



Mid and South Essex  
NHS Foundation Trust



# Friends

at Broomfield Hospital

## The Friends - Supporting your hospital, supporting you

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- Find out about the Friends.
- Would you like to volunteer?
- Find out about donations.
- Hospital information & map inside.



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 64 BEDS

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NB: Please note that all the photographs featured in this magazine were taken prior to the Covid-19 pandemic, subsequent lockdown periods and Government social distancing measures.

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# Chairman's Welcome - Alison Douglas



**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.**

I am proud to be the Chairman of the Friends and I am delighted that the money raised by our volunteers makes 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.

Although there have been some challenges over the years I feel that none will compare to this year's unprecedented disruption due to the Covid-19 pandemic. During the first lockdown the Friends shops had to close, and the trollies could no longer go round the wards due to the government restrictions. Although we could not operate in our usual way, the Friends still supported the Hospital by supplying sandwiches to the Covid Ward's staff free of charge, and donated

the contents of the shops to the staff, as well as allowing the shops to be used as much needed storage space for the huge amount of donated items given by the public.



During the second lockdown the shops have been open, are Covid secure, and provide a vital service providing refreshments to the staff. Our remarkable volunteers are manning the shops as before and generating those much needed profits for the hospital. Unfortunately the trollies are unable to operate due to the Covid restrictions, but we are hopeful these will be lifted as soon as it is safe to do so.

The time and effort given on a daily basis is as vital now as it was over 70 years ago when the group was first set up as the hospital's 'League of Friends'. So, I would like to thank all our volunteers, the staff at Broomfield Hospital and all those who support the Friends, for working together to make such a positive impact.

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**Alison Douglas, Chairman -  
Friends at Broomfield Hospital**

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## NOW OPEN!!

# Welcome from the Charity Chairman - Alan Tobias



**Mid and South Essex**  
NHS Foundation Trust



**Welcome from the Charity Chairman of Mid Essex Hospitals. It is an enormous privilege for me to be given this opportunity to contribute to the Friends magazine this year.**

I am not a complete stranger to Broomfield Hospital. I was here as Interim Chair (for seven months) having been brought in to deal with the financial issues of the Private Finance Initiative, as we started to build the new hospital. I still have the photos of me in a digger turning the first sod! It's fantastic to be back at Broomfield all these years later.

I am also delighted to welcome you to Mid and South Essex NHS Foundation Trust (MSE). This follows the successful transfer of

Mid Essex Hospitals NHS Trust (MEHT), Basildon Thurrock University Hospitals NHS Foundation Trust (BTUHFT) and, Southend University Hospitals NHS Foundation (SUHFT) Trust.

Our three hospitals, by becoming one Trust and working as one team, are now better placed to continue clinical services to provide the best possible care for our patients with the highest quality care.

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# Welcome from the Community Officer - Yvonne Carter



**Mid and South Essex**  
NHS Foundation Trust



**It is always a great pleasure to have an opportunity to say THANK YOU to the Friends at Broomfield Hospital.**

In my position as the Trust's Community 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 trollies and organise the 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 also 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 our robotic surgery appeal with an extra-ordinarily generous donation of £44,000.

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.

In these recent challenging times, I would like to say a big thank you to the Friends for all the tremendous support and donations they have provided through the Covid lockdown and, the willingness to help the Trust with storage space for the many donations received from the community. I am delighted that the volunteers have now been able to reopen the Friends shop and to thank them for their patience and hard work in putting all the appropriate social distancing measures in place to make sure everyone stays safe.

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 in their plans for the future.

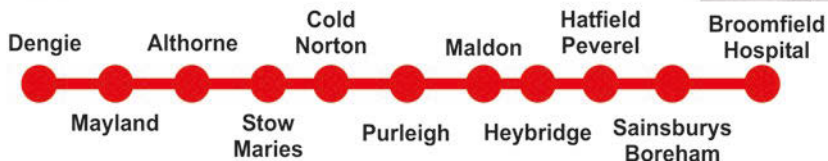
**Yvonne Carter, Community Officer**

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\* Needs to be booked

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# Presentation of Donations and Equipment



## Donations & presentations key:

1. Da Vinci robot
2. Mortuary waiting room refurbishment
3. St Andrews out patients chairs
4. Braxted garden
5. Speech and Language Therapy equipment



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# 2019 Donations

## Donations to Broomfield Hospital 2019

Robot donation	£26,000
Toiletries for wards	£257
Glideaway bed	£395
Pressure mattresses	£3,400
A&E: Childrens room	£3,000
New garden furniture and waiting room	£6,000
Wash bags	£500
Syringe pumps for end of life care	£10,000
Amputee ward: Wheelchairs	£864
Hematology staff fridge	£299
Urology: Server aids	£2,500
Cleft lip & palate service: Breast Pumps	£2,000
Terling Ward: Refurbishment of day room	£2,855
Mortuary refurbishment	£10,000
HDU ward: Ventilator	£26,500
Gifts for in-patients/Raffle prizes/Ward decorations	£850
Heybridge ward: Bladder scanner	£5,000

**We are pleased to tell you that we donated a record  
£100,420 to Broomfield Hospital in 2019.**



Volunteers from the Friends at Broomfield kindly provided over 75 toiletry bags, suitable for both males and females, for patients to use during their stay.





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# Come and Support Our Shops

Friends   
at Broomfield Hospital

Our two shops are run on the Broomfield site by our great volunteers.



