

Broomfield Hospital League of Friends



HANDBOOK 2010

Mid Essex Hospital Services **NHS**
NHS Trust

FREE

FINTASIA

THE
ONE-STOP
AQUATIC SHOP



UK Ltd

**FOR ALL YOUR COLD WATER TROPICAL
AND MARINE FISH SUPPLIES**

WE STOCK

Live, Frozen & Dried Food, Pumps, Heaters,
Salt, Live Rock, Protein Skimmers, Seahorses,
Shrimp, Koi, Cold Water, Marine & Tropical Fish

COME AND VISIT OUR EXTENSIVE SHOP

Unit 3, Springwood Court, Springwood Drive,
Springwood Industrial Estate, Braintree, Essex CM7 2YN

01376 529569 www.fintasiauk.co.uk



Attwoods Manor Care Home

**Providing service for Residential, Dementia,
General Nursing & Palliative care**

Situated within beautiful landscape gardens at Halstead in Essex

We can provide care for up to 65 residents in single and share rooms as well as private suites.
Long Stay, Short Stay & Weekend Respite

For further information please contact us at

Attwoods Manor, Mount Hill, Halstead, Essex CO9 1SL

Tel 01787 476892

Or visit our Website **www.Attwoodsmanor.co.uk**



Contents



03. Welcome from our Chairman

05. Our Treasurer Eric

07. Where is Our Shop?

09. Who runs The Shop



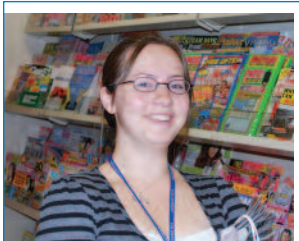
11. Members' Profiles

23. We Want You

27. Members' Profiles

34. Broomfield Hospital League of Friends

37. Members' Profile



43. Join Us!

45. Donations

47. Poem: Morning Dreams

51. Patients' information

57. Join the Trust and have your say!

61. Changing Faces

63. Can You Help Us?

65. Application Form

67. Community Action





Do you pay rent or Council Tax? Are you on a low income?

If the answer to these questions is 'Yes', you may be able to claim Housing Benefit or Council Tax Benefit.

Contact the Benefits Service today for a claim form

Tel: 01245 606879 Email: benefits@chelmsford.gov.uk

or call in to the Civic Centre, Duke Street, Chelmsford CM1 1JE

Check list

You are more at risk from a fire when asleep. So it's a good idea to check your home before you go to bed.

- ☐ Close inside doors at night to stop a fire from spreading
- ☐ Turn off and unplug electrical appliances unless they are designed to be left on - like your freezer
- ☐ Check your cooker is turned off
- ☐ Don't leave the washing machine on
- ☐ Turn heaters off and put up fireguards
- ☐ Put candles and cigarettes out properly
- ☐ Make sure exits are kept clear
- ☐ Keep door and window keys where everyone can find them



**Get it. Install it. Check it.
It could save your life.**

To see if you qualify for a **FREE**
home fire risk check please call
0845 6012495

**PROTECT YOUR
HOME WITH
SMOKE
ALARMS**



Welcome

from our Chairman



I would like to take the opportunity to welcome you to the 5th 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 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.

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



DISCOVER UNIQUE RETIREMENT LIVING AT THE HAWTHORNS



- ✦ Spacious apartment-suite living with the added value of chef-directed dining, housekeeping, activities and transportation
- ✦ All inclusive fee from only **£1,550 per calendar month**
- ✦ For your peace of mind and to minimise future property hassles, your apartment is occupied on a rental basis
- ✦ Truly independent lifestyle



NOW OPEN AT MEADOW PARK, BRAINTREE



Seeing is Believing!

To really appreciate the unique lifestyle at The Hawthorns, come and see for yourself...

Call us now to arrange a visit or find out more

01376 335500

www.hawthornsretirement.co.uk



The Hawthorns

RETIRE WITH STYLE



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 over ten 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."





NHS
Mid Essex

Living with constant pain? Dealing with a long-term health condition? Caring for someone with a long-term health condition? We can help you?

NHS Mid Essex would like to invite anyone suffering with the physical and psychological affects of a long-term medical condition to attend one of our free programmes outlined below:

Expert Patient Programme

The 'Expert Patient Programme' (EPP) aims to help you take more control of your health by learning new skills to manage your condition better on a daily basis. **Course Duration: 6 weeks**
(One 2.5 hour session per week)

Challenging Pain Workshop

This is an exciting new training initiative and an opportunity for you to understand what pain is and also to learn how to challenge and deal with it. **Course Duration: 2 weeks**
(One 2.5 hour session per week)

Looking After Me Course

This course is for adults who care for someone living with a long-term health condition or disability. **Course Duration: 6 weeks**
(One 2.5 hour session per week)

All our programmes are run at local venues within the Chelmsford, Braintree and Maldon areas.

If you think you would benefit from attending one of these free programmes. Please contact Carol Roe on:

01376 333286

or carol.roe@midsexpct.nhs.uk. More details can be found on our website at www.midsex.nhs.uk/epp

NHS Mid Essex delivers 'Challenging Pain' workshops under licence from Arthritis Care.

 **Expert Patient**
programme



**ESSEX & SUFFOLK
WATER**

How does your water use shape up?

Essex & Suffolk Water has created an online home water survey to help you find out where and how much water you use in and around your home and garden.

There are useful hints and tips that will help you to save water and save money.



Complete your own home water survey by visiting www.eswater.co.uk/diyhomesurvey.aspx or request a home survey pack by telephoning **01245 212934**



Essex & Suffolk Water DIY home survey.

