	01743 247575	SaTH
<b>Neurology</b>				
<b>Newman, P Dr</b>	Neurology, migraines and Parkinson's disease.	01743 282505	01743 247575	SaTH

Consultant Name	Sub-speciality	Telephone	Fax	NHS Base
<b>Ophthalmology</b>				
<b>Craig, E Mr</b>	YAG laser capsulotomy (same day service) microincision cataract surgery, including multifocal, extended-range and toric lens implants, refractive lens surgery, glaucoma treatment including laser surgery and microincision glaucoma surgery, corneal surgery including transplantation, corneal and external eye disease.	01743 282505	01743 247575	SaTH
<b>Dapling, R Mr</b>	Oculoplastic and lacrimal surgery, cataract surgery and YAG laser capsulotomy (same day service).	01743 282505	01743 247575	SaTH
<b>Elkan, A Ms</b>	YAG laser capsulotomy (same day service), small incision phacoemulsification cataract surgery, ocular motility disorders and strabismus surgery.	01743 282505	01743 247575	SaTH
<b>Haigh, P Mr</b>	Cataract surgery, squint surgery and YAG laser capsulotomy (same day service).	01743 282505	01743 247575	RSUH
<b>Hammam, T Mr</b>	Cataract surgery, medical and surgical retinal procedures including diabetes, macular degeneration, glaucoma and YAG laser capsulotomy (same day service).	01743 282505	01743 247575	SaTH
<b>Perera, L Mrs</b>	Cataract surgery, argon laser treatments, retinal diseases, diabetic retinopathy, latest treatments for macular degeneration using Eylea, Lucentis and Avastin injections and YAG laser capsulotomy (same day service).	01743 282505	01743 247575	SaTH
<b>Rao, P Mr</b>	Cataract surgery, argon laser treatments, retinal diseases, diabetic retinopathy, latest treatments for macular degeneration using Eylea, Lucentis and Avastin injections and YAG laser capsulotomy (same day service).	01743 282505	01743 247575	SaTH
<b>Sagili, S Mr</b>	Cataract surgery, oculoplastics, orbital disorders, eyelid disorders/cysts and YAG laser capsulotomy (same day service).	01743 282505	01743 247575	SaTH
<b>Viswanathan, P Mr</b>	Cataract surgery and YAG laser capsulotomy (same day service).	01743 282505	01743 247575	SaTH
<b>Oral and Maxillofacial Surgery</b>				
<b>Bhatia, S Mr</b>	Oral surgery including wisdom teeth, temporomandibular joint pain and botox, facial pain, head and neck cancer and reconstruction, salivary gland, neck lumps and skin cancer, and dental implants, tongue-tie and sleep apnea devices/anti-snoring device.	01743 282505	01743 247575	SaTH
<b>Orthopaedics</b>				
<b>Balain, B Mr</b>	Spinal disorders: lumbar discectomy, lumbar decompression, minimally invasive lumbar spine surgery and fusion, deformity corrections, cervical laminoplasty, anterior cervical discectomy and fusion, spine surgery for tumour and trauma and fully endoscopic spine surgery.	01743 282505	01743 247575	RJAH
<b>Barnett, A Mr</b>	Sports injuries, arthroscopic surgery, ligament reconstruction, cartilage regeneration, knee replacement and meniscal repair.	01743 282505	01743 247575	RJAH