**SHOP 1 is situated by the South entrance and sells great coffee, sandwiches and other lunchtime snacks, cold drinks, fruit, confectionery and other hot drinks. It also holds a great selection of gifts and has a freezer full of ice cream and lollies.**

It is a very busy shop providing a much needed service to those at the top end of the Broomfield site. It is open Monday to Friday, from 9am to 3pm. We also comply with the government regulations about the reduction in our stock of high fat and high sugar items.

The shop is run by Jenny Gillingham and Barbara Coupe who work tirelessly to make sure that it runs as efficiently as possible, ordering stock and ensuring the latest trends are taken into account.





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# Come and Support Our Shops ...continued



SHOP 2 is located in the new Atrium at the end of the space next to the lifts and the waiting area for the fracture clinic.

The shop stocks sandwiches, really good coffee and other hot and cold drinks, toiletries, gifts and cards and always has a good selection of soft toys.

The shop is open from Monday to Friday from 9am to 3pm and is manned by our great volunteers. It is run by Janet Warn who makes sure everything ticks over and is well stocked to meet demand.

As our shops are manned by volunteers, we do not pay any salaries. This means that every penny of profit made can be used to fund much needed equipment and services for the hospital. The shops are a vital part of the life of the hospital with our volunteers giving service with a smile, trying to brighten up each day for customers, patients and staff, and often going that extra mile.



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# The Friends at Broomfield Hospital Fund £40,000 Equipment to Help Patients With Difficulty Swallowing



*The Friends at Broomfield Hospital and the Speech and Language Therapy Team with the equipment*

**The Friends at Broomfield Hospital have funded state of the art technology to enable the Speech and Language Therapy team to provide advanced assessment for patients with swallowing and voice disorders.**

Fibreoptic Endoscopic Evaluation of Swallowing (FEES) will benefit a wide patient group who present with oropharyngeal dysphagia (difficulty swallowing). People with dysphagia frequently include those with neurological disorders, patients who have had an acute stroke, and those who

have undergone treatment for head and neck cancer.

The use of this equipment is designed to reduce the risk of malnutrition, dehydration, aspiration pneumonia, prolonged tube feeding, readmission and to allow for a safer and faster discharge from hospital. It is also of benefit in the use of Videostroboscopy; allowing for detailed assessment and management of voice disorders. The equipment will be operated by speech and language therapists.

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# The Friends - Then and Now



**We have raised over £1.2 million and counting...**



**In 1940 Broomfield Hospital was built as a sanatorium for the treatment of tuberculosis patients, whose hospital stays could be anything between 6 months to about four years.**

Towards the end of the second world war, 50% of the patients were ex-servicemen, who could of course come from all over the country. In 1948 the National Health Service was born, and a year later in 1949, a small group of philanthropic people got together to provide small comforts to these patients who were often a long way from home and family. They did whatever they could to make the patients lives a little more comfortable, giving soap, shampoos and other small gifts.

This small group grew and in 1957 they were first registered as the 'League of Friends' whose only aim was to support Broomfield Hospital. That charitable aim is still the same today. The membership grew, as more people volunteered to help. The charity then decided to open a shop which operated out of a small shed at the front of the ward block (near where the mortuary is now). They sold sweets, drinks etc to the visitors and staff and the shop was manned entirely by volunteers, with all profits continuing to purchase small comforts for the patients.

Over the years the profit from this trading grew to such an extent that small items of much needed equipment began to be purchased by the Friends, like bedside

*continued on the next page...*





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# The Friends - Then and Now

...continued



These requests vary from medical equipment, grants to enhance the environment both inside and outside the hospital, grants to support the staff and of course grants to help the patients so they have a positive experience whilst in hospital. These include toiletry bags, grants to the dignity project for clothing, the enhancing of day rooms, gardens and artworks.

Our only purpose then and now, is to support Broomfield Hospital.

This is what we do. Providing

tables and curtains. A trolley service was set up to visit patients, then later a library service. A larger shop was opened in the ward block with a second one opening in the Atrium many years later. Larger and larger pieces of equipment were purchased as the years went on, and trading in the busy shops increased, supported by patients, staff, and visitors.

refreshments at events, funding the extras for the hospital that cannot be funded by normal exchequer funding, taking an active part in the life of the hospital by providing

All the staff were unpaid volunteers and continue to be so, which enables all profits generated to be used for the Hospital. The Friends give on average £50k to £60k in grants every year, responding to requests that come directly from the Trust.



continued on the next page...

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# The Friends - Then and Now

...continued



extras at Christmas, and most important of all showing a friendly, non clinical face to patients in what can be a most challenging and stressful environment.

Over the last ten years we have purchased larger and more complex pieces of equipment, and are often the key to services being able to progress quickly into new areas. We gave almost £40,000 to the Stroke service to purchase a machine to monitor swallowing in patients who have had a stroke.

We have also just donated £44,000 towards the new surgical robot at Broomfield, spread over three years. A remarkable development

for our hospital. All of this is only possible because of our volunteers, who give their time freely and willingly to support our work, and we can only continue our work because of them.

The hours donated by these unsung heroes is truly remarkable. They all ensure that we continue to support this wonderful hospital, and long may it continue.

If you would like to be involved, we always need more volunteers. So if you would like help, please visit us at: [www.fabh.org](http://www.fabh.org) or telephone us on: **01245 443285**.

