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Chairman's Welcome

Good healthcare in hospital is something we all want for our loved ones and ourselves. When that care can be backed up and strengthened by volunteers dedicated to helping patients and their families, then it can be second to none.

Broomfield Hospital's staff always aim to give a high level of expertise and empathy and their good work is given an extra dimension by the Friends at Broomfield Hospital, a group of people who fundraise to provide extra equipment and facilities at the hospital to help patients and their families.

I am proud to be the Chairman of the Friends and I am delighted that the money raised by our volunteers is making such a difference across many wards and departments at Broomfield Hospital.

The vast amount of medical equipment, the extra comforts for patients, visitors and staff and the ongoing support provided by the Friends is of such enormous value.

Over the years the equipment purchased has often been cutting edge and has helped many services develop when budgets were severely curtailed. We are able to help when needed and that is what we are here for, to support Broomfield Hospital, for the benefit of patients, visitors and staff.



Our volunteers run and staff our two shops at the hospital, take the trolleys around the wards, including the library trolley and present a friendly face to patients, staff and visitors.

The time and effort given on a daily basis is as vital now as it was 60 years ago when the group was first set up as the hospitals League of Friends. So, I would like to thank all of our volunteers, the staff at Broomfield Hospital and all those who support the Friends, for working together to make such a positive impact.

For more information about our work please visit our website **www.fabh.org**

Alison Douglas
Chairman - Friends at Broomfield Hospital

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Welcome

Welcome from the Chairman of Mid Essex Hospitals



It is an enormous privilege for me to be given the opportunity to contribute to the Friends magazine.

I was appointed as the Trust Chairman at Mid Essex Hospitals back in 2010 and it soon became apparent to me what an enormous contribution the volunteers from the Friends make to Broomfield Hospital. On numerous occasions I have had the pleasure of being able to thank them for the commitment that they give to the Hospital.

The volunteers give so generously of their time, and support the Trust in so many ways. The Hospital shops are a focal point for many patients, staff and visitors and they are manned entirely by volunteers who provide a first class and friendly service. Patients who are unable to leave the wards are not forgotten as they benefit from the shop trolley or library service, again run by the volunteers.

The Friends provide both financial support and practical help to the Hospital and work alongside our staff to improve and enhance the experience for so many of our patients, carers, and visitors. Most recently, this includes making generous donations to many services including the burns unit and children's ward, and continue to support the dementia project.

On behalf of the Trust, I would like to say how much we appreciate the help and support the Friends give us and look forward to continuing our good working relationship for years to come. What a wonderful example it is of local people helping their local health service.

Professor Sheila Salmon
Trust Chairman
Mid Essex Hospital Services NHS Trust



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Mid Essex Hospitals Charities Support Officer



What a great pleasure it is to have this opportunity to say a massive THANK YOU to the Friends at Broomfield Hospital. In my position as the Trust's Charities

Support Officer, I know only too well that the success of fundraising relies entirely on those people who give up so much of their own time to help others. I continue to be amazed by the energy and commitment shown by all the volunteers. Each and every member is an inspiration to us all, from those who work in the shops, take around the daily trolley round and organise library service, to those members who sit on the committee. In this year's magazine you will see examples of how the Friends have spread their generous donations over a broad range of services for maximum

effect to enhance the patient experience. It has enabled our doctors and nurses to fund specialised medical equipment over and above what would normally be provided by the health service as well as supporting the patient experience team with the development of a brand new bedside booklet. Alongside these tremendous donations, the Friends provide our patients and visitors with a friendly and welcoming smile, which goes such a long way to make the time spent in hospital a little more bearable.

The Friends at Broomfield Hospital are most definitely an important and fundamental part of hospital life, and I look forward again to being of assistance to the committee with their plans for the future.

Yvonne Carter - Charities Support Officer

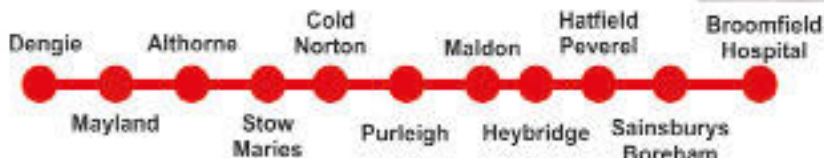


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A word from our Treasurer



Broomfield Hospital has had the benefit of a Friends group for the past 60 years and Allan Hodson, treasurer for Friends at Broomfield Hospital, says that over that time around £1 million has been donated by the volunteers.

Allan, who can be seen on a regular basis wheeling the retail trolley around the wards said : "In the early days the donations were

of course much less than they are today, but they still made a big difference."

A former banker, Allan became a volunteer with the Friends at Broomfield Hospital when he retired.

He said: "About six months after I retired I found I could not accept the lack of contact with the public. One day I was in the hospital shop and saw an invitation to join the Friends group. I decided to volunteer for the trolley rounds, as this would give me some exercise.

"My role as treasurer is to keep the books and pay all the administration bills, plus draw the cheques to purchase equipment for the hospital which has been agreed by the committee, to bank all donations and profit from the shops and trolley rounds plus investing the funds to obtain maximum interest without risk.

"I enjoy being a volunteer on the trolley round as it gives me a chance to help the patients to buy items they need, often at a time when no relatives or friends are available. By having a few words with the patients I can perhaps bring a little pleasure into their day."

Allan Hodson



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Our Shops



Two shops are run on the Broomfield Hospital site by volunteers from the Friends.

The bright and eye-catching **Friends2 Shop** is located in the busy new atrium at the main entrance to the hospital and the other shop, Friends1, is in an established location near the entrance to the South Wing.

Both shops give superb service with a smile, brightening up each day for customers. Volunteers with the Friends all believe in going the extra mile and there is many a tale of them giving help above and beyond the call of duty.

The goods on sale include sandwiches, newspapers and magazines, soft drinks, greeting cards and confectionary. Coffee, Tea and recently hot soup has also been added to the list, all at competitive prices.