Consultant Name	Sub-speciality	Telephone	Fax	NHS Base
<b>Orthopaedics – continued</b>				
Bing, A Mr	Foot and ankle surgery.	01743 282505	01743 247575	RJAH
Burston, B Mr	Hip and knee surgery including primary and complex hip replacement, revision hip replacement, knee replacement and arthroscopic knee surgery.	01743 282505	01743 247575	RJAH
Dodenhoff, R Mr	Upper limb, shoulder surgery, trauma and rotator cuff disease.	01743 282505	01743 247575	SaTH
Evans, C Mr	Hip and knee disorders, hip replacement, knee replacement, complex or revision hip and knee surgery, arthroscopic knee surgery and arthroscopy.	01743 282505	01743 247575	RJAH
Gallacher, P Mr	Sports injuries, arthroscopic surgery, ligament reconstruction, cartilage regeneration and knee replacement.	01743 282505	01743 247575	RJAH
Hart, W Mr	Lower limb trauma, primary and revision hip and knee replacement surgery, knee arthroscopy, unicompartmental knee replacements and foot surgery.	01743 282505	01743 247575	RWH
Hay, S Mr	Shoulder, elbow and hand surgery including arthroscopic surgery.	01743 282505	01743 247575	RJAH
Hill, S Mr	Foot and ankle surgery.	01743 282505	01743 247575	RJAH
Kelly, C Mr	Shoulder/elbow pain, arthritis, rotator cuff tears and shoulder joint replacement.	01743 282505	01743 247575	RJAH
Moreau, P Mr	Hand and upper limb surgery.	01743 282505	01743 247575	SaTH
Reading, J Mr	Foot and ankle surgery.	01743 282505	01743 247575	SaTH
Roach, R Mr	All aspects of knee surgery, arthroscopy, sports, ligaments, osteotomies, revision and full or partial joint replacement.	01743 282505	01743 247575	SaTH
Roushdi, I Mr	Hand and wrist surgery.	01743 282505	01743 247575	RJAH
Turner, R Mr	Hand, shoulder and elbow including Dupuytren's (injection and surgery), carpal tunnel, ganglions, hand arthritis, tennis elbow, elbow arthritis, shoulder impingement, cuff tears, shoulder arthritis and instability.	01743 282505	01743 247575	SaTH
Van Liefland, M Mr	Hand and wrist surgery including carpal tunnel syndrome, Dupuytren's contractures, tendon dysfunction, rheumatoid arthritis of the fingers and wrist, wrist arthritis and instability.	01743 282505	01743 247575	RJAH SaTH
Wagner, W Mr	Hip and knee surgery.	01743 282505	01743 247575	SaTH

Consultant Name	Sub-speciality	Telephone	Fax	NHS Base
<b>Pain Management</b>				
Miller, M Dr	Anaesthesia, low back pain and sciatica, body surface pain, neck pain and advice on analgesia.	01743 282505	01743 247575	SaTH
Seewal, R Dr	Anaesthesia, pain management, neuropathic and musculoskeletal pain.	01743 282505	01743 247575	EKHUFT
<b>Physiotherapy – Clinic opening times are by arrangement. Please call 0345 045 4845 for further information.</b>				
Alashki, M Mr	General physiotherapy – peripheral joints, spinal, rehabilitation, Pilates and sports injuries.	0345 0454845		
Berry, A Miss	Women's and men's health including continence related conditions, pelvic pain, and post-gynaecological surgery rehabilitation.	0345 0454845		
Brown, J Mrs	Acupuncture and general physiotherapy – peripheral joints, spinal, rehabilitation, Pilates and sports injuries.	0345 0454845		
Jefferys, T Mrs	Acupuncture and general physiotherapy – peripheral joints, spinal, rehabilitation, Pilates and sports injuries.	0345 0454845		
Sharp, R Mr	Sports injuries, rehabilitation, and general physiotherapy for peripheral joints and spinal treatment.	0345 0454845		
Tomlinson, T Mrs	Hand therapy.	0345 0454845		
Van Doorn, L Mrs	Women's and men's health including continence related conditions, pelvic pain, and post-gynaecological surgery rehabilitation.	0345 0454845		
<b>Plastic and Cosmetic Surgery</b>				
Ismail, A Mr	Aesthetic breast surgery, body contouring, abdominoplasty and skin surgery. No face or nose surgery.	01743 282505	01743 247575	UHNM
Prinsloo, D Mr	Breast implants and reductions, abdominoplasty, rhinoplasty, liposuction and blepharoplasty.	01743 282505	01743 247575	UHNM
<b>Radiology</b>				
Challinor, E	Clinical specialist echocardiography and US cardiac doppler.	01743 282504	01743 282640	SaTH
Farrell, L Dr	Gynaecology, gastrointestinal imaging and CT virtual colonography.	01743 282504	01743 282640	PRH
Hinwood, D Dr	Vascular US and CT, hysterosalpingogram and barium studies.	01743 282504	01743 282640	RSH
Manns, R Dr	Musculoskeletal, MRI arthrograms and pain injections.	01743 282504	01743 282640	PRH
Metelko, M Dr	Body cross-sectional imaging, breast and abdominal ultrasound including gynaecological imaging.	01743 282504	01743 282640	RSH
Pakala, V Dr	Cardiothoracic imaging, CT coronary angiography and CT calcium scoring.	01743 282504	01743 282640	RSH