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# The Friends at Broomfield Hospital Donate £44,000 to Robot Appeal



**When the robot appeal for funding was launched, The Friends committed to donate a total of £50,000 over a three year period. The appeal for funds was actually closed earlier than expected which meant our total donation was £44,000 (rather than the £50,000 shown on the cheque). We were fortunate enough to have a demonstration of the Da Vinci robot from surgeon Sri Kadirkamanathan. Some of the ladies even had a go at operating the robot themselves.**

The Friends' Janet Warn said: "When you see the robot, it really makes you appreciate what fundraising can do. It was great to get hands-on. We are all volunteers in the shops and on the trolleys and all enjoy working here. It makes me want to work a few more hours now!" Fellow volunteer Carol Haensel also experienced the machine in action: "Using

the robot was very therapeutic, like the Consultant told us it would be. It was amazing how dextrous you could be."

Surgeon Sri Kadirkamanathan said: "I'm absolutely delighted. We need a lot of funding for the robot and I'm really stunned and very grateful for the Friends support."

Charlotte Jefcoate, Fundraising Coordinator, at Mid and South Essex Hospitals Charity, was

thrilled with the Friends contribution: "The Friends are such an asset to the hospital. Their shops are fantastic value for money and you're always greeted with a smile. We would encourage all staff to use the Friends shops as much as possible because it all benefits the hospital. So if you need a drink or snack, make sure you pop in and say hello to the Friends."



## St Peter's Court



**St Peter's Court is a warm and welcoming care home delivering the best in specialist nursing care for those living with Alzheimer's and other forms of dementia.**

Respite care can also be accommodated.

The modern, purpose-built, fully wheelchair accessible care home offers:

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- Range of lounges • TV room • Sensory garden.

The home has regular visits from GPs and other care professionals including hairdressers. The onsite chefs create seasonal menus using fresh and local ingredients.

A hardworking and attentive team really focus on the needs of residents treating them as the individuals they are, designing a unique care plan to meet their needs.

Situated in peaceful hospital grounds in the coastal market town of Maldon in Essex, St Peters Court is a few minutes' drive from the A12.

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# Second Dementia Friendly Garden



*The new second dementia friendly garden outside Baddow Ward*

**A second dementia friendly garden outside Baddow Ward was opened by the Mayor of Chelmsford, Duncan Lumley. This garden was made possible by £50,000 of charitable donations, and the Friends donated £10,000 towards this.**

The garden, which builds on the huge success of the 'Forget Me Not Garden' at neighbouring Braxted Ward, provides a therapeutic outside environment for patients and visitors to enjoy.

The health benefits of spending time in outside environments are well documented and are extremely beneficial to dementia patients in particular.

More than 40 volunteers, including 41 Club and many staff members assisted with the construction of the garden which took over 220 hours throughout the summer to complete.



*Braxted Ward garden*





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# Join Us!



**Have you a little time on your hands?  
Could you help a very worthwhile charity?  
Do you love meeting new people?**



## **If the answer is yes, then why not join The Friends of 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 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 all our volunteers are a valued and well recognised part of the hospital scene.

The Friends 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.

## **How to get involved...**

**Help your hospital by:**

- Becoming a voluntary helper in the hospital.
- Making a Donation – all donations are welcome.  
Don't forget to add Gift Aid if you are able to.

Information is available from: **The Friends at Broomfield Hospital**  
**Broomfield Hospital, Court Rd, Chelmsford CM1 7ET**

• Telephone: 01245 443285

To sign up please pick up an application form from one of our shops at the Hospital or download an application form from our website:  
**[www.fabh.org](http://www.fabh.org)** under the 'Join Us' tab.



# The Friends..... Getting Involved Over The Years



*The Friends manning the refreshments stall at Broomfield Hospital Fun Day*



*The Friends at the Hospital Fete in the 90's*



*The Friends running a Tombola at a Hospital Fete*



Please note that all the photographs featured in this magazine were taken prior to the Covid-19 pandemic, subsequent lockdown periods and Government social distancing measures.



*Judging the annual hospital Bake Off*



*The Friends Tombola in the Hospital*



*Vol Fest display*

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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 at 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 [www.fabh.org](http://www.fabh.org)**

**Registered charity number 260377**



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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.

Marion says "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. Volunteering suits my nature as 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."

Roger says "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."

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: **01245 443285**.



**Roger and Marion**



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Essex County Council



# The Dignity Project



**Mid and South Essex NHS Foundation Trust is supporting dignity in care, with a network of nearly 600 dignity champions within Broomfield Hospital. The project was originally set up by Angela Wade, Professional Development Lead Nurse, to work on creating a dignified environment for our patients, visitors and staff, with three core improvement projects around behaviour, environment and, patient clothing.**

By listening to patients and staff, the team has introduced privacy windows in the stroke unit and elderly care wards, and the dermatology outpatients department having privacy improved in their waiting area. They have also purchased 50 personal listeners and 20 desktop hearing

loops to support those who have hearing loss during their hospital visits, made possible through the kind donations from the Friends at Broomfield.

There are many amenities provided via the project including modesty theatre gowns for patients and 'winter warmer' packs for some of the most vulnerable patients on the emergency floor. A group of local knitters provide patients with hand-crafted, homely blankets and quilts to make a stay in hospital a little more bearable and it is with thanks to the Friends at Broomfield generosity, the team can fund the purchase of new clothes for patients who find themselves in hospital following an emergency admission.

