

# Broomfield Hospital League of Friends



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# Contents



03	Welcome from our Chairman
05	Welcome from the Chief Executive of Mid Essex Hospitals
07	Where is our shop?
09	Who runs the shop?
11	Our Treasurer Eric
13	Donations
18	Members profiles
31	Patient's information
37	Broomfield Hospital League of Friends donation form
39	Community action
41	We want you!
43	Can you help us?
45	Join the Trust
47	The Blue Green Appeal
49	Changing Faces
51	Join us!



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# Welcome from our Chairman



Millie Day (our previous Chairman) had an accident and decided that unfortunately she could not continue in the role. I was asked to take over the position, initially for a period of one year and I have been Chairman ever since. My role means I am responsible for organising committee meetings and also meeting with hospital officials. As well as my duties with the League, I am also a member of the Broomfield Parish Council.

I would like to take the opportunity to welcome you to the 4th edition of the Broomfield Hospital League of Friends magazine.

We are a fundraising body whose aim is to raise funds to benefit hospital patients. We have for many years run the Broomfield Hospital Shop, newspaper trolley service and library. Every penny of the profit we make is given to the hospital for the purchase of equipment requested by doctors and other medical staff. Our aim is to help provide the very best patient care possible and this is our priority when deciding just where the money goes! I became Chairman of the League when Miss

As an organisation, I cannot speak highly enough of the League and if you are considering joining us, please contact either Barbara Coupe or Jenny Gillingham on 01245 443285 who will be only too pleased to hear from you.

Finally, I really must take this opportunity of thanking all the advertisers in this publication for their support, you really help to make a difference.

Best wishes

**John Hughes**  
**Chairman**  
**Broomfield Hospital League of Friends**

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# Welcome

from the Chief Executive  
of Mid Essex Hospitals

It's a big privilege for me to be given the opportunity to contribute to your magazine.

I was appointed as the Chief Executive of Mid Essex Hospitals in December 2007 and soon became aware of the enormous contribution that the volunteers from the "League of Friends" make to Broomfield Hospital. One of my first priorities was to attend a "League of Friends" meeting to meet the people for myself and thank them for the commitment that they make to the Hospital.

These people give so generously of their time, and support the Trust in so many ways. The "Hospital shop" is a focal point for many people and provides an excellent service to patients, staff and visitors. It is manned entirely by volunteers who work in a very professional manner to provide a first class service. Those patients who are unable to leave the wards are not forgotten as they can benefit from the "shop trolley" or "library" service run by the volunteers.

The "League of Friends" provide financial support and practical help to the Hospital. This has included making generous donations to the Trust's annual appeals, which this year raised money to buy a specialist laser for the

urology department and specialist equipment for endoscopy procedures. These pieces of equipment will make a big difference to our patients, and we are very grateful for your help. The "League of Friends" also provides funding for additional pieces of equipment that help the work of our staff to improve the experience of our patients.

Once again, on behalf of the Trust, I would like to reiterate how much we appreciate the help and support you give us and look forward to continuing our good working relationship for years to come. This is a wonderful example of local people helping their local health service.

**Ruth May**







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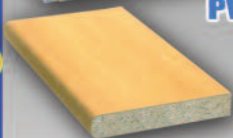
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# Where is our shop?

**Broomfield Hospital**



..League of Friends

## SHOP OPENING HOURS

**Monday - Friday:**  
**9am - 8pm**

**Saturday:**  
**9am - 12pm**  
**2pm - 4.30pm**

**Sunday:**  
**2pm - 4.30pm**

**Bank Holidays:**  
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# Who runs the shop?



**Jenny Gillingham**

## Shop Manager.

Jenny is the overall manager of the shop on a day to day basis. Her duties include organising the volunteer rotas, both weekday and weekend, ordering the stock and overseeing the smooth running of the shop. She is also responsible for the day to day 'happiness' of all her volunteers.

## Shop opening hours

**Monday - Friday:** 9am - 8pm  
**Saturday:** 9am - 12pm  
 2pm - 4.30pm  
**Sunday:** 2pm - 4.30pm  
**Bank Holidays:** 2pm - 4.30pm

You are most welcome at our league of friends shop situated opposite the staff restaurant and close to the wards, hospital chapel and inpatient xray.