Where is **Our Shop?**

Broomfield Hospital



SHOP OPENING HOURS

Monday - Friday:
9am - 8pm

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

Sunday:
2pm - 4.30pm

Bank Holidays:
2pm - 4.30pm

BUY DIRECT FROM ONE OF THE LARGEST TILE IMPORTERS



**NEW
IN STOCK**
20x25 wall tiles
£7p each
£11.44 sq mtr

SPECIAL OFFERS
Marble Mosaics from £4 a sheet
8x10 Bumpy White Tiles 36p each
RETAIL ONLY
Waterproof Adhesive 10 litre £16.10
White Wall Grout 3.5 kg £6.33
Flexible Rapid Floor Adhesive £17.75
Rapid Set Adhesive £15.00
ALL PRICES INCLUDE VAT



**LARGE SELECTION OF WALL &
FLOOR RANGES IN STOCK**

**FANTASTIC PRICES SAVE £££'s
OPEN TO THE PUBLIC
(TRADE WELCOME)**

**LARGE SELECTION OF TILES IN
STOCK TO TAKE AWAY TODAY**

EURO-TILES

Warehouse

OPEN 7 DAYS A WEEK
8.15am - 4.20pm Monday to Friday
8.15am - 2.45pm Saturday
10.15am - 2.30pm Sunday



4 Springwood Drive, Springwood Industrial Estate
Braintree, Essex CM7 2NY www.eurotilesandstone.co.uk
Telephone: 01376 343455



"Prices are born here and raised elsewhere"



Your Care in Our Hands

*A warm welcome awaits you at Blackthorns where residential
and dementia care is available in beautiful accommodation*

There are daily activities following a varied programme, but we listen carefully to what you would like to do to make the day enjoyable. We have secure courtyard gardens where we encourage outside activities. Support services are arranged to meet your personal and individual needs through our detailed care plan process.



We look forward to meeting you.



Blackthorns Care Home
21-29 Dooley Road Halstead Essex CO9 1JW
Telephone: 01787 472170
Email: manager.blackthorns@runwoodhomes.co.uk

Freephone 0800 4125660
Website: www.runwoodhomes.co.uk

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.



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.



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.



**Parkinson's
Disease Society**



For people with Parkinson's, their carers, family and friends in **ESSEX**

Join your Chelmsford branch for social events, entertainment, refreshments, chat, raffles and much more...

What is Parkinson's Disease?

Parkinson's is a progressive neurological disorder affecting learned voluntary movements such as walking, talking, writing and swallowing.

Our branch

We are a very friendly and welcoming group of local people who are concerned with Parkinson's disease. Most of us either care for someone with the disease or have it ourselves.

The aims of our branch

- + To help people to meet other like-minded people.
- + To provide support to people with Parkinson's, their carers and families in a very informal and friendly atmosphere.

Branch meetings

Meetings are varied, with social events and talks on various topics including those related to Parkinson's Disease. The meetings are also an opportunity to discuss any problems with friendly people in comfortable surroundings. Anyone with Parkinson's Disease, their carers, family and friends are very welcome to attend.

We meet on the 2nd and 4th Friday of each month at **ST JOHN'S CHURCH, MOULSHAM STREET 7.30pm - 9.45pm**

Please telephone **Susan Parker** on **01245 357818** or **Gillian Poole** on **01245 601435**

Development Worker **Lorraine Chilton** **01992 624824** Ichilton@parkinsons.org.uk

HELPLINE (Freephone) 0800 800 0303 www.parkinsons.org.uk

- Sales
- Service
- Parts
- Approved Used Cars
- Bodyshop



TOYOTA



Motability

Lookers Toyota

2 Argyll Road,
Dukes Park Industrial Estate,
Chelmsford
Tel: 0844 659 8805



www.lookerschelmsford.toyota.co.uk

**Today
Tomorrow
Toyota**

Members' profiles



Stephen Hatch

Stephen is semi retired and having had three stays in hospital he began volunteering in February 2007.

He takes the trolley loaded with newspapers, magazines and drinks around the hospital wards. He enjoys meeting the patients and they in turn look forward to his visits.

Outside of the hospital Stephen enjoys cycling and swimming.



Emily Marshall

Emily was introduced to volunteering through her grandmother who worked in the League of Friends Shop and Emily would sometimes accompany her. She began a regular shift in March 2004 after her grandmother passed away.

At present she is volunteering while on a holiday break from University where she works Friday mornings and any other shifts when there is a need.

Emily loves volunteering she feels the time spent is very useful and rewarding. She enjoys meeting new people and being involved in the busy atmosphere of the hospital exciting.

Treat yourself to the
best 15 minutes
of your day...



The Solajet 'DRYWAVE'™
massage can help ease:

- Low back pain
- Arthritis
- Bursitis
- Chronic fatigue
- High blood pressure
- Diabetes
- Immunity suppression
- Depression and more

To find out more contact:

Cyrano Ltd
24 Finch Drive
Springwood Ind. Est.
Braintree, Essex
CM7 2SF

FREEPHONE
0808 108 7778
www.solajet.com

The Solajet 'DRYWAVE'™ massage bed gives you the health benefits
of a full body massage without removing your clothes and in a way that
suits you.

All the health benefits of a massage while keeping your clothes on

Imagine feeling a powerful soothing deep whole body tissue massage without taking your clothes off. A warm wave of water travels along your whole body with the Solajet 'DRYWAVE'™ massage. With numerous health benefits including releasing muscle tension, increasing circulation, relieving back pain and reducing soreness, discomfort and stress the Solajet 'DRYWAVE'™ massage bed gives you the benefit of a full body massage, but you remain in control and in your clothes.

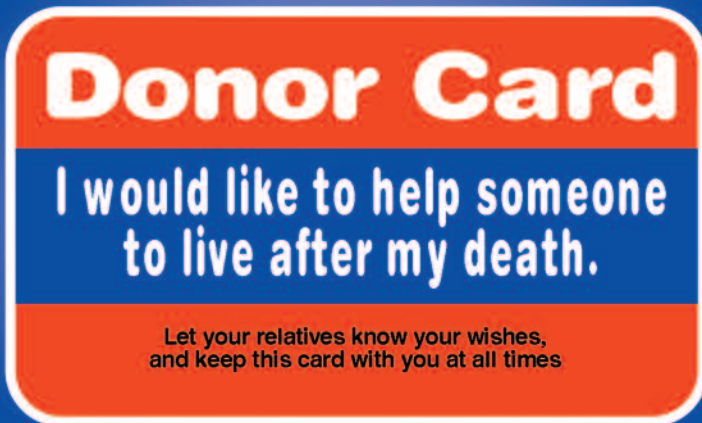
The contour of the water is non-irritating to bones, joints and connective tissue allowing for an enjoyable and therapeutic massage while helping with lower back pain, Arthritis, Chronic fatigue, depression, diabetes, high blood pressure and more.

The simple to use handset allows you to control the specific area, intensity and duration of your chosen massage, or you can select a preset routine from a 5 minute massage to spending a whole hour undoing those aches and pains. With no disrobing or getting wet anytime is a perfect time for a Solajet session.