Consultant Name	Sub-speciality	Telephone	Fax	NHS Base
<b>Radiology – continued</b>				
Rowlands, J Dr	Urology and body cross-sectional imaging.	01743 282504	01743 282640	RSH
Singh, J Dr	Musculoskeletal and pain injections.	01743 282504	01743 282640	RJAH
Skillicorn, C Dr	Neurologist, general US and CT virtual colonography.	01743 282504	01743 282640	PRH
Stone, T Dr	Cross sectional imaging, US and CT virtual colonography.	01743 282504	01743 282640	RSH
Summer, J Mrs	Clinical specialist echocardiography and US cardiac Doppler.	01743 282504	01743 282640	RSH
Tins, B Dr	Musculoskeletal and pain injections.	01743 282504	01743 282640	RJAH
Tyrell, P Dr	Musculoskeletal imaging.	01743 282504	01743 282640	RJAH
Winn, N Dr	Musculoskeletal, pain injections and MRI arthrograms.	01743 282504	01743 282640	RJAH
<b>Respiratory Medicine</b>				
Jones-Perrott, S Dr	Respiratory medicine including medicals.	01743 282505	01743 247575	SaTH
Srinivasan, K Dr	Respiratory medicine.	01743 282505	01743 247575	SaTH
<b>Rheumatology</b>				
Amarasena, R Dr	Early inflammatory arthritis, rheumatoid arthritis and psoriatic arthritis.	01743 282505	01743 247575	RJAH
Askari, A Dr	Inflammatory and degenerative arthritis, soft tissue disorders, fibromyalgia and fatigue and Sjogren's syndrome.	01743 282505	01743 247575	RJAH
Dixey, J Dr	Inflammatory and degenerative arthritis and soft tissue disorders.	01743 282505	01743 247575	RJAH
Garton, M Prof	Adult general medicine, rheumatology of metabolic bone disease including osteoporosis.	01743 282505	01743 247575	RJAH BCUHB
<b>Urology</b>				
Elves, A Mr	Urological cancer, urinary stone disease, benign prostatic cancer and urodynamic studies.	01743 282505	01743 247575	SaTH
Lynn, N Mr	Prostate disease, prostate cancer, bladder and kidney diseases, general urology, andrology, minimally invasive surgery and prostate US biopsy.	01743 282505	01743 247575	SaTH





## How patients feel tomorrow starts today



At Nuffield Health hospitals, we put patients' safety first in a COVID-19 secure environment. We have a dedicated team of experts your patients can trust, offering a range of award-winning healthcare services.

**Working with you, for your patients.**



# Associated services

Connected health is a key aspect of our patient focus. From diagnosis and monitoring, to treatment and recovery and then beyond to ensure patients get well and stay well.



## Recovery Plus

When you refer a patient to us their treatment doesn't end once they leave the hospital. Our end-to-end approach to complete healthcare brings together a wide range of healthcare services across our hospitals, fitness and wellbeing centres and clinical services. Recovery Plus is an optional enhanced recovery programme available to our private patients free of charge when clinically appropriate.

- ◆ Dedicated recovery coach after discharge
- ◆ Health check with personalised exercise and diet advice
- ◆ Three month membership to our fitness and wellbeing centres.

[nuffieldhealth.com/recoveryplus](https://nuffieldhealth.com/recoveryplus)

## Health assessments

Whether patients want a broad outline of their health, or have something more specific in mind, our health assessments provide a comprehensive overview and cover key health concerns like diabetes, heart health, cancer risk and emotional wellbeing.

- ◆ Results given straight away
- ◆ Personalised report with test results and next steps
- ◆ Quick and easy referrals (if needed)
- ◆ Patients now have the option to have an online health assessment including at home pathology testing.

[nuffieldhealth.com/health-assessments](https://nuffieldhealth.com/health-assessments)

## Physiotherapy

Our hospital is home to a specialist physiotherapy centre, providing a full range of musculoskeletal services delivered by quality practitioners using leading-edge technology. Our team are listed in the physiotherapy section of this directory.

[nuffieldhealth.com/physiotherapy](https://nuffieldhealth.com/physiotherapy)

Patients accessing any of our services also benefit from a 30-day free gym pass.

## Emotional wellbeing

We offer a range of flexible, effective psychological therapies that can help improve and maintain mental health, and any therapy we offer will be tailored to the unique needs of your patients. Our full range of emotional wellbeing services are also available remotely.