We are open for the sale of newspapers, toiletries, flowers, confectionary, cuddly toys and a whole lot more. Do come and check us out, you will be most welcome.

## Barbara Coupe

### Manager, League of Friends.

Barbara's role as Manager, is to run the accounts of the shop on a weekly basis.

Barbara is responsible for all the bookwork, paperwork and V.A.T and making sure that all suppliers are paid on time.





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# Our Treasurer

## Eric (with a “James” in the middle)

Yes, Eric James White; our Treasurer always likes his middle name used, “James was my father’s name and we wanted to keep it in the family, I am even pleased to say that my Grandson; Robert “James” keeps the name going.

Eric started volunteering some 12 years ago with The League of Friends, his dear wife who was working on the trolley service at the time got him involved. Eric turned up at a committee meeting and was soon invited to join the committee which he duly did and it was not very long before he took on a more serious role as the Treasurer for the League. The Treasurers role involves keeping the books, paying the invoices, providing yearly returns to the Charity Commission and of course keeping the cheque book. “Now that we are a little short of staff in the shop, I have been asked to get involved with



helping out there and I am very pleased to do so.” So why does Eric volunteer? “Well, it’s a chance for me to put a bit back. I have had a good life and I am pleased to be able to continue volunteering on a regular basis.”



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# Donations



## Christmas Cheer!

Jenny Gillingham and Barbara Coupe judged the hospital's coveted Christmas Decorations Competition 2007.

Broomfield Hospital's League of Friends, known to many simply as "the League", provides amenities for the benefit of patients, visitors and staff, and purchases equipment which the Hospital Trust itself is unable to fund. I have been fortunate enough to have had a great deal of involvement with the Broomfield League of Friends — as charity support officer for the Mid Essex Hospitals and it is an enormous privilege to work along side this band of

volunteers who give of their time to help those who need it, not only providing extra services and amenities for staff and patients from funds they raise, but provide through the shop and trolley volunteers a vital service to the hospital.

In the early days of the NHS it was clear that all patient needs could not be provided by the Welfare State, and the League was formed to provide what was missing. The modern League of Friends began 1949 with a new National Association of Friends. The then Minister for Health, Aneurin Bevan, welcomed personal, voluntary efforts by caring individuals to support the work of the National Health Service launched in the same year.

Things have not really changed over the years, except the amount of money the League provides to the Trust has vastly increased. In the last year alone the League has contributed £71,792.00 to Broomfield Hospital.

...continued on page 15

## DONATIONS 2007

£ 3,000	B5 ECG Machine
£1,537	Profiling Bed for B29
£33,000	Laser Appeal
£ 600	Hydrotherapy Department
£30,000	Stroke Appeal
£ 515	Directional signage (paws to eye clinic)
£ 1,000	Upper GI Cancer Department
£ 1,140	Scales for patient hoist for intensive care unit
£ 1,000	Christmas gifts
£33,000	Blue Green Appeal



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# Donations ...continued



**Jenny Gillingham with staff from the Upper GI Cancer Ward in the refurbished area for patients.**

The laser appeal committee would like to thank the League of Friends for their very generous donation towards our appeal. This early donation assisted in the purchase of the main laser and we are now well on the way to completing our target of raising £200,000. Thank you again.

**Mr Ranjan Thilagarajah  
(consultant surgeon)**

The donation of a profiling bed to Stock Ward (B29) has ensured that patients undergoing complicated micro-vascular surgery are much more comfortable during their stay with us and also makes caring from them safer as they can be moved with less effort.

**Sister Fiona Keeble Ward B29**

I am personally enormously grateful to the League for their extraordinarily generous donation of £33,000 to our Blue Green Appeal. With their support, the Trust will be able to provide the latest technology in diagnostic equipment in our fight against cancer. We couldn't have raised the funds so quickly without the help of the League.

**Mr Sri Kadirkamanathan  
(consultant surgeon)**

...continued on page 17

Before the League of Friends donated the money for us to purchase our aqua plinth, patients were only able to perform exercises in standing. Now, with the aqua plinth, we can teach patients different exercises when they are lying in the water. It has particularly benefited patients who cannot stand or walk for long periods and allows them to have successful treatment in the hydrotherapy pool.