It is open throughout the week, manned by volunteers and the shop is also a focal point for volunteers from the Friends who take stocked-up trolleys around the wards so patients can buy items they need.

Shop 1. Run by volunteers at the heart of Broomfield Hospital, is a hive of activity throughout the week. The shop had the benefit of a major re-vamp a couple of years ago and since then has gone from





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Our Shops

strength to strength, making it a great asset to the hospital. The shop brings in vital funds which in turn are donated by the Friends back to the hospital for medical equipment and other facilities for the benefit of patients and visitors.

Barbara Coupe and Jenny Gillingham, long standing volunteers with the Friends and joint managers of the shop, are dedicated to making it run smoothly and, with a team of enthusiastic volunteers, giving customers a sterling service.

The shop, at the South entrance to the hospital, sells a wide range of goods including freshly made sandwiches delivered daily, fresh fruit, yoghurts, hot drinks, newspapers, magazines, greetings cards, confectionery and some toiletries.

Barbara said : "Shop 1 is very popular, particularly at lunchtime when our sandwiches and soup sell very well. Our 3D greetings cards, which are very reasonably priced, are also much in demand. Because we are busy we could always do with more volunteers to join us."





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Friends2 Shop

Aids for Daily Living

A wide range of aids for daily living are now stocked in the Friends2 shop which is situated at the end of the atrium next to A111.

Various mobility aids are for sale, from adjustable sticks (some very colourful) to rollators suitable for indoor and outdoor use.

Also available are trolleys for transporting meals and drinks safely from room to room. Various feeding cups, large handled cutlery and plates to assist with drinking and eating are also stocked, as well as



Frankie and Michael



sock aids, dressing sticks, long handled shoe horns etc. to assist dressing.

One of the best selling items is the 2-in-1 reacher and dressing aid. A range of Thera-Band (resistive exercise bands) and gel exercise balls are also available to buy to aid rehabilitation. Last, but not least, items to assist with personal care are also always on the shelves.

These are just a selection of the mobility aids and products for comfort, safety and independent living which are available in the shop. Please do visit the Friends2 shop to see the full range.

ARE YOU CONCERNED?

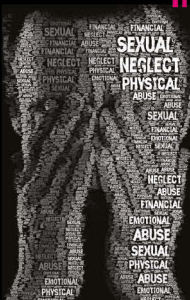
Do you know an adult who is being treated badly, taken advantage of, or injured?

If so, call the **ASK SaL Helpline**

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Who is a vulnerable adult?

Someone in need of help because of a disability, illness or age and is unable to take care of themselves or stop someone else from harming or exploiting them.



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A Huge Thank You

to the Friends at Broomfield Hospital for funding
the production of this bedside folder



Mid Essex Hospitals Trust is immensely grateful to our major supporter, the Friends at Broomfield Hospital for their commitment, generosity and continued support on this project and beyond.

Without the on-going support and generosity of the Friends at Broomfield Hospital projects like this, designed to enhance patient care, would not be possible.

Here at Broomfield Hospital the Friends make a tangible difference to the patient experience through their kind volunteering services and have made significant contributions to many major projects, just one of which is the funding of the patient bedside folder.

Friends volunteers present the patient bedside folder to patient Alan on the hospital's Rayne Ward.

The folder was introduced to all wards a few months ago, with one on every bedside. It provides patients with all the information they may need during their stay in hospital, and offers help with all common questions and concerns, making what is sometimes a difficult and confusing time that bit easier.

The Friends also give generously of their time, and have always supported the Trust in so many ways; their help in producing this folder ensures that patients here at Broomfield Hospital continue to receive the highest standard of service and care.

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**Bourn Hall**
CLINIC

Hearing Loop Equipment Presentation

Friends at Broomfield Hospital donate £2276 for hearing equipment

The Friends at Broomfield Hospital funded the purchase of 20 sets of hearing loops as part of the Trust's dignity campaign.

The extremely generous donation of £2,276 was spent as part of the Trust's dignity campaign to promote a dignified environment for patients and visitors.

This portable loop helps people who are hard of hearing hear more clearly in one-to-one situations, and can be used by those with or without a hearing aid.

Donations like these show how invaluable the on-going support of the Friends at Broomfield Hospital is.



Dementia Project



Members of the Friends preparing wash bags

The Dementia Project was set up on the advice of the Trust's Multi-disciplinary team (Dementia) who identified the need to support elderly patients particularly those with dementia. The dementia MDT lead by Fran Hodby identified various tranches of the project that could be undertaken as a priority i.e. refurbishment of washroom facilities, sensory garden, dayrooms and artwork.

Funds were identified from the Trust's own charitable funds totalling £45,000 which was increased to £65,000 with a significant donation of almost £20,000 from the Friends at Broomfield.

The initial tranche of the work, which included redecoration of patient areas, identified additional works relating to side

rooms which the Friends also agreed to fund, they also continued to provide a regular supply of patient wash-bags.

Meanwhile, the Estates and Facilities team, under the remit of Elmarie Swanepoel, organised the development of sensory gardens to serve both Braxted and Baddow wards. Students

from Writtle Agricultural University took part in a competition to produce the best design for the garden. The completed designs were presented to the Dementia Project Group, and representatives from Chelmsford 41 Club who are heading up the development of the project.

The winning design, chosen by the group was produced by Michael Ekers and a programme of works was developed to bring the design to fruition.