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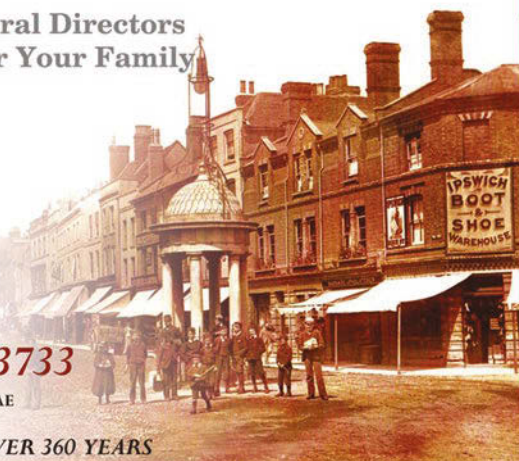
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# How the Friends at Broomfield Hospital Celebrate Christmas



**For over 20 years the Friends have been working together with the Trust's own Charitable Office to ensure that Christmas is a special time at Broomfield Hospital.**

Every year the Friends are on hand with mulled (non-alcoholic) wine and mince pies at the dedication of the Christmas tree in the atrium. We also provide the prizes and the judges for the annual Ward Decoration Competition. The two shops are filled with lovely Christmas merchandise to try and to ensure our hard working staff and visitors have an opportunity to purchase gifts when it is difficult for them to get to the shops.



# 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 a week 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 please call us on:  
**01245 443285 between (9-4pm).**



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

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 7ET

Name .....

Address.....

.....Post code ..... Telephone .....

Friends at Broomfield Hospital (formerly the League of Friends) Registered Charity Number 260377



Please return this form to the Friends at:  
Broomfield Shop1, Broomfield Hospital,  
Chelmsford, Essex, CM1 7ET.



## Easy steps to make a donation

I would like to make a donation of £

Please make your donation payable to the Friends at Broomfield Hospital (or FaBH)

Name

Address

Postcode

### Gift Aid Declaration

Under the Government's Gift Aid scheme, the Friends at Broomfield Hospital can recover the Income tax you pay (£10 to you becomes £12.82 to us), but you need to sign the declaration below:

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:

# Want to cancel this declaration      #Change your name or home address

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If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

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**GETTING OUT AND ABOUT** Stair climbers are designed for inside stairs and outside steps. A stair climber can get you in and out of your home for hospital appointments, trips out and even just into the garden. You can attach your wheelchair to a stair climber transforming our seated model into a stair climbing wheelchair.

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# Multi-Faith Centre



Mid and South Essex  
NHS Foundation Trust

## How Do You Contact Us?

A 24/7 on-call chaplain can be paged, via the switchboard, for advice or a visit. Otherwise we're on site Monday to Friday from 8.30am until 4.30pm and, Sunday from 9am until noon. Our contact number is **01245 515244**, with a 24 hour answerphone.

## 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).

- **Wednesdays:**

8.00am: Christian Meditation.

- **Friday:**

2nd Friday of each month.  
12.15 -12.45pm: Roman Catholic  
Mass.

- **Friday:**

7:00am: Hindu Meditation.  
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.



# Who are the Friends at Broomfield Hospital (FABH) and How Do We Work?

FABH are a group of volunteers who run two shops selling a range of sandwiches, hot and cold drinks, confectionery and all sorts of other items, onsite at Broomfield Hospital. Our aim is to provide as much support as we can to the hospital, its patients, staff and visitors.

Profits from shop sales together with all donations and fundraising received are ploughed back into Mid and South Essex NHS Foundation Trust services at Broomfield Hospital for the direct benefit and wellbeing of its patients, staff and visitors.

Across the page is an overview of how our registered charity is structured.....



*"Thank you so much to everyone who has donated to us over the years, you have made such a difference to so many people."*

Fundraisers commonly donate online via JustGiving.

DONATE NOW WITH  
**JustGiving™**

Whatever the method of donation - we are hugely grateful.

## **Charity Commission**

**Our Governing Body**

### **FABH Trustees**

Our Trustees have direct responsibility for the management of the charity in accordance with Charity Commission guidance and regulation.

### **Mid Essex Health Trust (MEHT) Charities Office**

This is the nucleus of the hospital for us. Requests for us to donate funds to the hospital must first be filtered through the Charities Office. This is to ensure that all requests are given due consideration and are deemed appropriate by Mid and South Essex NHS Foundation Trust.

With Mid and South Essex NHS Foundation Trust support, our Committee can then make an informed decision.

### **FABH Committee**

Our Trustees are joined by additional volunteer members, who together form The Committee.

### **Friends Shops**

The two shops are managed by our Shop Managers who are also active Trustees, supported by our amazing volunteers who 'staff' the shops Monday to Friday.

## **Individual Donations, Legacies and Fundraising**

Your kind donations reach us in many different ways. Sometimes by cheque or cash or maybe a legacy or memorial gift, either by direct donation or donations via an undertaker or funeral director.

# Hospital Information

## COVID-19 GUIDANCE FOR VISITORS

To keep our patients, visitors and staff safe – and to limit the spread of COVID-19 - we have had to restrict the number of people allowed on to our hospital sites.

We know that it's hugely important for patients to see their loved ones while they are in hospital, so have done all we can to support people to keep in contact while keeping them as safe as possible.

The information below sets out what visiting is allowed in each area, although there may be variations in certain circumstances to ensure everyone's safety. Our staff will keep you informed.

Importantly, it should always be the same visitors – so not multiple friends and family on different days. Unfortunately, children are not allowed to visit, and all visitors will have to wear a mask or face covering at all times. If you don't have one, we will provide one for you.