**Stephen Morley (Physiotherapist)**



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# Donations ...continued



We would like to thank the League once again for their quick response to our request for funding to improve the facilities for our cancer patients. This refurbished area provides a quiet and comfortable place for patients at a worrying and stressful time — it is sometimes the personal touches that can make all the difference.

**Mary Colley (CNS Upper GI Cancer)**

Our Stroke Appeal set its target at £60,000 to buy six monitoring units for the Stroke Ward. These portable units provide continuous physiological monitoring of patients for the first 72 hours following a stroke. During these critical early days, the information provided by the unit can significantly help staff in the prevention of complications and help patients reach the best possible outcome. The League's support of £30,000 was a tremendous boost to our appeal and we can't thank the volunteers enough for helping us with this appeal.

**Jean Blackwell (CNS Stroke)**



**Jenny with Geoffrey Wollard from the hospital's mortuary service.**

**The League provide cooled bottled water to visitors at the mortuary at a distressing time.**

**Geoff collects donations for the League from the police cadets who come along to the mortuary for their first experience of forensic science.**





# Members profiles



## Pam & Pete Copeman

As a couple Pam and Pete thoroughly enjoy their time volunteering in the shop where they restock the shelves and drinks cabinet. Born and bred in Broomfield, they have seen many changes at the hospital. Following their retirement they looked for an interest and volunteering for the League was perfect as it is an ideal opportunity to give something back to the community.

When they have time on their hands Pam and Pete enjoy gardening and days out. Their time spent working for the League enables them to meet people and keep active.



## Jenny Gillingham

Jenny is Manageress of the Shop and her role requires that she oversees the general smooth running of the shop on a day to day basis as well as ordering stock and selecting and training all new volunteers.

Jenny's Mother has been a volunteer for the League for about 15 years which is how Jenny herself came to join. The more time she spent working with the League, the more she enjoyed it and consequently became more and more involved, Jenny is now a Committee Member which she finds very rewarding.

For most of her life Jenny has been in and out of various Hospitals as a patient and she feels that her work for the League is a perfect way to give something back and finds it very satisfying to know that all profits made go directly back to the hospital. Jenny is a member of "Changing Faces" which is a charity helping people with facial disfigurements.

In her spare time Jenny enjoys food, music and fashion - her biggest weakness being shoes!



## Brenda Chester

Brenda decided to volunteer following her recovery from illness and she worked in the Marie Curie Cancer Care shop for 5 years until it closed in December 2003. She now works in the League of Friends Shop serving and stocking up shelves.

Brenda thoroughly enjoys meeting people and making new friends and enjoys "giving something back". In her spare time Brenda enjoys making cards, scrapbooking and gardening as well as researching her family history which she has been doing since 1989, in fact on one side of the family she has managed to trace back to 1634!



## Pauline Trodd

Following a successful career as a dental practice manageress for 30 years, Pauline decided to take voluntary retirement aged 69. She always knew she would miss the buzz of the workplace and when in July 2007 her thoughts turned to voluntary work, she decided to join the League of Friends and has been volunteering in the hospital shop ever since.

Pauline enjoys working with no pressure and thoroughly appreciates being told by customers what a good job the League do as it really does make it all worthwhile!



## Iris Budd

Iris works one afternoon a fortnight and one Saturday a month for the League as well as covering other times as required.

Iris used to work in the local Post Office and one of her customers who worked in the League shop kept suggesting that it may be something she would like to do. Iris finally gave in and her and a friend joined the League. Her motivation is to give something back as she feels that herself and her family have received such a lot over the years, she enjoys giving assurance to worried people who come into the shop.

Iris is also involved in the local branch of the RBL Woman's section being Group Secretary and Treasurer and in her spare time is kept busy with her garden and 4 grandchildren.

# Members profiles



## Doreen Williams

Now retired after many years in local business, Doreen works between 8-12 hours a week as a sales assistant in the patients shop.

Doreen has had brief stays in hospital herself over the years but her Mothers cancer treatment in 1999 really motivated her to become involved in volunteering as she will forever be indebted to the doctors and nurses for the kindness and attention shown to her Mother. Doreen says, "I started by volunteering on the Help Desk escorting patients around the Hospital, I then worked on the Shop Trolley before moving in to my current role. It's my way of saying thank you to this hospital and its staff, I find it incredibly satisfying just doing a tiny bit to help raise funds".