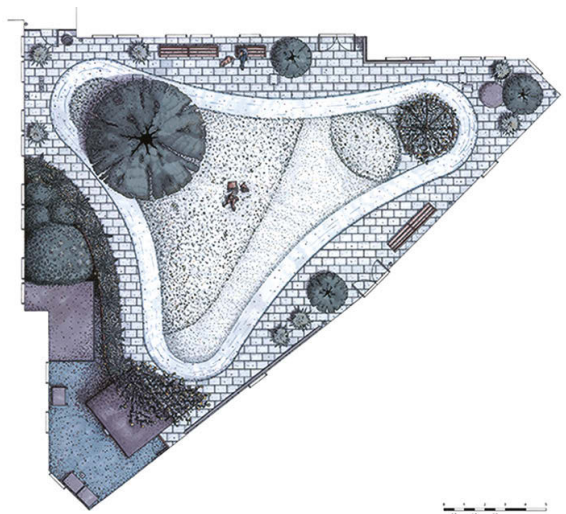
Volunteers from Chelmsford 41 Club have worked tirelessly to ensure the essential parts of the design can be implemented within the budget donated by Hospital Charities, including of course the donation from the Friends. The "41 Club" are undertaking the work and aiming for the

“ Funds were identified from the Trust's own charitable funds totalling £45,000 which was increased to £65,000 with a significant donation of almost £20,000 from the Friends at Broomfield. ”

garden to be ready for opening by the summer/autumn of 2015.

The first part of the project was a “Volunteer Day” when 60 volunteers managed to shift 20 tons of pea shingle from the existing garden area in preparation for the construction work to begin. This event was attended by the Mayor of Chelmsford, the Trust Chairman, the Chairman and members of the Friends at Broomfield Hospital and many volunteers from Chelmsford 41 Club and the other clubs making up the Chelmsford Round Table family, Chelmsford Boys and Girls Clubs and members of the hospital staff.

A press release was published in the Essex Chronicle and other local papers, with photos of some very muddy volunteers!



The winning design by Michale Ekers

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How We Help - On The Wards

Every morning at 7:45am you will find our early bird volunteers in shop one, loading up our two big blue trolley's. They are preparing to take them on to the wards and many departments in the hospital so that all patients, as well as staff and visitors, have a chance to buy items they need. The trolley's are filled with a great selection of daily papers, magazines, sweets, chocolates and drinks straight from the chilled cabinets in our shop. Tissues and toiletries, pens and puzzle books and anything else the volunteer can find space for are also included. There is a good selection of fresh sandwiches delivered daily and kept chilled by a cooling shelf and we also offer a wide range of bagged sweets including some of the old favourites such as sherbet lemons, mint creams, murray mints and many more. We provide the trolley service seven mornings a week, all run by volunteers.

The distance around the whole hospital trolley round is about six miles, a very good way to keep fit. The rounds are split into two, Monday-Friday but weekends some volunteers service the whole hospital. It is a rewarding time at the end of the round, a real feel good factor. The patients who are bed-bound are really grateful, as are the staff whose time is limited; they like to buy goodies. Anyone who would like to help with the trolley service and keep fit will be very welcome to become a volunteer with the Friends at Broomfield Hospital.



Peter and Dave - Trolley Volunteers

To Volunteer for the Friends at Broomfield Hospital and for more information call 01245 445285 or visit our Join Us page.

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"Your service has been excellent and has worked well for myself and my
mother"

"Very happy, find the visit helpful, reassuring and the chance to have a
friendly chat"

"You are always available in times of emergency, I like the continuity of
staff"

"Thank you and your team so much for looking after Mum for the last four
and a half years. The office staff and carers have always been there for
me and Mum, whenever we needed you, which gives the whole family
great reassurance. All the carers have been sensitive and responsive to
Mum's changing needs over the years"

"Many thanks to Jackie and the rest of the team"

"I am very grateful to you all for the kind care and consideration shown to
my late mother"

"Many thanks for your care, Your carers have made it possible for us to
get through the last year"

"A small word in way a big thank you to you all for the wonderful care that
you have given to our mother over the past few years. We always know
we could leave her in your capable hands and not have any worries about
her wellbeing and care. She will miss you all very much"

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Bladder Scanner Presentation



Friends volunteers are shown how the bladder scanner kit works by Rayne Ward Sisters Eva and Jo.

Friends at Broomfield Hospital fund bladder scanner for hospital's vascular and urology ward.

Volunteers from the Friends at Broomfield Hospital visited the hospital's vascular and urology surgical ward to see how their fundraising is continuing to be put to excellent use.

They were welcomed onto the ward by Sisters Eva and Jo who were there to show their appreciation to the Friends after they so generously funded the purchase of the

new equipment. The Sisters also gave a demonstration of the new kit to the volunteers, giving them a chance to see how helpful it has been in the treatment of so many patients.

The Friends donated £5,500 to fund the new equipment and continue to support the Trust in so many ways and with a huge number of projects.

The work of the Friends continues to provide a wealth of extra amenities for the benefit of patients, visitors and staff, and

purchases medical equipment over and above what is normally provided by government funds.



A Visit From The Essex Chronicle

Shopping trolleys are immense fun as a child. While mum struggles to negotiate the busy aisles, you can stand on the edge of the trolley frame and lean, swing and squeal with delight into each corner.

When she's not looking, you can hijack the trolley, taking a run up before a charge down the aisle, or sneakily throwing treats from the shelves into the shopping. Well that's what I did – before being told off and then sulking in the car park.

These are the memories that surfaced when I picked up a letter from the Friends of Broomfield Hospital with a Challenge Pete suggestion – our occasional feature here at the Chronicle. Charity chairman Alison Douglas wanted me to try its trolley round by delivering newspapers, sweets and crisps to patients and staff in the wards.

Worthwhile

It wasn't as daring as a triathlon, circus skills or Morris dancing – all previous challenges – I was pretty sure I could pass this one, but it was by a country mile the most worthwhile. Plus, could I even do a bit of trolley racing, I thought.

I arrived at the charity's shop in the south wing to a warm greeting from



stoic volunteer Jenny Gillingham who introduced me to trolley boys Peter Smith and Eric Cliff.

We parade the giant metal cart down the corridors offering goodies as we go and sometimes I'm trusted with the cash, leading the small talk with the patients and even pushing the huge thing.

The trolley boys revel in the banter during their route – Peter's favourite gag is to apologise for not bringing the nurses a stiff drink.

Patient Sandra Hindley gave me a jokey but unimpressed look when I tried to give her the Daily Mail – so I leave her with the i newspaper instead.