Solajet is already established in America for commercial and home markets and Cyrano Ltd of Braintree, the exclusive UK importers, are working to establish the Solajet 'DRYWAVE'™ massage bed with physiotherapists and chiropractors.

To find out more and to hear from people who have benefitted from Solajet 'DRYWAVE'™ visit www.solajet.com or contact Cyrano Ltd on 0808 100 7778.

Don't delay...



...do it *today*



Bouygues UK is delighted to support Smile, a truly invaluable service for partners.

We're currently working hard to deliver a new world-class facility at Broomfield Hospital and, come 2012, patients and visitors alike will be able to benefit from new facilities and services including A&E departments, day surgery theatres, outpatients department, plus a rooftop helipad.

We're sure that it's going to be something else you'll want to smile about.



www.bouygues-uk.com

Maldon & East Chelmsford PARLIAMENTARY CONSTITUENCY

"Congratulations to all the dedicated volunteers for their hard work to brighten up the day of patients and staff at Broomfield Hospital."

John holds regular surgeries in Burnham on Crouch, Maldon, Great Baddow and Galleywood.

Appointments can be made by contacting the constituency office in Maldon on 01621 855663

John Whittingdale MP
House of Commons, London SW1A 0AA
Tel: 020 7219 3557

Email: jwhittingdale.mp@tory.org.uk

www.johnwhittingdale.org.uk

Placed by John Whittingdale MP and paid for from his Communications Allowance

John Whittingdale



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.

20% off

a combined
MOT  **Service**

We'll have you
back on the
road **in no time.**

HiQ Chelmsford
Robjohns Road CM1 3AF
01245 344688
Operated under franchise by P&R Tyres Limited

Open:
Mon - Fri 8.30 - 5.30
Saturdays 8.30 - 12.30
hiqonline.co.uk

HiQ
Fast fit you can be sure of

Tyres • Exhausts • Brakes • Batteries • Servicing • MOTs

Discount applies to combined MOT & Service booked at the same time. Applies to standard passenger vehicles up to and including 2.0 Litre engine size. Excludes commercial vehicles and motorcycles. The discount for MOT is off VOSA recommended price and discount is not valid with any other offer or discount scheme. Offer subject to availability of services and available to retail customers only. Offer only available at the HiQ centre above. Valid until 31 December 2009.

STRATHIE CONSTRUCTION

APPROVED INSTALLERS OF RESIN BOUND PAVING

01245 233327

www.strathieconstruction.co.uk



Hard Landscaping

Specialists in resin
bound paving

A decorative alternative for
driveways, patios and
paved areas.

All work guaranteed

Members of The Guild of
Master Craftsmen



Members' profiles



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!



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!



Silversprings is a residential care home dedicated to providing the very best care to elderly people. This purpose built architecturally designed home is set within its own beautiful grounds; is decorated to the highest standard and features a full activities programme and freshly prepared nutritious food, which leads us to believe we have created a home of excellence.

Each of the three suites of bedrooms has its own lounge dining room, in addition to the spacious ground floor lounge, conservatory and dining room, creating a sympathetic design aimed at capturing the feel of home in which to live and not just exist.

It is extremely important to us as Silversprings for our residents to hold on to their independence and dignity; we respect our residents preferences and offer choice in all things: from food to activities. We aim for each resident to feel safe, happy and at home.

Silversprings has its own shop and hairdressers as well as a dedicated activities room, our experienced activities co-ordinator will work alongside care teams to create an appropriate programme for all to enjoy including:

Gardening • Baking • Outings • Animal Therapy • Gentle Exercise • Life Skills • Art Therapy

Silversprings Care Home will offer unprecedented facilities for both supported and independent living this unique care setting will set the highest standards in the provision of residential and dementia care, high dependency needs and end of life care.

Silversprings • Tenpenny Hill • Thorrington • Colchester • CO7 8JG

Tel: 01206 251 962 • Email: care@silverspringscsl.co.uk • Web: www.silverspringscsl.co.uk



LTD.

50% OFF NEXT MOT.

COME & EXPERIENCE OUR PERSONAL & PROFESSIONAL SERVICE.

Take advantage of our **FREE** local collection & delivery service.

All your motoring needs catered for (MOT's, Servicing, Air Conditioning, etc.)

IF REQUIRED MAKE USE OF OUR FULLY LICENSED & INSURANCE APPROVED BODYSHOP.

(FREE ESTIMATES)

TAKE ADVANTAGE OF OUR STAFF'S VAST EXPERIENCE IF MAKING A VEHICLE INSURANCE CLAIM.

01245 265264 / 266474.

WWW.CHELMSFORDACCIDENTREPAIRSPECIALISTS.CO.UK

RIVERMEAD IND EST, BISHOPS HALL LANE, CHELMSFORD, ESSEX CM1 1PD.

* 50% OFF THE RECOMMENDED VOSA SET FEE. ON PRODUCTION OF THIS ADVERT.

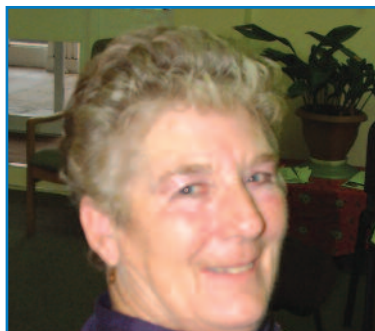
Members' profiles



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.

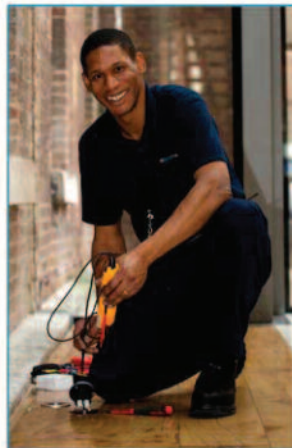


Ecovert FM @ Broomfield Hospital

Ecovert FM is the Facilities Management provider for the new extension to Broomfield Hospital in Chelmsford.

A well-established FM company working via its 1600-strong team in the **healthcare, education, real estate and government** sectors, **Ecovert FM** counts among its clients the Home Office and the Cabinet Office.

From 2010, Ecovert FM will employ around **35 people**, including **engineers, electricians, plumbers and administrative staff**, to deliver a range of high-quality services to the hospital.



For more information on opportunities with Ecovert FM, please contact recruitment@ecovertfm.co.uk or visit www.ecovertfm.co.uk

Forest Homecare - *care in your own home*



If you, a friend or relative needs **care at home**, we can provide a package of care for you, from a few hours a week to several visits each day.