During leisure time Doreen enjoys her garden, walking, reading and visiting friends in Norfolk.



## Barbara Coupe

For Barbara, it all started 20 years ago when her friends husband was Chairman and the League needed volunteers at weekends to man a trolley in the foyer.

Barbara says, "All those years ago the shop was a shed on the square but the Hospital eventually gave us a room in the entrance and we doubled the shop size."

In those days Barbara ran her own hairdressing business and with two young children, led a very busy life but as an admirer of the NHS she felt that it was an honour to give something back. Today Barbara is a committee member who really enjoys the buzz of business and making money for the League. She helps out in the shop twice a week wherever required whether that is banking, bill paying or book-keeping.

9 years ago Jenny Gillingham came to work with the League and 4 years ago took over responsibility for volunteers and running the shop, Jenny and Barbara get along famously, thoroughly enjoying their working time together, "it's lovely that the shop is in good hands and that I get much more time on the golf course", says Barbara.





## Rene Hopkins

Rene was involved with "Meals on Wheels" and was always very touched with how gratefully received her help was. When the opportunity arose to get involved with the League of Friends at Broomfield, she was truly delighted.

Rene is part of the team of volunteers who work on the hospital library trolley. Two volunteers work together on consecutive weeks taking the trolley around the wards, helping the patients choose the books they would like to read. Rene really enjoys helping people and likes to think that she is doing something worthwhile.

Enjoying a busy social life, Rene meets up with four of her neighbours every Wednesday evening to share a bottle of wine and have a jolly good chat!



## June Jackson

Following her retirement at the end of 1996 June enquired about volunteering for the League. Since this time she has worked in the Shop one afternoon a week. June also attends all social functions supporting the League whenever she can. June finds her time in the shop stimulating, rewarding and she has also made some great friendships. June likes giving her time to the League and is also a member of the W.I.

In her spare time June likes reading, meeting friends and helping out her family who live in Surrey.



## Audrey Parry

Audrey has been a League committee member for a number of years and used to help out at the car boot sales before starting to work in the shop which unfortunately is something she is unable to do any more.

Audrey truly believes that everyone should feel able to give some regular time to volunteering and is known as "The Raffle Lady" at many League functions, raising funds for the hospital.

As well as her work with the League, Audrey is on the Committee of Chelmsford Westside Townswomens Guild and is the Vice Chair and organiser, arranging monthly speakers.

As if that's not enough, Audrey is also a member of the Broomfield Branch of The Royal British Legion and has been a poppy seller for a great many years.

Audrey's hobbies include flower arranging and quite recently she has started making greetings cards which she finds very therapeutic.

# Members profiles



## Margaret Orr

On behalf of my friend Rene Hopkins and myself I would like to say that for over the past 10 years we have enjoyed our experiences as members of the League. I joined as a result of a stay in Broomfield where I was very well looked after and wanted to give something back, Rene was only too pleased to help me with the library.

During this time we have taken a trolley of books around the wards, in the old part of the hospital at first and now in the new. It was Arnold Clegg who introduced us to the library and showed us the ropes as it were. He was very patient with us and although his directions were spot on we continued to get lost on several occasions when we first started, and we enjoyed every minute of it. The patients used to tell us if we were going round the same ward for a second time!

The members of the League that we have met are a great bunch and have always made us feel welcome. Raising money for such a good cause as our local hospital seems almost easy because of their dedication and wonderful team spirit. Rene and myself are pleased and proud to be a part of that and hope it carries on for a long time to come.



## Jeannette Taylor

Jeannette was a Phlebotomist at Broomfield Hospital for many years and upon her retirement in April 2007 felt that she wanted to keep some contact with Broomfield and volunteering was the perfect way to do this.

In June 2007 Jeannette starting volunteering one morning a week with both the League of Friends and WRVS. She has learnt new skills volunteering in the League of Friends shop and alternates this with working as a hostess for the Anti-Coag clinic (where she worked prior to her retirement), her role there is calling patients and taking samples down to the lab.

Although Jeanette thoroughly enjoys her retirement; being a lady that lunches and all the usual things like holidays, eating out, reading etc. she also loves her time volunteering at Broomfield.

Jeanette says, "I have me lots of new people who have all been so helpful and friendly. I have never worked in a shop before so this really is a whole new experience! Combining this with my WRVS volunteering means that I really get the best of both world's as I still keep in touch my work colleagues and the patients".