"It's good to have access to the outside world and the crosswords,"

said the 56-year-old in-patient from Braintree.

The service is clearly a blessing to patients – and as an avid newspaper reader for me it would be a saving grace.

Yet the trolley round has stumbled into tricky times, and after two of its members left for a world cruise, there are 17 volunteers left to cover effectively 14 shifts. Two trolleys go out every morning, between 8.30am and noon, each manned by two people.

The round turns over about £6,000 a month, 20 per cent of it profit for the hospital, but its impressive efforts are under threat from shortages. Jenny, who said volunteers are needed mainly for Mondays, Thursdays, Saturdays and Sundays, added: ***"For people who can't get out of bed, who can't get out of the ward, the trolley round is a lifeline."***

The charity raised a monumental £76,000 in total for the hospital last year.

Chat

"All of the trolley people will stop and have a chat and a conversation. It's all about



patient care. It's extremely important that the trolley goes out."

Peter, a 71-year-old former Houses of Parliament conference coordinator from Great Dunmow, started volunteering in March 2013 after spotting an advert.

"I was retired and I had some spare time and I thought it would be nice to help others," said the father-of-two, who once guided the Queen and Prince Philip around Portcullis House in Westminster when it opened.

"It is very much appreciated by patients and it's very rewarding when they really thank us from the heart."

For more information about the Friends of Broomfield Hospital, visit www.fabh.org or call **01245 443285**

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How You Can Help

Could you become a volunteer with the Friends at Broomfield Hospital and help make a difference to the lives of patients and their families, visitors and staff at the hospital?

If you have a few hours to spare you could be a very welcome part of our team, helping in one of our shops or with the trolley rounds on the wards.

To find out more information please call us on **01245 443285**

If you don't have time to be a volunteer but would still like to support our work then you can become an **Associate Member** of the Friends for only £10 a year by making a cheque out to Friends at Broomfield Hospital and send it to **SHOP 1, Broomfield Hospital, Chelmsford, Essex CM1 7WE.**

Please include your contact details and you will be sent a badge and newsletter to keep you in touch with the friends and to update you on our work.



Becoming a volunteer—please tick in the box to register your interest

Associate Member

☐

In the Shop

☐

Trolley Service

☐

Library Service

☐

Your commitment as a Friends volunteer could make a real difference, please complete your name & address in the section below and return it to the Friends Shop1, Broomfield Hospital, Chelmsford, Essex CM1 7WE

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Address.....

.....Post code Telephone



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And/or Contact our Membership Secretary at:

t.douglas@btinternet.com

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41 Club are now
heading the project
implementing this
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for use by patients
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Dementia.

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I am a tax-payer and I wish the charity to reclaim tax on my donation:

Signed

Dated

Please note : I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for the current tax year (6 April to 5 April) that is at least equal to the amount of tax that the Friends will reclaim on my gifts for the current tax year. I understand the charity will reclaim 25p of tax on every £1 that I have given.

Please notify the charity if you:

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Legacy Giving

Remembering a Loved One

Why are legacies so important to charities? Because with your gift the Friends at Broomfield Hospital can do so much more.

You don't have to be rich and famous to leave money to a charity when you die. Gifts left in Wills by people like you enables many of the charities we know and support today to survive.

So what better way to be remembered than by leaving a gift to the Friends at Broomfield Hospital in your Will.

Thanks to the generosity of people like you, the Friends have been able to donate even more money to make the time spent in hospital a little more bearable and helps doctors and nurses with the work they do by providing them with new and up-to-the-minute medical equipment. Your legacy gift will enable us to do even more in the future.

Legacy donations, big or small, help us to keep providing those all important extras and of course you can take care of your own family and friends before you think about making a donation to the Friends at Broomfield Hospital in your Will.

In essence it's the same as how you decide how much to donate ordinarily.

You would make sure you had taken care of yourself and your loved ones and then you'd choose to donate what's left over.

There are a few slightly different ways you can leave money to us in your Will:

- You can choose to leave a percentage of your estate known as residuary legacy
- You can leave us a set amount which is known as a pecuniary legacy (but bear in mind that inflation means that over time the real value of pecuniary gifts may change over time)
- Or you may choose to leave an item such as jewellery or property; this is known as specific legacy.

Your solicitor will be able to give you more advice about the different types of gift and we would encourage you to discuss any plans to leave a legacy to the Friends of Broomfield Hospital with your solicitor.

If you need any more details, simply contact Barbara Coupe on 01245 443285

For more information about 'give as you earn' donations and 'Just Giving' please refer to fabh.org

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Our Free Library Trolley Service



As well as the Ward Trolley round we also have our free Library Trolley Service where our volunteers visit the wards and departments throughout the hospital bringing a friendly face and a chat to patients. The service runs on Tuesday and Thursday mornings and on the trolley is a wide selection of books for patients to choose from.

Roger and Marion Gardiner are two of our current library volunteers, having been introduced to volunteering through a close relative.

Roger has been retired for about four years after 25 years as an Engineer Surveyor/Risk

Assessor for a large insurance company, although he does still do some consultancy work for a small engineering company in Billericay. Marion has had various part time roles over the years but ceased working a couple of years ago. They both found they had some spare time and volunteering has been the answer, it has given them the perfect opportunity to put something back into the community.

"A large part of taking the library trolley to the wards is a little light conversation with certain patients who perhaps don't receive many visitors and this is certainly no hardship for me, I enjoy getting into conversations with people" says Marion. Volunteering suits my nature and I am very much a people person. Roger's love of reading and being able to help choose a suitable book for a patient's reading taste makes this an ideal volunteering role for him. "As yet no-one has told me that the item I chose for them was rubbish, but perhaps that is because people are just being polite" says Roger.

If you would like to join our friendly team of Trolley Library Volunteers or donate some good quality paper back books, please do contact us on:

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Dashing for Dignity

The Trust hosts a 'Dignity Dash' as part of Patient Safety and Quality Week and the nationwide Dignity Action Day.