We really appreciate the support of our patients, visitors and community as our staff continue to work hard to care for everyone who needs us.

## GENERAL WARD AREAS

One visitor a day for one hour. There will be two sessions: 3-4pm and 5.30-6.30pm.

Patients and visitors will be informed about their allocated time.

Unfortunately visitors are not allowed on our COVID-19 wards, so our staff will keep the patients' next of kin fully updated about their condition.

## SURGICAL WARDS/GREEN ZONE

As patients who have had surgery are more susceptible to COVID-19 we cannot allow visitors in these areas.

## END OF LIFE CARE

Where patients are nearing the end of their life, two visitors can be with them at any time.

## CRITICAL CARE

Unfortunately visitors will not be allowed in our Critical Care areas except for End Of Life care, but our staff will keep the patient's next of kin fully updated.

## PAEDIATRICS

One parent or carer can be with their child at any time and they are allowed to stay overnight.

## NEONATAL ICU

Parents or carers will be allocated three hour slots on a rota basis. Our staff will keep you fully informed.



## LABOUR WARD/BIRTHING UNIT

Women admitted to Labour Ward/ Midwifery Led Birthing Unit to have one birth partner accompanying for assessment. To remain with women during birth.

Women admitted to Labour Ward for reasons outside of Labour can have one person with them during admission.

## ANTENATAL

Women coming in for Induction of Labour (IOL) to have a birth partner attend for start of IOL procedure and then return home. To be called back if women is transferred to Labour Ward or if contracting and needs support during this time.

Visiting on Antenatal Ward for all inpatients to be commenced 2 hours in the afternoon/evening. Staggered times arranged per bed number.

Only one visitor each session and this needs to be a consistent visitor. Same visiting applied to Antenatal patients who remain on Labour ward.

Partners accompanying for scans to continue as currently in place.

## POSTNATAL

Visiting to be increased from 1 hour in the afternoon/evening to 2 hours. Staggered

times depending on bed numbers. Same visiting applied to Post Natal patients who remain on Labour ward.

All visitors to have details taken and temp checks on arrival and to wear face masks unless in a delivery room.

## ULTRASOUND SCANS

One person can accompany you, but care must be taken to maintain social distancing in waiting areas.

## EMERGENCY DEPARTMENT AND ASSESSMENT UNITS

This will be looked at on a case by case basis so we can maintain social distancing in the unit while supporting those who are particularly vulnerable or unwell.

## OUTPATIENTS

Patients should come in on their own unless they need assistance and/or have been asked to bring someone with them.





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Fisher Michael Chartered Accountants, The Old Grange, Warren Estate,  
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**ICAEW**  
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# Hospital Information ...continued



**Mid and South Essex**  
NHS Foundation Trust

## CONTACTING BROOMFIELD HOSPITAL

Main Switchboard telephone number:

**01245 362000**

For more information and a range of telephone numbers, simply visit:

**[www.mse.nhs.uk](http://www.mse.nhs.uk)**

## VISITING BROOMFIELD HOSPITAL

### VISITING (VISITING GUIDANCE PRE-COVID)

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 16:00pm, Monday to Friday) or out of hours please leave a message. We will call you back to make arrangements.

## BY CAR

Car parking at Broomfield Hospital can be difficult at times. We therefore encourage our patients and visitors to use the new Chelmer Valley Park & Ride which provides a convenient 30 minute shuttle bus between the hospital and the park & ride site, see the next page for more details).

## CAR PARKING CHARGES:

<b>Up to 3 hours:</b>	<b>£3.00</b>
<b>3 – 5 hours:</b>	<b>£4.00</b>
<b>5 - 24 hours:</b>	<b>£6.00</b>

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. Disabled parking is available.

*continued on the next page...*



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**24 Hour Supported Care** - Our 24 hour Supported Living care is provided by highly skilled Carers who are compassionate and patient. They ensure that the highest quality of care is provided to you and your loved one, and your carer will be present at all times. We have an ongoing care review so the most appropriate care is provided as per your current needs, you then have the confidence to know that all your needs will be met.

**End of Life Care** - Entering the end of life period can be a very emotional time for the Service Users and their family. We endeavour to make the process as comfortable and supported as possible, we honour individual wishes by being respectful and preserving your dignity. As a part of this, we work closely with outside professionals such as Cancer Care Nurses, Macmillan Nurses, and GP's to ensure the best possible outcome for the individual.

**Dementia Care** - Caring for a loved one with Dementia can be challenging, here at You Before Me Care our approach is to support individuals live happy, meaningful lives irrespective of the type of dementia and symptoms they present. We do this with a deep sense of understanding, compassion and love for what we do. We provide a highly-trained Carer who will ensure you have tailored, continued care. Our Carers develop an in-depth understanding of your needs, moods and behaviours and respond effectively and appropriately.

"They have made me feel like I'm a part of the family,  
I always look forward to their calls..." - Service User

For more details contact You Before Me Care's Manager:

T: 01376 518727 M: 07833 226078

E: [admin@youbeforemecare.co.uk](mailto:admin@youbeforemecare.co.uk)

W: [www.youbeforemecare.co.uk](http://www.youbeforemecare.co.uk)

See our reviews at [www.homecare.co.uk](http://www.homecare.co.uk)



### Our services include:

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- Caring for you in your own home
- Person centred care
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- Warm companionship
- Preparation of meals
- Undertaking domestic services
- Errands and shopping
- Ensuring timely prompts to take medication
- Providing respite care, overnight service and live in carers
- Recreational activities
- Palliative /End of Life Care, day and night care

# Hospital Information ...continued



**Mid and South Essex**  
NHS Foundation Trust

## **PARK AND RIDE SHUTTLE BUS**

Essex County Council and Mid and South Essex NHS Foundation Trust are offering a community link service between Chelmer Valley Park and Ride and Broomfield Hospital in Chelmsford. Monday to Friday, every 23 minutes between the two sites. The first bus leaves at 06.37am from Chelmer Valley Park & Ride car park and the last bus leaves at 18.40pm from Broomfield Hospital. Standard park and ride charges are £3.50 per adult and free to concessionary pass holders after 09:00am.