Short term, long term or respite - our support varies with your needs.

Forest Homecare has provided care since 1994 and now supports over 1,000 clients each week.

To find out how we can help call

01787 463 222 Or 01245 442071

- Personal care
- Day or night sitting
- Housework
- Meal preparation
- Assistance with medication
- Laundry
- Shopping
- Health & hygiene

Forest Homecare — *here to help*

email: info@foresthomecare.co.uk

website: www.foresthomecare.co.uk

Members' profiles



Jaya Shree

Ramanathan

Jaya has been working in the Shop since 2005 having been introduced to volunteering through a friend.

Working on Wednesday mornings Jaya's work involves serving customers and stocking up shelves, organising the magazines and books and returning the old ones to suppliers.

Jaya finds helping a good cause very rewarding and enjoys meeting people



Liz Foster

Liz began volunteering last March following her retirement from the Bradford & Bingley at the end of 2008. She does a trolley round with her life long friend Kathy on a Wednesday morning and also helps out in the League of Friends Shop.

Liz knew that when she retired she wanted to continue to be involved with dealing with people. She loves going into the wards, meeting patients and staff and bringing 'a little cheer.'

Liz finds volunteering her way of being able to give something back to Broomfield Hospital for the care given to her husband and nephew who have both been treated at Broomfield. Sadly she has lost her nephew to cancer at the very young age of 24.

Away from her volunteering work Liz enjoys swimming, gardening and meeting friends.

Chelmer Telecare

Safety and security for all ages and disabilities

- Help in an emergency 24 hours a day, 365 days a year
- Alert our call centre at the touch of a button
- Fast and immediate response
- Alarm equipment fitted by trained assessor
- One-off installation fee
- Quarterly rental charge at reasonable rates

For more information call 0845 155 3000
or email telecare@chp.org.uk



COMMUNITIES ♦ HOMES ♦ PEOPLE



***Quality Dental Care for
all the family***

ANTHONY CLOUGH

BDS HONS LDS RCS ENG

New Patients Welcome

Telephone: 0844 8750039

“Sharrow Dental Surgery”

Moulsham Street, Chelmsford

WE WANT YOU!



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, yes, yes, then why not join
the Broomfield Hospital League of Friends.**

You can work in our hospital shop or on the ward trolleys.

Contact: **Jenny
Gillingham**



EssexWorks.
For a better quality of life

**Limited
FREE
12 month
offer!**



**I want quality time with the
kids without worrying
about mum. I wish she had
help at the touch of a button.**

Time for Telecare!

**FREE Telecare
for 12 months**
to Essex residents who
are aged 85 and older and
new to Telecare.

For information call
0845 603 7630
or visit
www.essex.gov.uk/telecare



Essex County Council

CLEANRITE
Ltd

**We Care About What We DO!!
Complete Cleaning**

- Regular Home Cleaning
- Regular Contract Cleaning
- Office and Commercial Premises
- Deep And Initial Cleans
- Halls And Sports Facilities
- Specialist Deep Cleans Including Kitchens

People You Can Rely On

We cover Chelmsford, Witham, South
Woodham, Burnham, Maldon & Surrounding
Villages

01621 743080
Mobile: 07787 553033

www.cleanritecleaning.co.uk

Unit 14B, Red Lion Business Centre, Burnham Road
Latchingdon CM3 6JH

HS Security Ltd

**CCTV, Access Control &
Intruder Alarm Specialists**

***Are Proud to be associated
with Broomfield Hospital
And Send Best Wishes to
Patients, Staff and Volunteers***

Tel: 0844 5678800
Fax: 0844 5678822
Email: admin@hssecurity.co.uk

**“We install the best and
service the rest”**

TELECARE IN ESSEX

The whole ethos behind Telecare is to increase independence and choice, whilst supporting the user to remain in their home. It provides continuous reassurance to the user, family and carers, coupled with support only as and when required.

Most people will be familiar with the original pendant alarms, or community alarm service. Surprisingly these devices have been around for over twenty-five years and are still the "entry level" for telecare. A system usually comprises a base unit and a wireless alarm button. When the button is pressed the service user is connected to a Careline who then arrange for the appropriate response. This could be contacting a family member/carers or even the emergency services.

Things have moved on considerably and sensors are

now available to monitor gas, carbon monoxide, fire, flood, falls, bed occupancy, bogus callers, wandering and other issues associated with independent living. One popular device is a pill dispenser that issues medication at a selected time and raises an alert if it is not taken.

Whilst sensors can be linked to a Careline, this is not always the case as sensors can "report" to a pager, or vibrating alarm in the property. Most sensors are unobtrusive, wireless, battery operated and are easy to fit. They will automatically raise an alert. Service users can then choose what response (and who) they want for each sensor type.

For more details about this innovative service and the free offer please contact your local Careline on 01245-613132 or visit www.essex.gov.uk/telecare



Please...

**return all hospital equipment
(crutches, wheelchairs, etc)
when you have finished
with them**

...Thank you



NHS

3rd degree burns
Sunday 8.17am

Give blood

Please don't leave it to someone else



For your nearest venue type your postcode into

blood.co.uk or call 0845 7 711 711

Members' profiles



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.

Mid Essex Hospital Services



Sexual Health Services

NHS Trust

The department offers an open access, confidential clinic, dealing with all aspects of the care, management, diagnosis & prevention of sexually transmitted infections, including HIV / AIDS. They strive to provide non judgemental care for individuals affected by or concerned about sexually transmitted infections.

Locations:

St Johns Hospital
Wood Street
Chelmsford
Essex
CM2 9BG

William Julian Courtauld Hospital
London Road
Braintree
Essex
CM7 2LJ

St Peters Hospital
Spital Road
Maldon
Essex
CM9 6EG

All services are free of charge. Patients can check website for opening times & new venues which are being opened in the future.

Tel. 0844 556 9601 / 01245 513697

www.meht.nhs.uk (click on link to Genito Urinary Medicine or Sexual Health)

You will be offered an appointment within 48 hours of contacting the service



**Same Day
Appointments
Convenient
Flexible**

*Comprehensive GP service provided
on a pay-as-you-go basis.*

Evening appointments available.

Medical examinations and well person screening.

Child and adult vaccinations.

Homeopathy and acupuncture also available.