Staff from across the Trust took part in a dignity dash to spread the word of dignity in care and present patients with 'Sleep Well' packs funded by the Friends at Broomfield Hospital.

Dignity Lead and Professional Development Nurse Angela Wade was joined by the patient experience team and volunteers from the Friends at Broomfield Hospital to deliver 'sleep well' packs, containing eye masks, ear plugs and cosy socks to patients.

The packs were purchased as part of the Trust's 'Shhh' campaign, and provide patients with that extra level of comfort and dignity during their stay.

The dignity dash was another opportunity for staff to support the #hellomynameis campaign; a national drive for staff in the healthcare sector to introduce themselves to every patient they meet.

The #hellomynameis campaign will be rolled out across the Trust as part of a trust-wide drive for dignified, safe and quality care for patients.



Pictured: Joan and Frankie from the Friends at Broomfield Hospital take part in the #hellomynameis campaign with Professional Development Nurse Angela Wade on the Dignity Dash.

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Broomfield Hospital Site Plan

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-  Shops
-  Lifts
-  Stairs
-  Bus stop
-  Visitor Car Parks
-  Accessible Car Parks



Friends at Christmas

From raffles to mince pie fuelled parties, carol services to cricket star visits, the Hospital has seen many wonderful festive celebrations.

We came together to bless the Christmas tree with our chaplaincy team in the main atrium. Led by Julia Sheffield, the service began with the switching on of the Christmas tree lights by our Trust Chairman Sheila Salmon, the Friends at Broomfield Hospital and representatives from Bouygues who so kindly donated the tree.

The service was followed by carols around the tree and a mince pie or two!

Tuesday 16th December saw another very successful Christmas decorations competition. A huge congratulations to our winners: Children's Outpatients department for their 'Magic and Sparkle' display. Second place was the Adults Burns day room with their 'Snowmen and Snowdogs' display, very closely followed by the Grounds and Garden team who put on a brilliant 'Recycled Christmas' display





in their outdoor shed. The teams and wards displayed how festive spirit can be spread amongst the wards and departments with a little creativity (and a few paper clips!). Themes ranged from 'Disney Christmas' to 'Magic and Sparkle', 'Recycled Christmas' to 'Traditionally Contemporary'. A huge thanks to judges Jenny Gillingham and Barbara Coupe, shop managers for the Friends at Broomfield, and the Friends for donating the prizes for the competition.

Barbara & Jenny together with
Chief Executive Paul Forden



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A 24/7 on-call chaplain can be paged, via the switchboard, for advice or a visit. Otherwise we're on site Monday - Friday 8.30am - 4.30pm and Sunday 9am - noon. Our referral line is x5244 with voicemail if we're out.

Where is the Faith Centre?

The Faith Centre and Chaplaincy offices are situated at location A209. It is open 24 hours for anyone to come for quiet space and prayer. An Islamic Ablutions room is available 24 hours and screens and prayer mats are in the Faith Room. Other religious resources are available on request. The Spiritual Care and Chaplaincy Department is pleased to provide a calendar of high holy days and celebrations from different faith communities. If you or your faith community wish to hold a service on one of these significant days, please contact

the Chaplaincy Department in order to reserve the Faith Centre.

Regular services in the Faith Centre are as follows:

Monday - Thursday

7.30am: Hindu Meditation

Tuesdays

12.15pm -12.45pm: Holy Communion (Church of England or Free Church)

2nd **Friday** of each month

12.15 -12.45pm: Roman Catholic Mass

Wednesdays 8.00am: Christian Meditation

Fridays 7:00am: Hindu Meditation

Fridays 1.15 -1.45pm: Jum'ah prayers (Ablutions room available)

Other **weekdays** 12.15pm: Short service of Christian prayers and reflections

Sundays: No services in Faith Centre Holy Communion (Roman Catholic, Church of England and Free Church) or prayers are brought to the bedside by our Eucharistic Ministers.





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An appeal is being made for more volunteers to join the welcoming and enthusiastic Friends at Broomfield Hospital.

People of any age and from all walks of life can be a volunteer with the Friends and it need not be a huge commitment, just a few hours on a regular basis will be greatly appreciated.

By becoming a volunteer with the Friends at Broomfield Hospital you will be part of a dedicated team making a vast difference to the lives of patients and visitors.

Our volunteers carry out various roles and they all have one thing in common, the satisfaction they gain from making a contribution and helping others. Whether it is on the wards, with our popular trolleys, or in our shops on the hospital site, our volunteers are a valued and well recognised part of the hospital scene.

Some volunteers are motivated by the benefits they or a loved one have had from treatment within the NHS, others want to spend their spare time in a constructive and positive way, giving something back to the community.

The Friends at Broomfield Hospital are dedicated to improving facilities for patients visitors and staff at Broomfield Hospital. The donations we have been



able to give have funded a vast range of medical equipment and have helped pay for projects such as garden areas for patients and visitors.

The income from the shops and trolley service and any donations made to the Friends are channelled back in to the hospital, to help fund items requested by wards and departments.

If you would like to find out more about becoming a volunteer please call in to either of our shops on the hospital site or ring **01245 443285**.



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History of Broomfield Hospital



The history of the NHS

We take the National Health Service for granted now, but there was a time that health care was a luxury not everyone could afford. Hospitals charged for their services and poor people often went without medical treatment, relying instead on dubious – and sometimes dangerous – home remedies, or on the charity of doctors who gave their services free to their poorest patients.

Older people who were no longer able to look after themselves also fared badly. Many ended their lives in the workhouse –

a Victorian institution feared by everyone – where paupers did unpaid work in return for food and shelter. Workhouses changed their names to Public Assistance Institutions in 1929, but their character and the stigma attached to them remained.

