

# PATIENT INFORMATION EVENING

*Living Well, Staying Active and Keeping Healthy*



17th September 2026



07:00 PM – 9:30 PM



The Banstead United  
Reformed Church  
Woodmansterne Banstead  
SM7 3EX

## AGENDA

|          |                                                                                     |                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                         |
|----------|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 07.00 PM |    | <b>WELCOME</b><br>Welcome and introduction to the evening                                                                                                                                                                                                                                                                                                      | <b>Dr Sandeep Pande</b><br>GP Managing Partner, The Longcroft Clinic<br><br><b>Mr Mike Harris</b><br>PPG Chair, The Longcroft Clinic                                                                                    |
| 7.10 pm  |    | <b>How to Avoid Disease; The Science of Staying Healthy</b><br><i>Live Better, Feel Better, Live Longer</i> <ul style="list-style-type: none"> <li>• Small changes that make a big difference</li> <li>• Food, exercise, sleep and stress</li> <li>• Preventing heart disease, diabetes and cancer</li> <li>• Practical tips you can start tomorrow</li> </ul> | <b>Dr Sundhya Raman</b><br>Lifestyle Medicine Lead at the Primary Care Cardiovascular Society and founder of My Wellness                                                                                                |
| 7.50 pm  |  | <b>Healthy Joints for Life</b><br><i>Keeping You Moving Without Pain</i> <ul style="list-style-type: none"> <li>• Looking after your knees and hips</li> <li>• Arthritis myths and facts</li> <li>• When to seek help</li> <li>• Staying active despite joint pain</li> <li>• Elective surgery facts</li> </ul>                                                | <b>Dr Suroosh Madanipour</b> , Consultant Orthopaedic Surgeon (hip and knee specialist) St George's Hospital Foundation Trust, South West London<br>Elective Orthopaedic Centre Epsom, Spire St Anthonys Hospital Cheam |
| 8.30 pm  |  | <b>Refreshment Break:</b> Spire St Anthony's Hospital have kindly provided the refreshments for the evenings                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                         |
| 8.45 pm  |  | <b>Stronger, Fitter, More Independent</b><br><i>How Physiotherapy Can Keep You Moving</i> <ul style="list-style-type: none"> <li>• Exercises to improve strength and balance</li> <li>• Preventing falls</li> <li>• Managing aches and pains</li> <li>• Remaining active at every age</li> </ul>                                                               | <b>Mrs Melanie Thorn</b><br>Clinical Team Lead Outpatient Physiotherapist, St Anthonys Hospital<br><br><b>Mr Steve Allen</b><br>Clinical Specialist Physiotherapist, St Anthonys Hospital                               |
| 9.20 pm  |  | <b>Closing Remarks</b>                                                                                                                                                                                                                                                                                                                                         | <b>Dr Subo Emanuel</b> ,<br>GP Managing Partner, The Longcroft Clinic<br><br><b>Mr Mike Harris</b> ,<br>PPG Chair, The Longcroft Clinic                                                                                 |