Dr Sibel Peck,

Dr Anne Squire & Dr Judith Pluck

TRAVEL ADVICE & ALL VACCINES

Designated Yellow Fever Centre

01245 234134

Springfield Hospital, Lawn Lane, Chelmsford

01245 253777

The Chelmsford Medical Centre, Fenton House,
85-89 New London Road, Chelmsford

www.privategpservices.co.uk



Tel: **01376 554188**

**A NATIONAL COMPANY
WITH A LOCAL SERVICE**

We are the official car and van rental location for Braintree and the surrounding area of Essex, including Freeport, Witham, Marks Tey, Coggeshall and Halstead. Braintree operates a comprehensive fleet of rental cars from small economy to large saloon, with automatic and diesel variants too. A free 'meet and greet' service is provided and short and long term rental enquiries from tourists, residents and the local business community alike are welcomed. All rental vehicles are offered at competitive car hire rates.

Practical Car & Van Rental

Radico Ltd, Unit 16 - 18, Finch Drive,
Springwood Ind. Estate, Braintree, Essex CM7 2SF

Tel: **01376 554188**

Fax: **01376 328257**

www.practical.co.uk

Email: **braintree@practical.co.uk**

Members' profiles



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!



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 grand-daughter 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.



The Livemore Partnership LLP

Broadway House
74-76 Broadway
Leigh-on-sea
Essex
SS9 1AE

Tel: 01702 714977

Fax: 01702 471745



- Building Surveying • Architecture • General Practice Surveying
- Project Management • Quantity Surveying • Planning Supervision
- Party Wall Surveyors • Commercial Property Management
- Facilities Management
- Building and Environmental Service Consultants

Look Good and Start Smiling



START
SMILING

UK Dentistry

Dr John W G Adams
BDS LDS RCS
Dr Genevieve Keane
BDS MFDS RCS

Treatments offered:

- Beautiful natural looking veneers for perfect smiles
- Gentle effective tooth whitening
- Pain free dentistry
- Tooth straightening with Clearstep invisible braces
- Oral hygiene care and instruction
- One-visit porcelain inlays
- Dental implants



AMERICAN ACADEMY
OF COSMETIC DENTISTRY

We also offer non-surgical cosmetic treatments:

- Botox
- Sculptra
- Weinwave
- Fillers
- Non-surgical face lift

Tel 01277 353456

info@start-smiling.co.uk
www.start-smiling.co.uk

5 Market Place,
Ingateside,
Essex, CM4 0BY

FREE
Relaxed
Consultation

0% INTEREST
FREE CREDIT
and low cost finance offered

Cycling is good for the environment and good for you.

It is estimated that three-quarters of all personal journeys are less than 5 miles long – that is just 30 minutes by bike.



By switching to a bike for short journeys you are helping to reduce air pollution, noise pollution and congestion and improving your fitness at the same time.

EssexWorks.



Essex County Council

Members' profiles



Margaret Borr

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.



TESCO

**Come and visit us soon
and check out our offers
in-store every week!**

- 1** Tesco, Springfield Road, Chelmsford, Essex CM2 6QT
We're open for you Monday – Saturday 7am – 10pm, Sunday 11am – 5pm
- 2** Tesco, Princes Road, Chelmsford, Essex CM2 9XW
We're open for you 24hrs*
*Store open continuously Monday 8am – Saturday 10pm, Sunday 10am – 4pm
- 3** Tesco Express, 269 Broomfield Road, Chelmsford, Essex CM1 4DP
We're open for you 6am – 11pm, 7 days a week

Some counters and departments may be subject to different opening hours, see in-store for details.



Mill Road, Mayland, Essex CM3 6EQ

Phone: **01621 740 269**

**Enjoy a little alfresco dining in our fabulous
licensed restaurant**

Home Cooked Food, with Full Waitress Service

**Senior Citizens Special Offer
2 Courses Only £6.50 (Monday - Friday)**

**Sunday Lunches only £8.95 Served with
the Sunday Newspapers**

**While you are there have a look round the
fantastic Garden Centre and Food Hall**

Dengie Food at its finest
food company



ST GEORGES WITHAM NURSING HOME

- 1st Class Nursing Care
- 3 Star Excellent Rating - C.Q.C
- 5 Star Food Hygiene Award
- Long Term and Respite Stays
- Organised Activities
- Telephone & Broadband available
- Individual needs catered for



Telephone (01376) 512258
18-20 Avenue Road, Witham, Essex CM8 2DT
www.stgeorgescare.com/witham

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.

Broomfield Hosp

League of Friends





Faculty of Health & Social Care

CAREERS WORTH THINKING ABOUT

- BSc (Hons) HEALTH & SOCIAL CARE
- OPERATING DEPARTMENT PRACTICE
- RADIOGRAPHY
- COUNSELLING
- SOCIAL POLICY
- FOUNDATION DEGREE IN HEALTH CARE
- SOCIAL WORK
- MIDWIFERY
- NURSING
- BSc (Hons) CLINICAL PHYSIOLOGY
- YOUTH AND COMMUNITY WORK

COME TO AN OPEN DAY OR TASTER DAY
0845 196 4000

www.anglia.ac.uk/fhsc/events

www.anglia.ac.uk/fhsc

micro mend

Computer Problems?

- Daytime & evening calls
- Virus removal • Established 16 years
- Custom built PC's • Laptop sales/repairs
- All work undertaken • Data recovery
- 27 Years' experience • Microsoft certified
- Home networking & Internet sharing
- Offices in Springfield, all areas of Essex covered

• **NO CALL-OUT CHARGE**

• **NO FIX NO FEE**

• **ALL WORK GUARANTEED**

Tel: **01245 463330**

Mob: **07788 925085**

birdluckin

CHARTERED ACCOUNTANTS

Talk to us... We'll listen

FREE

Initial Consultation

0800 146870

**Tax Planning
Audit
Accounts
Business Consultancy**

**Aquila House, Waterloo Lane,
Chelmsford, Essex, CM1 1BN**

enquiries@bird-luckin.co.uk

www.bird-luckin.co.uk

**Bellamy
Surveying & Consultancy
Services Ltd**

- Asbestos Surveying • Project Management
- Demolition Consultancy
- Interior Design & Refurbishment Consultancy

Cannon House, 438 Baddow Road, Chelmsford, Essex CM2 9RB
www.thebellamygroup.co.uk • E-mail: kevin@thebellamygroup.co.uk

Tel: **01245 478 333**

Fax: **01245 478 266**

Mobile: **07734 686 776**



*I wandered lonely as a Cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host of golden daffodils.*

~ William Wordsworth



Members' Profiles



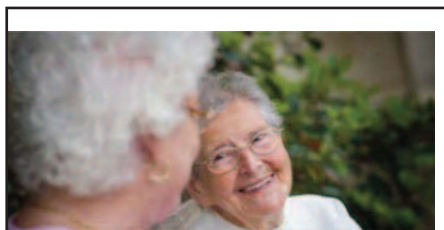
Peggy Cooke

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."