Chelmer Valley Park and Ride is located on the A130 east of Essex Regiment Way, accessed from the Pratts Farm Roundabout. Further information and queries contact Essex County Council on **03456 037 631**.

## **SAT NAV LOCATION**

Broomfield Hospital Postcode: CM1 7ET

## **BY BUS**

There is a bus stop outside the main hospital atrium entrance and numerous bus routes servicing the hospital from across the area and further afield across Mid and South Essex. Please see below the buses and route numbers or for more information about bus transport around

Chelmsford and the surrounding areas please visit: [www.firstgroup.com/ukbus/essex/journey planning](http://www.firstgroup.com/ukbus/essex/journey%20planning)

### **70: COLCHESTER - CHELMSFORD**

Via Marks Tey, Coggeshall, Braintree, Great Leighs

### **42/42A/42B**

#### **42: BROOMFIELD HOSPITAL - GALLEYWOOD**

Via City Centre, Tile Kiln

#### **42A: STANSTED AIRPORT - BROOMFIELD HOSPITAL - GALLEYWOOD**

Via Great Dunmow, City Centre, Tile Kiln

#### **42B: BRAINTREE - BROOMFIELD HOSPITAL - GALLEYWOOD**

Via City Centre, Tile Kiln

### **40: BROOMFIELD HOSPITAL - BOREHAM**

Via North Melbourne, Chelmsford, Chelmer Village, Springfield.

### **47: BROOMFIELD - CHELMSFORD**

Via North Springfield - Sainsburys Store - Chelmer - Springfield Park

Please visit: [www.firstgroup.com](http://www.firstgroup.com) for timetable information.

## **BY TRAIN**

Rail company Greater Anglia operates frequent trains to Chelmsford station where a bus can be caught direct to Broomfield

continued on the next page...



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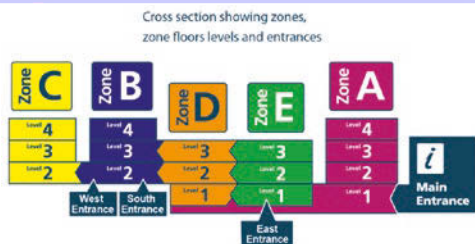


# Hospital Information ...continued

Hospital. Ask for a plus bus ticket before travelling. This will include both your bus and train fares and save you time on your journey. For more information visit:  
[www.greateranglia.co.uk](http://www.greateranglia.co.uk)

## 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 as 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.



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.

## 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:

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

## CASHIERS & CHANGE MACHINES:

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, 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.

continued on the next page...

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## POWELL SYSTEMS

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staff, patients  
and volunteers

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# Hospital Information ...continued



**Mid and South Essex**  
NHS Foundation Trust

## COFFEE SHOPS:

### Costa Coffee

Mid Atrium, adjacent to the entrance to Zone E.

**07:00 - 17:30** Monday to Friday

**09:00 - 16:00** Saturday & Sunday

Closed 25th – 26th December and 1st January.

### Fontanella Coffee Shop

Located in the front of Atrium.

**07:00 - 22:00** Monday to Friday

**09:00 - 17:00** Saturday & Sunday

Closed 25th – 26th December and 1st January.

### Friends at Broomfield Hospital Shop 1

Located at the South Entrance.

Open Monday to Friday.

Closed Weekends & Bank Holidays

### Friends at Broomfield Hospital Shop 2

End of Atrium, adjacent to A111.

Open Monday to Friday

Closed Weekends & Bank Holidays.

### M&S Simply Food

Mid Atrium

**07:30 - 20:00** Monday to Friday

**08.30 - 20:00** Saturday

**10.00 - 20:00** Sunday

Closed 25th – 26th December and 1st January.

### WH Smith

Mid Atrium.

**06:30 - 20:00** Monday to Friday

**08:00 - 18:00** Saturday & Sunday

Closed 25th – 26th December and 1st January.

### Pudding Wood Café

Opposite Ward D140.

**07:00 - 15:00** Monday to Friday.

## VENDING MACHINES

**Zone A** - Central Corridor, Level 2 - A&E department waiting room and Felsted Ward (A205), Level 3 - Near Terling Ward (A305).

**Zone C** - Level 2 - Lift lobby

**Zone E** - Level 1 - Lift lobby and Level 2 - Lift lobby.

## SOCIAL SPACES

We have areas across the site that allow you to sit, rest and eat during your visit which are the Wellbeing Terrace, Main Entrance Courtyard and at the end of the Atrium.

## TROLLEY SERVICE

A trolley service operates (subject to volunteers' availability) on the wards selling sweets, drinks and newspapers to patients. The trolley service does accept debit/credit cards.

continued on the next page...





## NEWELL

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Based in the centre of Chelmsford, Essex and with over 25 years of experience, Newell Properties Developments Ltd is a local family business primarily dealing with purchase/acquisition of sites with long term planning issues, factory break-ups and the remediation of brown field sites for change of use from commercial into residential land.