Throughout the 19th century philanthropists and social reformers tried to provide free medical care for the poor. One such man was William Marsden, a young surgeon, who in 1828 opened a dispensary for advice and medicines. His grandly named London General Institution for the Gratuitous Cure of Malignant Diseases (now called The Royal Free Hospital) would

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History of Broomfield Hospital



provide treatment free of charge to any destitute or sick person who asked for it. Even with consultant medical staff giving their services free of charge and money from legacies, donations, subscriptions and fund-raising events, the hospital struggled to fulfil its vision. With overwhelming demand, and on the brink of bankruptcy, the Royal Free was forced to ask patients to pay whatever they could towards their treatment – just like every other voluntary hospital in the country.

The need for free health care was widely recognised, but it was impossible to achieve without the support or resources of the state.

The National Health Service became reality on 5 July 1948. It brought hospital services, family practitioner services (doctors, pharmacists, opticians and dentists) and community-based services into one organisation for the first time.

It was a momentous achievement but it was not easy. Food was still rationed, building materials were short, there was

an economic crisis and a shortage of fuel. The war had created a housing crisis – alongside post-war re-building of cities, and the designation of overspill areas, the New Towns Act (1946) created major new centres of population and all needed health services.

Within three years of its creation, the NHS, which had been conceived as free of direct charges for everyone, was forced to introduce some modest fees. Prescription charges of one shilling (5p), were introduced in 1952. A flat rate of £1 for ordinary dental treatment was brought in at the same time.

By the end of the 20th century, the NHS with its workforce of over one million people and a budget of around £42 billion is a sophisticated and modern organisation with all the advantages of state of the art technology. Yet the fundamental questions and tensions that emerged in the early days of the NHS have challenged its senior management and successive Governments ever since.

Chelmsford & Essex Hospital, Chelmsford

Chelmsford & Essex Hospital was opened in 1883 and in its first year had just 53 patients. The reputation of the hospital, in New London Road, Chelmsford, depended upon the skill of its physicians and surgeons.

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History of Broomfield Hospital

Throughout the hospital's early years its entire medical work was carried out by Chelmsford General Practitioners, working on an entirely voluntary basis.

By 1903 the number of patients had gone up to 376 and in 1926 the first resident house surgeon was appointed.

In 1936 one of the existing general practitioners become the first consultant on the hospital staff and gradually a few others abandoned general practice to devote all their time to specialist work.



Broomfield Hospital, Chelmsford

Broomfield Hospital, built as a sanatorium for TB patients, was one of the last of its kind to be completed before the outbreak of the Second World War.

Building work began in June 1937 and after delays caused by wartime difficulties, the hospital's first patients were admitted in

1940. There were 312 male patients, bed occupancy was anything from 6 months to about four years per patient.

The hospital was soon working to full capacity and was the only centre for thoracic surgery for pulmonary tuberculosis in Essex. Towards the end of the war 50 per cent of patients were ex-service men.

As TB declined, the hospital developed. The North East Metropolitan Regional Hospital Board took over when the National Health Service was founded in 1948. Previously all patients were male, until in 1959 saw the first intake of 50 ladies and six newborn babies with their mothers. By the 1960s Broomfield had become a general hospital with just one chest ward.

Highlights from the hospital's history

- 1940** In May the hospital is opened for the treatment of tuberculosis patients.
- 1947** The hospital gets its first bus.
- 1948** The hospital becomes the responsibility of the North East Metropolitan Regional Hospital Board as the National Health Service is launched.
- 1950** The Mass X ray unit was started and covered an area of 1,000 square miles. It closed in 1972.
- 1953** The first student nurse arrives from the Commonwealth (Nigeria).

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History of Broomfield Hospital

CHELMSFORD AND ESSEX HOSPITAL ANNUAL MEETING: WAR SERVICE & AN UNCERTAIN FUTURE

THE 126TH ANNUAL meeting of the Chelmsford & Essex Hospital took place, where figures were given illustrating the number of patients treated at the hospital since the outbreak of the war.

In 1939 there had been 2,279 patients, peaking at 3,042 in 1942, with 2,640 in 1944. Outpatients had risen from 24,429 in 1939 to 48,658 in 1944.

During the war the hospital had treated 15,903 service patients, plus 595 victims of air raids. They had included 90 men wounded at Dunkirk and 20 wounded at D Day.

Concern was expressed at the future of voluntary hospitals such as it under the Government's new N.H.S. proposals. The hospital now faced the problem of replacing the income from Government fees for service patients which had totalled almost £10,000 p.a.

Tuesday 31st July 1945.

1957 The Hospital League of Friends was founded and is still giving valuable support to the hospital today.

1959 The first women and their babies are admitted to the hospital (previously only male patients).

1960 Broomfield became a General Hospital and training for general nursing was established.

1963 The Right Hon Enoch Powell officially opened a new crèche as an aid to the recruitment of nurses.

1970 Plans are revealed for the first stage of development, costing £3 million, for new district general services.

1973 Rising costs hold up the development plans.

1981 Work begins at last on the development and the cost has risen to £13 million. Dame Elizabeth Coker, Chairman of the health authority cuts the first turf to launch the scheme.

1983 The CAT scanner is opened by Princess Anne after years of fund raising – 28 July.

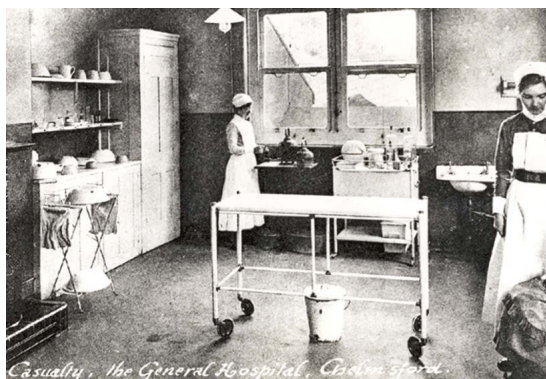
1985 Development work is completed giving Broomfield modern facilities at last.

1986 A proposal emerges for a cancer centre at Broomfield Hospital but the plans do not come to fruition, despite a major campaign by local people. But heart patients at the hospital benefit from the latest equipment thanks to the efforts of local fund raisers.

1987 A boost for hospital services as the Princess Royal opens a new ward block and work starts on the upgrading of the east wing of the hospital.