## John & Sue Moore

When in October 2005 John and Sue heard Jenny Gillingham make an appeal for volunteers on BBC Essex Radio, they thought that volunteering could be just perfect for them.

They had both retired and were keen to help others while they were still young enough to do so and very much enjoy meeting new people. John and Sue travel from their home in Southminster to Broomfield, they work the late shift fortnightly and one Sunday a month when they bring along their granddaughter Hannah who is a really helpful and polite teenager.

Prior to their retirement John worked in Engineering and now enjoys his computer, gardening and reading and Sue was a sailmakers machinist who now loves making greeting cards, carpet bowls and sudoku. Together they go marshalling at grass track meetings, which is how they first met.



# Members profiles



## Diana Plowman

Diana is a shop volunteer and committee member. Her role is varied and involves ordering stock when Jenny (the shop manager) is on holiday, serving customers, filling shelves and fridges, returning magazines and papers and even sweeping the floor!

Diana likes to be useful and has a fair bit of time on her hands to devote to volunteering, she says, "since the death of my twin sister nearly 17 years ago, I have been involved with charity shop work. I worked in the Marie Curie Cancer Care shop until its closure and I saw an article in the local paper about the League of Friends needing volunteers so I decided to give it a go - I'm glad I did because I thoroughly enjoy it and have been here since February 2004".

In her spare time, Diana enjoys reading, is a keen Arsenal supporter, a member of the National Trust and likes visiting steam railways. She also loves looking after her granddaughter.



## Frank Bowley

Frank initially got involved in volunteering when his wife who was already a member of the League, asked one Saturday morning if Frank would go and help her in the shop because the person who would normally help out was poorly and could not work that day. It really took off from there and for the next 3½ years Frank took a trolley around St Andrews wing 3 mornings a week until he had a hip replacement.

Frank now works in the shop 2 mornings a week and every 3rd Saturday of the month, keeping the drinks cabinet filled up and also keeping the shelves topped up with sweets, helping Jenny with the newspapers and magazines and serving.

Frank and his wife also raise funds for Farleigh Hospice and in his spare time loves all sports especially football, enjoys reading, helps out around the house and likes baking cakes.



## Peggy Cooke

When Barbara Coupe, for many years, a stalwart of the League of Friends told Peggy that the League were desperate to find a Secretary and asked if she would consider stepping into the breach, Peggy attended the next meeting to give her an idea as to how their committee worked.

Peggy Says, "obviously, I was thrown in at the deep end, as I had no idea how League meetings were conducted having had no previous experience of secretarial work involving a Charity. At first I found it very difficult, having always worked in the busy commercial world, not the relaxed way of a Charity and was accustomed to instructions being thrown at me when the boss was half-way out of a door. I also found it difficult as there was no handover from the previous Secretary.

At the second meeting, Millie Day told me I had not paid my £1 subscription, to enable me to become a member of the League. Frankly, I thought at the time it should be the other way round! At that meeting I was not asked if I would take on the job, it was just assumed I was there for keeps.

Obviously over the years I have found it extremely rewarding and have enjoyed it, so much so that I am now in my 12th year. When one hears the disagreements between members of some committees, we are very fortunate thanks to John Hughes, the Chairman, there is very little difficulty coming to a united decision."



## Doris Frewin

Doris has been volunteering the hospital shop for some three years.

Finding that she had some time on her hands, one of her Grand Daughters who is a nurse at Broomfield Hospital suggested that Doris consider volunteering with the League and she has not looked back since. Doris says, "being a volunteer gives me the chance to meet new people and to feel useful".

# Broomfield Ho

## League of Friends







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# Patient's information

**A stay in hospital can be a daunting experience and this information should give you an insight into what to expect during your stay.**



## Meals

- Breakfast, lunch and dinner are provided each day. Coffee, tea and cold drinks are served throughout the day.

Breakfast is normally cereal and toast. Patients will have a choice of hot or cold meals for lunch and dinner. We can provide vegetarian, vegan, Kosher, Halal and gluten-free meals on request.

- If you are on a special diet, please let us know. If a special diet is recommended for you, a dietician will visit to ensure we meet your needs.

## Visiting

Visiting times vary, therefore please check on your arrival.