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### Residential

On acquiring sites for residential use we mainly work on a sole basis but we will consider either a joint venture or consortium project. We try and maximise the site to its full potential working very closely with town planners to create a master plan which will be acceptable to the local authority.

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# Hospital Information ...continued

## PHARMACY

Front of Atrium.

**09:00 - 18:00** - Monday to Friday  
Closed Saturdays, Sundays and Bank Holidays.

## 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 numbers for the duration of any package brought. Also included in the package are free games and internet access. Card machines are located around the hospital, as well as Hospedia Representatives visiting wards daily to assist with any problems or to help purchase credit. They can also advise you on the best package for your stay.

You can also pay by Debit or Credit card. Hospedia staff are on site Monday - Friday 9.00-18.30pm and Saturdays 09:00-14:00pm. For more information, please visit:

[www.hospedia.co.uk](http://www.hospedia.co.uk)

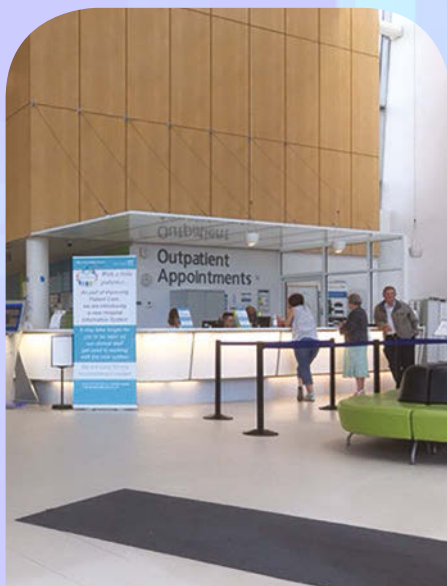
## POST BOX

There is a Royal Mail post box located outside M&S Simply Food in the Atrium, Zone A.

## PUBLIC PAY PHONES

Pay phones 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.



**Covid-19: To check up to date changes to services and guidance for visitors please visit [www.mse.nhs.uk](http://www.mse.nhs.uk)**

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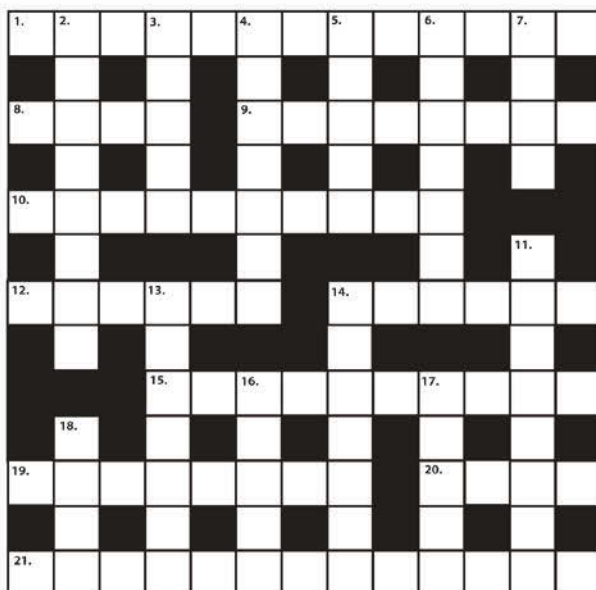
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# QUICK CROSSWORD



## ACROSS

- 1 Officially approved (6-7)
- 8 Highest point (of something)
- 9 Historic European region, now divided between Belgium, the Netherlands and France (8)
- 10 Four-sided Courtyard (10)
- 12 Send for (6)
- 14 Substance with pH of over 7 (6)
- 15 English Novelist - seen a junta (anag) (4,6)
- 19 English Novelist - lean crew (anag) (8)
- 20 Substance with pH of less than 7 (4)
- 21 Wonder child (6,7)

## DOWN

- 2 Insincerely charming (8)
- 3 Dosh - a bloomer, perhaps? (5)
- 4 Stop (7)
- 5 Plucking sound (5)
- 6 Wednesday? (7)
- 7 Lear (anag) (4)
- 11 Brief (8)
- 13 Largest Balearic Island (7)
- 14 Unprofessional (7)
- 16 Music for nine instruments or voices (5)
- 17 Expanse of grass
- 18 Farm outbuilding

Answers on page 80

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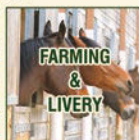
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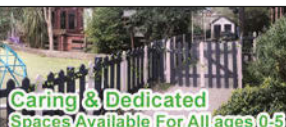


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Answer on page 80.

8		6			3		9	
	4			1			6	8
2			8	7				5
1		8			5		2	
	3		1				5	
7		5		3		9		
	2	1			7		4	
6				2		8		
	8	7	6		4			3



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Answer on page 80.