Lyons Court Care Home peace of mind

Our dedicated staff pride themselves on providing the highest standards of care and support for your loved one in a 'home from home' environment.

Please call us on 01245 451 254

Lyons Court Care Home
Canvey Walk
North Springfield
Chelmsford
Essex CM1 6LB
www.sanctuary-care.co.uk



Abbey Lift Care

**Are glad to be associated with
Broomfield Hospital**

**Ability House, Brooker Road
Waltham Abbey EN9 1JH**

**01992 655960
www.abbeyliftcare.co.uk**

WE WANT YOU impact

...to help create a new dry wildlife garden in Chancellor Park, Chelmsford

get involved and
call 01245443073 or email
impact@wildernessfoundation.org.uk for more info
www.wildyouth.org.uk

CHELMSFORD STAR
CO-OPERATIVE
FUNERAL SERVICES



PEACE OF MIND WITH A FUNERAL PRE-PAYMENT PLAN

Planning for the inevitable gives peace of mind that no-one else will have to organise your funeral. Tailored to suit your own needs, pre-paid funeral plans allow you to prepare for the future at today's prices!

24 Hour Personal Service

CHELMSFORD 01245 353978

GREAT BADDOW ... 01245 268993

BRAINTREE 01376 551951

Bereavement & Aftercare Support Group:

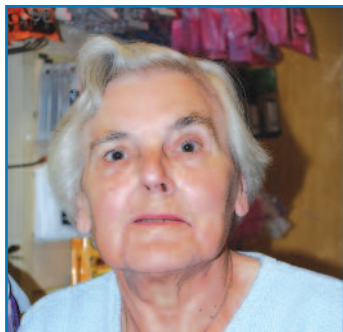
0800 0284808

For full details visit our website:

www.chelmsfordstarfunerals.co.uk

A part of Chelmsford Star Co-operative Society Ltd.

Members' Profiles



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".

what happens
when you don't
advertise your
business?



to find out how to
advertise your business
contact us on
0845 080 8700

Your Local Private Health & Cosmetics Centre

You're in safe hands with us

- Specialist consultant clinics
- Day case surgery and procedures
- Diagnostics: MRI, X-ray, Ultrasound and Endoscopy
- Osteopathy, Physiotherapy and Sports injury clinics
- Pilates
- Cognitive Behavioural Therapy (CBT)
- Cosmetic treatments and surgery
- All in the heart of Chelmsford:
85-89 New London Road, CM2 0PP, with free parking



Call: 0800 0432210 Visit: www.medtel.co.uk/chelmsford

Chelmsford Medical Centre **MedTel**

Care Quality Commission Registered number 1-43298294 © 2008 MedTel UK Ltd. Registered in England No. 3446473. Registered Office: MedTel UK Ltd., Tavock House, Tavock Square, London WC2H 9EG

Broomfield Grange Nursing Home



High Quality Care for your loved ones:

Residential, Nursing, Dementia, Palliative Care
Full range of Medical & Health Care Specialists
Homely environment within a luxury setting
Café, Gym, Daily Activities, Frequent Outings
Only 30 mins from London by train!

**Puddings Wood Lane, Broomfield,
Chelmsford, Essex, CM1 7FG**



**CALL NOW to
reserve a
place!**

broomfieldgrange@btconnect.com www.europeancare.co.uk

Tel: 01245 443 680



What can you do about back pain?

Back pain is a very common condition so if you're suffering you're not alone; however that knowledge in itself probably won't make you feel much better.

So what can you do if you're suffering? Well firstly, it's worth remembering that most back pain will clear up on its own within six weeks. If however your pain persists it is best to act early before your problems worsen. It is important to stay physically active, and NICE guidelines (National Institute for Health and Clinical Excellence) suggest a course of manual therapy (e.g. visiting an osteopath or physiotherapist) and/or having acupuncture. All of these treatments are available at the Chelmsford Medical Centre (CMC); a modern well equipped private health centre in New London Road, Chelmsford. All of CMCs physiotherapists and osteopaths are fully trained in acupuncture so can advise you of the best course of treatment dependant on your unique circumstances

and symptoms. They are also able to advise you, after your initial assessment and treatment, if they feel you would benefit by being referred on to a pain management specialist or consultant spinal surgeon.

CMC has an impressive range of back pain specialists, many of whom also practice at CMC's sister sites, the Harley Street Medical Centre and the City of London Medical Centre. Overall, the back pain specialist team at CMC are well equipped to diagnose and treat your back pain.

If you would like to take steps towards ending your back pain, call **0800 0432210** and make an initial appointment with one of their osteopaths or physiotherapists today. For more information visit www.medtel.co.uk/chelmsford

Broomfield Grange Nursing Home

A unique, luxury care home has recently been launched in Essex. Broomfield Grange Nursing Home, situated on the grounds of the Broomfield Hospital, is the flagship home of leading operator, European Care Group.

Broomfield Grange provides a high standard of evidence based person centred care, delivered by a highly dedicated team of staff who benefit from the company's in house training based around the skills for care standards. The Dementia wing has been designed by European Care's specialist dementia team, lead by Paul Smith (Research Fellow, Oxford University). The home is also providing high quality person centred care in the palliative care, general nursing and residential wings. For those that require it, a respite facility is also available on request. Families already benefiting from the care provided, describe the new home as, "a wonderful care community".

The home is designed to challenge the typical care home stereotype with innovations like an in-house stylish Alzheimer's Café, whilst providing traditional services such as good home-cooked food. All of the interior designed rooms are single occupancy with en suite shower rooms and include modern comforts such as plasma televisions. Guest rooms are available for visiting friends & family, who are often welcome to join in the activities such as gardening, painting and music, and accompany home outings.

Broomfield Grange is part of the European Care Group, the fifth largest independent health care provider in the UK, and as such benefits from the Group's extensive resources, whilst retaining its individual identity and community links. For more information contact Broomfield Grange on **01245 443 680**.