We do ask that only two visitors at a time should be with a patient. Children may visit with the permission of the ward sister.

Family and friends who are unwell with a cold, cough, stomach upset or diarrhoea and those who have been in contact with someone suffering from an infectious disease, such as chicken pox, should not visit. These sort of illnesses are easily transmitted and can have serious consequences for patients.

Visitors are required to wash their hands with soap and water or special alcohol rubs which are provided on the wards.

## Entertainment / Communication

The hospital entertainment service is available to all inpatients at Broomfield, offering a bedside radio, television, telephone and games. Cards can be purchased from the vending machines located around the hospital, or by credit card. If you are bed-bound, a representative will visit and assist you.

...continued on page 33





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# Patient's information

...continued

## League of Friends Shop

The League of Friends shop (in the South wing at entrance "A") opens weekdays from 9am until 8pm and on Saturdays from 9am to 12pm and 2pm until 4.30pm.



The shop sells newspapers, toiletries, stamps, gifts and refreshments, plus mobile phone top up cards and they accept credit and debit cards.

A trolley service operates (subject to volunteer's availability) on the wards selling sweets, drinks and newspapers to patients.

## Refreshments

The WRVS teabar (located in main outpatients) and the Roundhouse coffee bar (in St Andrew outpatients) provide refreshments throughout the day.

The Oasis Spice of Life restaurant, within the hospital grounds, provides hot meals and snacks daily and is open from 7.15am until 8pm, meals are served at the following times:

- 7.15am to 11am
- 12.00 noon to 4.30pm
- 6pm to 8pm

The Ritazza coffee shop provides a "twilight service" from 10pm to 1am, when hot and cold snacks can be cooked to order.



Additionally there are vending machines in various locations around the hospital offering snacks, sweets and drinks.

## Cash Point, Post Box & Pay Phones

Cash dispensers and post boxes are located inside entrances C and F. Pay phones are at various locations around the site.



## Consent

Any planned care or treatment, including any risks or consequences, will be explained to you. You will be asked to give your permission, sometimes in writing, before any treatment is given. You can decide whether or not to accept treatment and can decline further treatment. If you are unsure about any aspect of your care or treatment, or if you have questions then please do ask. Even though staff are busy, they will always be willing to listen to your concerns and answer your questions.

...continued on page 35



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# Patient's information

...continued

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## Children in Hospital

Children and young children under 16 must be accompanied by a parent or guardian on admission. A parent can stay with their child in hospital. There are facilities for parents on Sunshine Ward at St. John's Hospital and Moonbeam Ward at Broomfield Hospital.

There are play facilities and play specialists for children on both wards.



Children may like to bring a favourite toy with them. They will also need their own toiletries, including nappies and wipes for babies. Both wards encourage visits beforehand so children can see the ward and meet the staff. Contact the ward directly for more information.

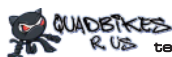
## Leaving Hospital

We will usually be able to tell you at least the day before you are ready to leave hospital so you can tell your family or friends. Wherever possible, you should make your own arrangements for getting home. Ward staff will advise you about your fitness to drive.

Before going home, please remember to return any hospital clothing, linen or library books and collect all your own property, including money and valuables which may have been deposited for safe keeping. You may be given a discharge letter to take to your GP or we may write to your GP directly.

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# Broomfield Hospital

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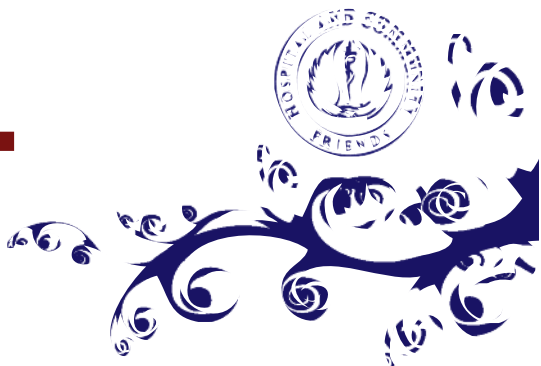
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# Can you help us?

with voluntary help for our  
**SHOP** or **WARD TROLLEY**

Please call us on  
**01245 443285**

Broomfield Hospital  
League of Friends



# Strawberry Smoothie



Wash the strawberries and remove their stalks. For full flavour the strawberries should be at room temperature, storing strawberries / tomatoes in the fridge can mask some of their flavour.