		6			7			2
	1		8	4		9		
	2	4	3					1
	8			7			2	
			2	6	5			
	6			8			5	
2					1	6	4	
		7		5	8		3	
6			9			7		

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R	O	A	L	I	U	G	L	O	E	O	H	A	A
A	E	A	D	A	A	N	A	A	R	E	E	B	E
N	L	O	C	O	H	E	N	U	D	L	P	I	L
K	R	Y	M	E	N	L	P	L	A	E	O	L	E
S	O	O	I	R	R	N	F	H	D	A	L	L	D
I	W	N	N	S	A	G	A	E	A	S	I	Y	A
N	P	L	U	A	U	K	M	A	H	W	C	J	E
A	R	Q	S	E	L	T	A	E	B	O	E	O	A
T	I	U	E	N	S	N	M	S	H	K	A	E	R
R	N	E	R	E	E	G	D	A	H	N	T	L	A
A	C	E	K	Y	R	R	E	P	Y	T	A	K	N
C	E	N	A	W	A	N	N	A	H	I	R	U	A
N	R	A	R	I	A	N	A	G	R	A	N	D	E

*Adele*

*Ariana Grande*

*Beatles*

*Billy Joel*

*Bruno Mars*

*Frank Sinatra*

*Katy Perry*

*Madonna*

*Prince*

*Rihanna*

*The Police*

*Wham*

*Queen*

*Answers on  
page 80*



HM Government



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# Recipe: Baked Chicken Fajitas



## Ingredients (for 6 servings):

- 450g boneless skinless chicken breasts, cut into thin strips.
- 1 can (400g) diced tomatoes and green chilies, drained.
- 1 medium onion, cut into thin strips.
- 1 medium green pepper, cut into thin strips.
- 1 medium sweet red pepper, cut into thin strips.
- 2 tablespoons canola oil.
- 2 teaspoons chili powder.
- 2 teaspoons ground cumin.
- 1/4 teaspoon salt.
- 12 flour tortillas (6 inches), warmed.

## Preparation method

1. In a 13x9-in. baking dish coated with cooking spray, combine the chicken, tomatoes, onion and peppers. Combine the oil, chili powder, cumin and salt. Drizzle over chicken mixture; toss to coat.
2. Bake, uncovered, at 200 (180°C fan) 20-25 minutes or until chicken is no longer pink and vegetables are tender. Spoon onto tortillas; fold in sides.

**Serve the tortillas with sour cream, grated cheese, salsa and a side of wedges!**



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# Recipe: Lemon Crumble Cake



## For the Crumble

50g (2oz) Golden Granulated Sugar  
25g (1oz) Plain Flour  
Grated Rind 1 Lemon  
25g (1oz) Butter

## For the Cake

225g (8oz) Plain Flour  
1/2 Teaspoon Bicarbonate of Soda  
Grated Rind and Juice 1 Lemon  
100g (3 1/2oz) Butter  
125g (5 1/2oz) Caster Sugar  
225g (8oz) Buttermilk  
2 Eggs, Lightly Beaten

Preheat the oven to 180°C (160°C fan/350F/Gas Mark 4).  
Lightly grease and line a 900g/2lb loaf tin.

Serves 16.

To make the crumble mixture, in a bowl stir together the sugar, flour and lemon rind, rub in the butter until the mixture resembles coarse breadcrumbs. Set aside.

For the cake, sift together the flour and bicarbonate of soda into a bowl. Stir in the lemon rind. Place the butter and lemon juice into a pan and heat until melted. Stir in the sugar, buttermilk and eggs.

Pour into the flour mixture and combine well. Pour into the tin, smooth out then sprinkle over the crumble mixture and press down lightly.

Bake for about 1 hour or until well risen and golden. Leave to cool in the tin for about 30 minutes, then serve.

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***Thank you!***

# Puzzle Answers

QUICK CROSSWORD - PAGE 63

1	R	U	B	B	E	R	S	T	A	M	P	E	D
2	N		R		E		W		I			A	
3	A	C	M	E		F	L	A	N	D	E	R	S
4	T	A			R	N		W				L	
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MUSIC STARS WORDSEARCH - PAGE 69

F	M	B	R	U	N	O	M	A	R	S	T	E	A
R	O	A	L	I	U	G	L	O	E	O	H	A	A
A	E	A	D	A	A	N	A	A	R	E	E	B	E
N	L	O	C	O	H	E	N	U	D	L	P	I	L
K	R	Y	M	E	N	L	P	L	A	E	O	L	E
S	O	O	I	R	R	N	F	H	D	A	L	L	D
I	W	N	N	S	A	G	A	E	A	S	I	Y	A
N	P	L	U	A	U	K	M	A	H	W	C	J	E
A	R	Q	S	E	L	T	A	E	B	O	E	O	A
T	I	U	E	N	S	N	M	S	H	K	A	E	R
R	N	E	R	E	E	G	D	A	H	N	T	L	A
A	C	E	K	Y	R	R	E	P	Y	T	A	K	N
C	E	N	A	W	A	N	N	A	H	I	R	U	A
N	R	A	R	I	A	N	A	G	R	A	N	D	E

SUDOKU CHALLENGE 1 - SOLUTION - PAGE 65

8	7	6	5	4	3	1	9	2
5	4	3	2	1	9	7	6	8
2	1	9	8	7	6	4	3	5
1	9	8	7	6	5	3	2	4
4	3	2	1	9	8	6	5	7
7	6	5	4	3	2	9	8	1
3	2	1	9	8	7	5	4	6
6	5	4	3	2	1	8	7	9
9	8	7	6	5	4	2	1	3

SUDOKU CHALLENGE 2 - SOLUTION - PAGE 67

9	3	6	5	1	7	4	8	2
7	1	5	8	4	2	9	6	3
8	2	4	3	9	6	5	7	1
5	8	9	4	7	3	1	2	6
3	7	1	2	6	5	8	9	4
4	6	2	1	8	9	3	5	7
2	9	8	7	3	1	6	4	5
1	4	7	6	5	8	2	3	9
6	5	3	9	2	4	7	1	8

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