1988 The hospital's west wing is demolished and the former concert hall at the hospital is turned into the new Medical Academic unit.

1990 The go ahead is given for the penultimate phase of the development at the hospital, including 196 acute beds, 96 beds



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History of Broomfield Hospital

and a 30 place day hospital for elderly patients and four operating theatres.

1991 Building works begin on the new Medical Academic Library.

1992 Mid Essex Hospital Services NHS Trust is formed and full Trust status is achieved on 1 April.

1994 Frank Bruno MBE opened the new screening room and mamographic facilities on 13 July.

1994 Broomfield Dialysis Centre is officially opened on 3 November.

1995 The final go-ahead has been given for the development costing over £25 million to increase clinical space at Broomfield by more than 50%.

1996 18 October sees Prime Minister John Major, undertaking the Topping Out Ceremony.

1997 Broomfield celebrates its 60th Anniversary.

1998 Building work begins on new Diabetes Centre thanks to the efforts of local fundraisers.

1998 Official opening of the East Wing by the Trust's chairman, Sir Jeffery Bowman, former Nurse Tutor Margaret Craig, and former consultant anaesthetist Dr David Walmsley.

1998 3 November is the officially opening of the new Diabetic Centre, Thomas Willett House, by Stuart Rawlins editor of the Essex Chronicle.

1999 The Medical Assessment Unit opened on 16 December by Joan Beard, chairman of Essex Council.

2000 April Broomfield Hospital takes control of the renal unit from the Royal London Hospital.

2000 May sees the 100th edition of the trust's staff magazine.



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Visiting Broomfield Hospital

Visiting

Broomfield Hospital welcomes visitors and understands the important part they play in patient's recovery. Family and friends are able to visit patients every day. The hospital's visiting hours vary from ward to ward, so please contact the main switchboard or website for information.

Visitors are respectfully requested to limited visits to two people at any one time where possible, and that they stay for short periods of time using the chairs provided by the patient's bed. This helps prevent the ward area becoming too noisy and overcrowded for those patients who need rest. If children wish to visit, please check with the nurse in charge for advice about this.

To reduce the risk of infection spreading, alcohol gel is available at the entrance to the wards and at each bedside. All visitors are asked to use this when entering and leaving a ward.

Accessibility

If you require special access at Broomfield hospital or the Trust's services, please contact the Patient Advice Liaison Service, telephone 01245 514130 (9.00am to 4.00pm Monday to Friday) or out of hours please leave a message. We will call you back to make arrangements.

By Car

Car parking is available for patients and visitors', however it is in great demand and therefore we recommend that between the hours of 9am to 2 pm you leave in plenty of time as it may sometimes be difficult to park. Alternatively, if possible, please consider alternative ways of getting to the Trust.

Car Parking Charges:

Upto 15 mins	free
15 mins - 3 hours	£3.00
3 – 5 hours	£4.00
5 - 24 hours	£6.00

Weekly parking tickets are available at a reduced rate. Please visit the Cashiers Officer located by the Main Reception in the atrium to purchase a long-stay ticket. We operate a pay and display car park. Our car park ticket machines are cash only and do not give change. Please use the change machine by Cashiers Office located by the Main Reception in the atrium.



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Sat Nav Location:

Broomfield Hospital Postcode: CM1 7ET

By Bus

Please see below the buses and route numbers that provide a service to Broomfield Hospital. For more information about bus transport around Chelmsford and the surrounding areas please visit www.firstgroup.com/ukbus/essex/journeyplanning

70/70X

70: COLCHESTER - CHELMSFORD

Via Marks Tey, Coggeshall, Braintree, Gt Leighs

70X: COLCHESTER - CHELMSFORD

Via Braintree

Service 70 provides direct links to Little Waltham, Braintree, Coggeshall, Marks Tey and Colchester. Operates up to every 30 minutes.

42/42A/542

42: HOWE STREET - BROOMFIELD HOSPITAL - GALLEYWOOD

Via Town Centre, Tile Kiln

42A: STANSTED AIRPORT - BROOMFIELD HOSPITAL - GALLEYWOOD

Via Great Dunmow, Town Centre, Tile Kiln

542: GREAT DUNMOW - BROOMFIELD HOSPITAL - CHELMSFORD

Services 42/42A link Galleywood, Tile Kiln, Chelmsford Town Centre, Broomfield Road, Great Waltham, Dunmow and Stansted Airport every 15 minutes Monday to Saturday.

40

40: CHELMSFORD - GREAT BADDOW (BAE SYSTEMS)

Via Town Centre, Meadgate Estate, Readers Corner

Service 40 serves the Hospital every 30 minutes.

47

47: CHELMSFORD - BROOMFIELD HOSPITAL

Via Springfield Park, Chelmer Village, Sainsburys Store, North Springfield
Service 47 from Chelmer Village serves the Hospital every 30 minutes.

By Train

The hospital has excellent, frequent public transport links to the mainline railway station, with regular rail services to stations between London Liverpool Street and Ipswich. Services are provided by Greater Anglia train services. For more information, visit www.abelliogreateranglia.co.uk/travel-information/station-information.

Finding Your Way at Broomfield Hospital

Broomfield Hospital is a large site with buildings reaching widely across the campus. In order to ensure our patients reach their destination quickly as possible and safely, a simple wayfinding system is in operation.

The wayfinding system is based on ward/clinic names, zones and destination numbers.



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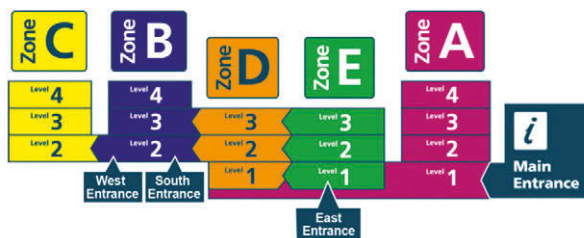
Hospital Information

On arrival to the hospital, if you do not know the destination number of the ward/clinic you are visiting, simply find it on the directory boards located at any entrance to the hospital. All wards and departments are listed alphabetically including their destination number.