S. P. BARDWELL^{Ltd}
CONTRACTORS



Civil Engineering Building & Construction

No job is too small for us

From small job to large, trade and private works undertaken. We are both ready and equipped to handle all your civil engineering, building and construction needs. We have everything that could be needed for any job. And if we haven't then we know who will have. We pride ourselves on the quality of our work and the service we give. In an industry full of poor workmanship we know that commitment to quality and service makes us stand out.

We are happy to give free quotations and advice. Just call us on (UK)

01621 742 742
www.spbardwell.co.uk

UVDB verify  UVDB 



Avoid slips, trips and broken hips!

Would you like to improve your strength and balance?

We can give you advice and help to everyone worried about falling

Call the Falls
 Prevention
 Team on
**01621
 727346**



THE STORES

Established 1974

Come and visit our Victorian Shop in Great Waltham and view the range of Period Pine and Country Furniture carefully renovated in our workshop.

- ◆ Unusual and Interesting pieces in stock
- ◆ Range of Unfinished furniture to view
- ◆ Search undertaken for Specific Pieces

OPEN:

Thursday to Saturday: 10.00am-5.00pm

Sunday: 11.00am - 4.00pm

Telephone:
01245 360277

G. Collins & Sons Funeral Directors Ltd

An Independent Family Company

Established since 1893

Fifth Generation

**Covering Braintree, Witham
 & All Surrounding Areas**

Directors: Brother and Sister
 Mr. James A. Collins & Mrs Gemma Burdon

4 The Street
White Notley
 CM8 1RH
 01376 583385

10 Cressing Road
Braintree
 CM7 3PP
 01376 326818



Tel: **01376 583750** (24 hr. Service)
 Email: enquiries@gcollinsandsons.net

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)
- Two Pegasus beds (£3,000)



The league also finances projects such as:

- Arts project photographic gallery
- 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
- 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 65 of this magazine or pick up an application form from the shop.

Telephone:

01245 443285





Twenty Twenty Learning

thinking transformed

Providing training and consultancy services to education and industry through creative and innovative partnerships.

www.20-20learning.com

*The Innovation Suite, Old Barn, Walkers Farm,
White Roding, Dunmow, Essex CM6 1RX*

Tel: 01279 877955

Email: info@20-20learning.com



Acacia Business Services Ltd

Health & Safety Consultancy
& Training

Need help with Health & Safety and don't know where to start? Let us help!

We provide a range of Health & Safety Consultancy & Training services at sensible, cost effective rates.

Tailored to your requirements
No matter the size of your business

Tel: 01376 502339

Fax: 08717 145241

Mob: 07763 879398

www.acaciabusinessservicesltd.com

Best wishes to all staff,
patients & volunteers
Glad to be associated with the
Broomfield & St Peter's Hospitals

Brockrich Ltd

Cable Laying Contractors

Woodlands End
Woodlands Park Chase
(off Steeple Road)
Mayland, Chelmsford
CM3 6BB

Telephone
01621 742562



Waterfront Place

Family Friendly Restaurant

Indoor children's play area

Access for double pushchairs

Great Children's menu

BOOK OR WALK IN

www.waterfront-place.co.uk

01245 252000

Wharf Road, Chelmsford

Donations



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.

DONATIONS 2008

£ 6,000	2 Cerebral Monitors - Anaesthetic Dept
£7,500	Vascular Surgery - Versaget
£ 430	Reading Aids - Stroke Ward
£12,000	Diagnostics - Sonosite Nerve Machine - 50% of cost
£ 20,000	Meta Vision Monitors
£ 1,000	Christmas Decorations

DONATIONS 2009

£12,000	Theatres - Sonosite Nerve Machine
£1,250	Pain Management Services - L.E.D. Waiting Room Sign
£1,284	Chemotherapy Suite B10 - 3 Relaxing Chairs @ £428 each
£350	Tape Players B16
£ 7,000	Ophthalmology - Autorefractor £4,000 Balance for second machine £3,000
£ 17,346	Argon Plasma Coagulator - Endoscopy Unit
£ 25,000	St Andrew's Centre - Operating Table
£ 4,350	B24 - Three Dinamaps

"Your local answer for..."

ALL DENTURE PROBLEMS

ADVANCED QUALITY DENTURE SERVICES

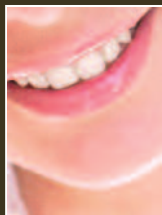
ESTABLISHED 25 YRS

• REPAIRS • DUPLICATES

• IMMEDIATE SERVICE

• WHILE-U-WAIT
EXPRESS SERVICE

CONFIDENTIAL &
DISCREET



01245 345969

24 HOUR

Mobile 07850 574981

36A New Writtle Street, CHELMSFORD (Just off Moulsham St)

D.W.J **GARDEN & TREE** **SERVICES**

- All Tree Work
- Grass Cutting
- Hedge Cutting
- Lawn Care
- Tree Stumps Removed
- Garden Maintenance
- Grounds Maintenance
- Garden Clearances

And Much More...

We Also Supply Seasoned Logs and Kindling

All Work Carried Out By Fully Insured And
Experienced Staff

01245 233407

07899 850534

Please Call For A FREE No Obligation Quote



POWELL SYSTEMS

Best wishes to all
staff, patients
and volunteers

Powell System Engineering is a Building Services Controls Company specialising in the Building Energy Management Systems using a product called Trend. The company works for key blue chip companies, the government, hospitals, schools and many large contractors. PSE takes advantage of new technology to assist clients in becoming more environmentally and energy efficient.



01689 879000

www.powell-systems.co.uk

Unit 2, Fitzroy Business Park
Sandy Lane, Sidcup, Kent DA14 5NL

Often imitated -
never bettered

POOCHES GROOMING PARLOUR

- Collection and delivery
- Nails, anal glands, ears
(clean & pluck)
- All breeds
- Professional friendly staff
- City & Guilds qualified
- Microchipping £15

Open Tue-Sat
8.30am - 5pm



Call us on

01245 252344

www.poochesgrooming.co.uk
29 Upper Bridge Road, Chelmsford CM2 0AZ
(corner of Bradford Street)

Morning Dreams

Early in the morning
before the sun doth rise,
you can hear the birds
singing in the skies.

Dewdrops on the flowers,
skies with pink do gleam,
clouds like fairy towers,
gone in morning dreams.