Juice the apples in your juicer or if you haven't got a juicer then you can use apple juice from a carton.



Place the yoghurt (or ice cream if you are feeling indulgent) and 1/4 of the apple juice in your blender, switch on and add the ice and strawberries and blend until smooth. Finally add the rest of the apple juice and blitz briefly until it is thoroughly blended into the smoothie.



Vary the amount of apple juice depending on how thick you like your smoothies to be. The longer you blend the mixture for, the more air will be introduced into the drink and oxidation of nutrients will occur more rapidly.

## Ingredients

- 1 Punnet of strawberries
- 1 small tub of live natural or vanilla yoghurt
- 2 scoops of vanilla ice cream
- 6 apples or 400ml apple juice
- 6 ice cubes

**Drink  
& enjoy**

# Join the Trust and have your say!

Mid Essex Hospital Trust is applying to become a Foundation Trust. We are therefore approaching local people, patients and staff to seek their views about our proposed governance arrangements and to ensure that we provide services that respond to the needs of the local community.

As part of this process, we want you to become a member of Mid Essex Hospital Trust. As a member you have a wonderful opportunity to get involved and shape the future of your hospital for the next 20 years.

You can apply for membership online at:

**<http://www.meht.nhs.uk/foundation-trust/apply-online/>**

Alternatively, you can request a membership application form by e-mailing:

**ft@meht.nhs.uk**, by calling: **01245 514508** (during office hours)

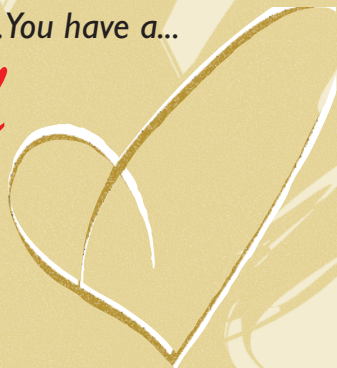
or by writing to **Foundation Trust Office,  
Broomfield Hospital,  
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Best wishes to patients, staff and volunteers. You have a...

# Heart of Gold



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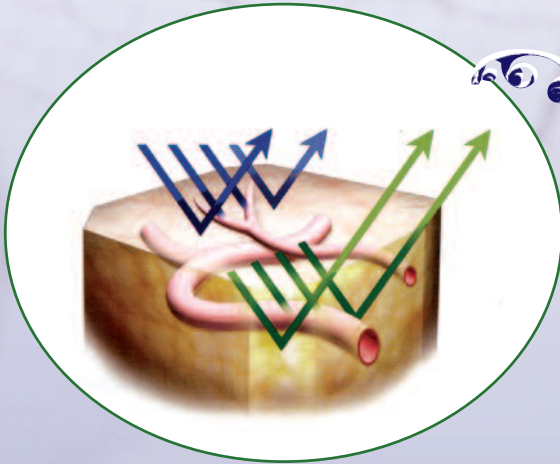
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# THE BLUEGREEN APPEAL



This appeal is named after the different colours of light used in a new technique called Narrow Band Imaging.

When looking for abnormalities such as cancer in the gastrointestinal tract, a surgeon typically uses an endoscope which visually checks the view of the surface of the tract. Narrow Band Imaging (NBI) endoscopy provides the surgeon with a significantly enhanced view of the surface and underlying tissues, making earlier detection of a cancer possible.

NBI uses two discrete bands of light to illuminate the tissues; a blue one to display the superficial capillary networks and a green one to show the underlying blood vessels. The images from these two light sources are seamlessly combined to provide a composite view for the surgeon.

In Japan where early detection and advance endoscopic removal techniques are used, the five year survival rate for early gastric cancer is over

90%. In Europe, where typically later diagnosis results in more advanced cancers (leaving no alternative but traditional surgery), the survival rate is as low as 40%.

The Blue/Green appeal aims to raise £70,000 for a high definition Narrow Band Imaging endoscope, £30,000 to purchase instruments for advanced endoscopic removal surgery and £5,000 for the first years running costs.

Please help us raise money for this life saving cause.