An initial telephone assessment with one of our mental health professionals takes 30 minutes and can typically be arranged within 24 hours, giving your patients rapid access to advice and reassurance. Following this, a mental health professional will recommend the most appropriate service, from Cognitive Behavioural Therapy, guided therapy or self-help online.

[nuffieldhealth.com/mental-health-support](https://nuffieldhealth.com/mental-health-support)





## Associated services cont.

### Diagnostic imaging services

We have comprehensive imaging capabilities including:

- ◆ MRI
- ◆ CT
- ◆ X-ray
- ◆ Ultrasound.

[nuffieldhealth.com/healthcare-professionals/diagnostic-and-specialist-services](https://nuffieldhealth.com/healthcare-professionals/diagnostic-and-specialist-services)

### Pathology

We have a national, integrated laboratory testing service with a network of fully accredited laboratories around the country. Linked by a nationwide pathology IT platform, hospitals can provide accurate lab reports with a quick turnaround and feedback on outcomes backed by a wealth of data.

[nuffieldhealth.com/healthcare-professionals/services/pathology](https://nuffieldhealth.com/healthcare-professionals/services/pathology)

### Hospital sterile services unit (HSSU)

Our HSSU offers a bespoke decontamination service for re-useable surgical instruments from seven purpose built units throughout England. Our team can offer advice on decontamination for your surgery.

[nuffieldhealth.com/healthcare-professionals/services/hssu](https://nuffieldhealth.com/healthcare-professionals/services/hssu)

### Working with you, for your professional development

Whatever your professional interests or goals, we're on hand to support you at every step. Your dedicated GP liaison can develop a bespoke CPD-accredited educational programme for all the HCPs in your practice:

- ◆ Covering topics tailored to your needs
- ◆ Free to attend
- ◆ Delivered online
- ◆ Flexible formats that work around you.

[nuffieldhealth.com/healthcare-professionals/events-for-gps](https://nuffieldhealth.com/healthcare-professionals/events-for-gps)



## Associated services cont.

### Local Nuffield Health fitness and wellbeing centres

Keeping your patients safe and healthy is our number one priority. Our unique expertise operating our hospitals safely across the UK has enabled us to ensure our fitness and wellbeing centres are as safe as possible for your patients. Our network of 113 centres across the UK offer a huge range of facilities and services including swimming, group exercise for all abilities and on-site experts including chartered personal trainers and physiotherapists. Patients accessing any of our services also benefit from a 30-day free gym pass.

### Nuffield Health 24/7

For members looking to workout at a time and place which suits them, we have developed our brand-new digital wellness platform, Nuffield Health 24/7. Offering over 200 on-demand workouts from heart pumping HIIT, to relaxing yoga, there's something for everybody and every ability. We've also created clinically led programmes across healthy hip, knee and spine from our expert physiotherapists. Your health is on demand, with Nuffield Health 24/7.

[247.nuffieldhealth.com](https://247.nuffieldhealth.com)

To find your local fitness and wellbeing centre, visit [nuffieldhealth.com/fitness](https://nuffieldhealth.com/fitness)



### Nuffield Health Telford Fitness & Wellbeing Centre

Telford Forge Retail Park, Telford TF3 4AG  
01952 293444 [nuffieldhealth.com/gyms/telford](https://nuffieldhealth.com/gyms/telford)

**40% FITNESS AND WELLBEING CENTRE DISCOUNT**

We are offering a **40% discount to all NHS staff** including GPs and practice staff to recognise their hard work and commitment. Please call your local Nuffield Health fitness and wellbeing centre to enquire about membership.

[nuffieldhealth.com/NHS](https://nuffieldhealth.com/NHS)



# Working with you, for your community

Our flagship programmes are a range of free or subsidised services, which address unmet health and wellbeing needs in local communities. Designed to help people get well, stay well and live well through the different stages of their lives.



COVID-19 REHABILITATION

### COVID-19 Rehabilitation Programme

Our newly launched unique programme has been developed in collaboration with NHS Trusts.

Following a suspected or confirmed COVID-19 diagnosis, patients can refer themselves onto the programme which offers a unique blend of physical and emotional support. The 12-week plan is led by clinical specialists, and is tailored to an individual's rehabilitation needs.