Then, simply follow the signs to the correct zone and thereon to the correct destination number.

For example, Day Stay Unit is at Destination Number B448 which is located in Zone D, Level 4.

Cross section showing zones, zone floors levels and entrances



- Zone A, Level 1 (Atrium) - inside WH Smith (free of charge)
- Zone B, Level 2 (South Entrance) – opposite Reception desk (£1.85 charge applied)

Cashiers & Change Machine

The cashiers are located in the atrium, Zone A near the Main Reception desk. Cashiers can assist in providing change, dealing with enquiries regarding parking and travel costs and reimbursements.

A change machine is also provided at the Cashiers should you need to change notes into coins for car parking and vending machines.

Level 3

- near Terling Ward (A305)

Level 4

- Maternity waiting area (A404)
- Neo Natal unit (A406)

Zone C

Level 2 - Lift Lobby

Zone E

Level 1 - Lift Lobby

Level 2 - Lift Lobby

Facilities at Broomfield Hospital

Broomfield Hospital offers a range of facilities from shops and restaurants to patient entertainment systems.

Cash Machines

Cash dispensers are available at the following locations

Coffee Shops

Costa Coffee

Mid Atrium, adjacent to the entrance to Zone E Minimum opening hours:

08:00 - 18:30 Monday to Friday

10:00 - 17:00 Saturday & Sunday

Closed 25th – 26th December and 1st January

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Front of Atrium Minimum opening hours:

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10:00 - 17:00 Saturday & Sunday

Closed 25th – 26th December and 1st January

Roundhouse Coffee Shop

E121: St Andrew's OPD waiting area

08:30 - 15:00 Monday to Thursday

08:30 - 14:30 Friday

Closed Weekends & Bank Holidays

Shops & Café's (Newsagents and Food)

Friends at Broomfield Hospital Shop 1

South Entrance **09:00 - 18:00**

Monday to Friday

Closed Weekends & Bank Holidays

Friends at Broomfield Hospital Shop 2

End of Atrium, adjacent to A111

09:00 - 16:00 Monday to Friday

Closed Weekends & Bank Holidays

M&S Simply Food

Mid Atrium Minimum opening hours:

08:00 - 20:00 Monday to Friday

10:00 - 20:00 Saturday & Sunday

Closed 25th – 26th December and 1st January

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Mid Atrium Minimum opening hours:

07:00 - 19:00 Monday to Friday

09:00 - 16:00 Saturday & Sunday

Closed 25th – 26th December and 1st January

Pudding Wood Café

Just off main Hospital Street near X-Ray at Destination number (D140)

07:00 - 15:00 Monday to Friday

Vending Machines

Zone A - Level 1 -near Breast clinic (A104)

Zone A - Level 2 - A & E department waiting room & Felsted Ward (A205)

Zone A - Level 3 - near Terling Ward (A305)

Zone A - Level 4 - Maternity waiting area (A404) & Neo-Natal unit (A406)

Zone C - Level 2 - Lift Lobby

Zone E - Level 1 - Lift Lobby

Zone E - Level 2 - Lift Lobby

Trolley Service

A trolley service operates (subject to volunteers' availability) on the wards selling sweets, drinks and newspapers to patients. The trolley service does not accept debit/credit cards.

Patient Entertainment (Hospedia)

Hospedia is a service available to Patients throughout the hospital, offering Free radio and a variety of TV Packages which include free outbound calls to 01,02 and 03

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For more information, please visit:
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There is a Royal Mail post box located outside M&S Simply Food in the Atrium, Zone A.

Public Payphones

Payphones are available for use at the following locations

- Zone A, Level 1 (Atrium) - beside Cashiers
- Zone B, Level 2 (South Entrance) - opposite lifts
- Zone D, Level 1 (Central Corridor) - opposite vending machines
- Zone E, Level 1 (East Entrance) - lift lobby



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For more information please see page **20**



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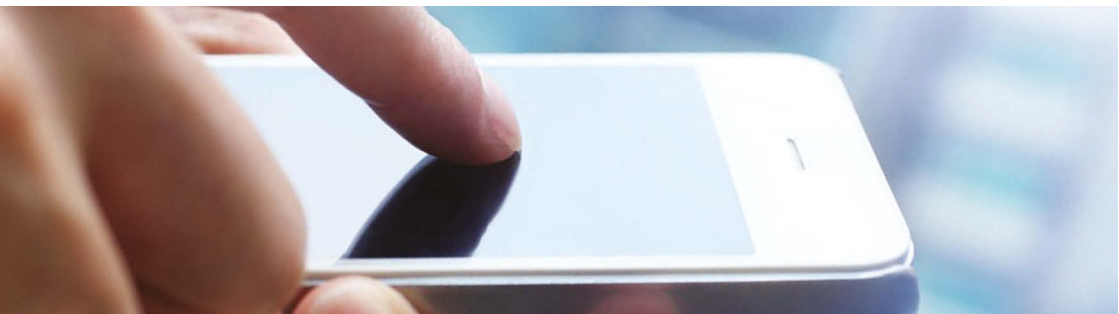


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DIAL U.K.....	01302 310123
Disabled Living Foundation Helpline.....	0845 130 9177
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GamCare (for gamblers and those affected by problem gambling).....	0845 6000 133
Gingerbread Advice Line for Lone Parents.....	0800 018 4318
National Council for One Parent Families Lone Parent Helpline.....	0800 018 5026
National Debtline.....	0808 808 4000
National Drugs Helpline.....	0800 77 66 00
National Missing Persons Helpline.....	0500 700700
NHS Direct.....	0845 46 47
NSPCC Child Protection.....	0808 800 5000
Parentline Plus (practical help & information for parenting).....	0808 800 2222
Refuge Domestic Violence Helpline.....	0808 2000247
Relate.....	0845 4561310
Release (drugs and legal advice for users, families & friends).....	0207 7299904
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