For further information contact:

**The Charities Office  
Broomfield Hospital  
Court Road  
Chelmsford  
Essex  
CM1 7WE**

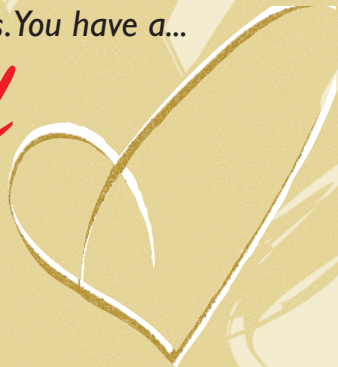
Telephone: **01245 514460/514559**

Any surplus monies raised will be used to further develop and expand the Narrow Band Imaging Service (Blue Green Appeal). Mid Essex Hospitals Charities Foundation oversees the administration of all charitable monies donated to our hospitals.

*Thank you*

Best wishes to patients, staff and volunteers. You have a...

# Heart of Gold



## ~ Beresford Owen ~

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# Changing Faces

Changing Faces is the leading UK charity that supports and represents people who have disfigurements to the face, hand or body from any cause.

The Charity was founded in 1992 by our Chief executive James Partridge OBE, who was injured in a car fire when he was 18 years old.

Today we have a team of 25 professionals who have expertise in psychology, education, employment, health and social care, media and campaigning.

## Our work involves:

- **Providing personal support for children, young people, adults and families.**
- **Working with schools, employers, health and social care professionals to ensure a culture of inclusion for people with disfigurements.**
- **Campaigning for social change by working with the media, government and opinion leaders.**

A "disfigurement" is the generic term for the aesthetic effect or visual impact of a scar burn, mark, asymmetric or unusually shaped feature or texture of the skin on the face hands or body.

Over one million people in the UK have a disfigurement to the face, hands or body from many different causes.

Through Changing Faces, people who have disfigurements and their families can find the information, support and advice they need to handle difficult situations in the street, feel accepted at school and be treated with fairness and respect in the workplace. Please support us; changing faces really does make a difference!

As a registered charity (no: 1011222), we rely very heavily on fundraising support and as such we would love to hear from individual supporters, schools, community groups and associations who would be willing to raise funds for Changing Faces.

There are many ways in which funds can be raised from organised golf days to a summer fete. You could even ask friends and family to donate money to Changing Faces rather than buying you a gift.

If you are studying at college or university, please put forward Changing Faces as your Charity of the Year or beneficiary of your Rag Week activities.

## Looking for inspiration?

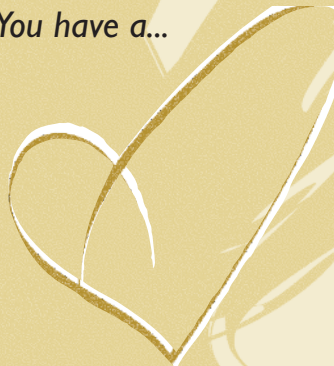
Call Alison Rich on 0845 4500 275 or send an email requesting a fundraising pack to:

**[info@changingfaces.org.uk](mailto:info@changingfaces.org.uk)**

For further information please log in to our website:  
**[www.changingfaces.org.uk](http://www.changingfaces.org.uk)**

Best wishes to patients, staff and volunteers. You have a...

# Heart of Gold



## **ESSEX BLIND CHARITY**

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

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# Join us!



**The League of Friends supports Broomfield Hospital by providing many amenities and comforts needed by patients.**

**Examples of help include:**

- 3 monitors for the stroke ward (£30,000)
- A donation towards the purchase of Urology Laser (£25,000)
- A golf buggy to transport patients (£8,150)
- Two Pegasus beds (£3,000)

**The league also finances projects such as:**

- Arts project photographic gallery
- Hospital Radio Chelmsford landline rental
- Christmas tree and ward decorations

**How you can help your hospitals:**

- Become an active member of the League of Friends
- As a voluntary helper in the hospitals
- Make a subscription (£2.00 min) annually
- All donations are welcome, particularly Gift Aid
- Information is available from:

**The Secretary,  
Broomfield Hospital League of Friends,  
Broomfield Hospital,  
Court Rd,  
Chelmsford**

Complete the form on page 37 of this magazine or pick up an application form from the shop.

Telephone:  
**01245 443285**





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issue 4

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e2v is pleased to support  
The League of Friends in  
providing information for  
patients, staff and visitors  
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