[nuffieldhealth.com/covidrehab](https://nuffieldhealth.com/covidrehab)



Visit our website [nuffieldhealth.com/healthcare-professionals](https://nuffieldhealth.com/healthcare-professionals) for more information.



STAMINA

### STAMINA Research

The world's largest clinical research programme into how supported exercise can help men living with prostate cancer and receiving Androgen Deprivation Therapy, in partnership with Sheffield Hallam University.

### Joint Pain Programme

An affordable, evidence-based 12-week course helping people with osteoarthritis to live a full life.



JOINT PAIN



CYSTIC FIBROSIS

### Cystic Fibrosis Programme

Supporting young children living with cystic fibrosis to take part in exercise through our free tailored programmes.

### Schools Wellbeing Activity Programme (SWAP)

A free six-week wellbeing programme empowering children to improve their overall health and wellbeing.

### Meet Our Experts events

As a charity, we run regular sessions with the support of our on-site experts, giving members and non-members a chance to learn about health and fitness. These events cover everything from injury prevention to skin care.

Search 'Our Impact' on [nuffieldhealth.com](https://nuffieldhealth.com) to learn more.

To refer your patients visit [nuffieldhealth.com/healthcare-professionals/patient-referrals](https://nuffieldhealth.com/healthcare-professionals/patient-referrals)

# We are the UK's largest healthcare charity\*

For over 60 years, our team of experts have been working together to make the nation fitter, healthier, happier and stronger. Today, our purpose remains the same: to build a healthier nation. We're proud we are able to invest all our income back into this vision – whether that's through outstanding day-to-day services, or by pioneering improvements in care so more people can benefit: our customers and patients always come first.

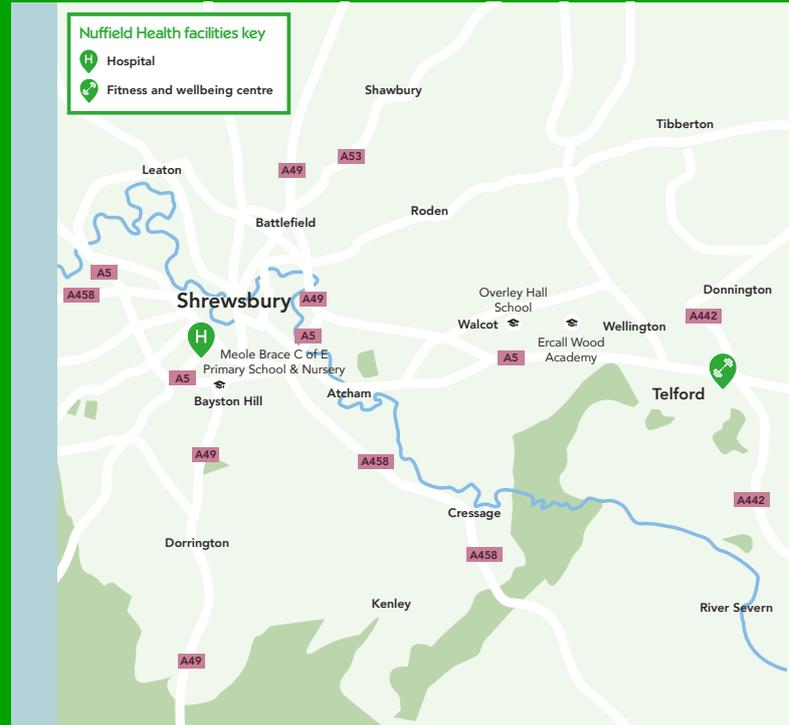
The COVID-19 pandemic has presented all of us with new challenges, and our purpose of building a healthier nation has never been more important. In 2020 and 2021, we proudly made our 31 hospitals available to the NHS, and so far, we've treated over 270,000 NHS patients during the pandemic.

In addition to treating patients during their illness, our unique connected healthcare offering enables us to support their recovery and rehabilitation requirements. Working in collaboration with the NHS, we've developed a new COVID-19 Rehabilitation Programme that offers a blend of physical therapy and emotional support. This free 12-week programme is delivered virtually for the first six weeks and the remainder is in a selection of our 113 fitness and wellbeing centres.

[nuffieldhealth.com/covidrehab](https://nuffieldhealth.com/covidrehab)

As ever, in good times and bad, we're committed to our vision of building a healthier nation.

## Nuffield Health facilities in the area



## Key department contacts

### Sales and Services Manager

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