Anon

Essex Blind Charity

We offer support and care for the visually impaired of Essex and East London

Services include:

Residential Care, Equipment Centres, Eye Clinic Support Groups,
Social Clubs, a Newsletter and Helpline:

0870 240 5418

Head Office

Read House, 23 The Esplanade, Frinton on Sea, Essex CO13 9AU

Tel: **01255 673654** Fax: **01255 673177**

Website: **www.essexblind.co.uk** E-mail: **info@essexblind.co.uk**

ADAM & GREENWOOD FUNERAL HOME, Chelmsford

**YOUR LOCAL TRADITIONAL FUNERAL DIRECTOR
WITH OWN PRIVATE WOODLAND CEMETERY**

01245 49 66 20 (24 Hours)

**Call us, we can advise you on:
TRADITIONAL or GREEN FUNERALS, MEMORIALS &
GOLDEN CHARTER FUNERAL PLANS
www.afuneral.co.uk**

Climate Change Team



For impartial advice and information on:

- Energy efficiency
- Climate change
- Renewable energy
- Water efficiency
- Available Grants
- Free energy and water saving products

www.braintree.gov.uk

**Please contact Wanda Smith or Anna Billings
on 01376 552525 for further information**



ESSEX BLIND CHARITY AT THE LOW VISION CLINIC

When you visit the Low Vision Clinic at Broomfield Hospital you will be offered the opportunity to talk to people from the local support organization Essex Blind Charity and to buy items from the range of useful equipment they stock to help with everyday living. This service is available in the next room to the clinic, where you can talk in confidence to our trained staff and volunteers. We stock a wide range of aids, from clipboards and felt pens to talking watches and kitchen aids. Our trained staff will be happy to help you discover what equipment would be most useful to you and can also give you information on local services like social clubs and talking newspapers.

Essex Blind Charity has been working in partnership with the Low Vision Clinic for 3 years to enhance the service and provision of aids to people with sight

problems. In one visit to the hospital you can find out a lot of information about the support available and also buy equipment to help with everyday tasks alongside the magnifier you will be issued with by the clinic.

Essex Blind Charity has local resource centres in Chelmsford Central Library every Friday from 10am to 4pm, in Braintree Community Centre every Wednesday from 10am to 1pm and in Brentwood Library on the 2nd Monday of each month from 10am to 1pm. The Charity also operates a Home Visiting Service in Chelmsford for those newly diagnosed with a visual impairment.

For more information call our helpline on **0870 240 5418** or visit our website **www.essexblind.co.uk**



Smile Recycle

Thinking of the
environment

Please pass this magazine
on or recycle it!



Don't be an Ostrich...

...and bury your head in the sand if you are struggling to make ends meet



We may be able to help towards your rent and council tax payments, due to the following:-

- Low income
- Redundancy
- Divorce/separation
- Bereavement
- Sickness
- Students
- Rent/Council tax arrears
- Retirement
- Disabilities

Just give us a call:

01376 557888
www.braintree.gov.uk



glad to be associated with
Broomfield Hospital

Commercial - Domestic - Industrial
Design - Electrical Maintenance
Data Networking - Emergency Lighting
Fire Alarms - A.O.V Systems
T.V. Distribution Systems
Audio / Video Door Entry Systems
Intruder Alarms

24 Hour Emergency Call Out
Inspection & Testing - Pat Testing

www.laserelectrical.com
Tel: 01245 398380
Fax: 01245 398381

Looking for an **NHS** dentist?

Our lists are now open

- Emergency appointments
- NHS exemptions
- Open Saturday mornings

Goodleigh Dental Practice

41 Broomfield Road
Chelmsford, Essex CM1 1SY

NHS 01245 257181

Close to bus and train station

BJ's Car Trimmers

- Leather Retrimms • Cloth Retrimms • Seat Repairs •
- Carpets • Head Lining • Convertible Hoods •



01245 400122
Mobile 07970 064027

www.bjscartrimmers.com

Unit 23 East Hannifield Industrial Estate, Old Church Road,
East Hannifield, Chelmsford, Essex CM3 8AB



G Lehan & Son
Painters & Decorators

- Interior • Exterior • Painting •
- Wallpapering • Paint effects •
- C.I.S Registered •

Reasonable prices for an excellent job

ALL INSURANCE WORK UNDERTAKEN
FREE ESTIMATES, NO OBLIGATION

01245 325692
0800 611 8698

Patients' 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.

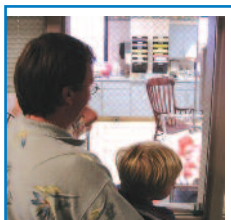


- If you are on a special diet, please let us know. If a special diet is recommended for you, a dietician will visit to ensure we meet your needs.

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.



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.

GIANT BOOT SALE

EVERY SUNDAY & BANK HOLIDAY MONDAYS

7am - 2pm BUSIEST IN ESSEX! BOREHAMS GENERAL FARM

Entrance on roundabout where A12 meets A130
Boreham turn-off Junction 19

Admission 50p, OAPs and Children FREE!

No counterfeit goods allowed.

Cars £12, Large Vans £15

Sellers arrive 6.30am to 10.00am

01279 871117 or 07779 948946

JuSonne

Full your baby needs from JuSonne Place

Suppliers of faux leather pushchairs in single and twin styles.
Beat the credit crunch and keep your pushchair looking new
for all of its lifetime, buy faux leather today.

Suppliers of all major brands of
nursery goods at low, low prices.

Visit us at www.jusonne.co.uk

01789 470431



Complete Pushchair with accessories for under £100!

PROFESSIONAL CATERING FOR ALL OCCASIONS

CHICKS

Catering Services

WEDDINGS DINNERS BUFFETS

Louise Collinson

**Tel: Dunmow (01371) 873233 [daytime]
Chelmsford (01245) 265570 [24hrs]**

JS Wright & Sons Ltd

Send Best Wishes

to Patients and Staff
at Broomfield

International Student Advisors (ISA 4U)
Student Work Placement Schemes

We can provide students to Nursing, Residential and
non Health Care organisations

All Students have qualifications in their chosen
fields such as Caregivers, Midwives,
Underboard/Registered Nurses, Pharmacists,
Nannies, IT, Tourism & Hospitality, Business
Management and Accountancy



To find our more please contact
Tracey or Jonet on 01245 226625/226064
www.internationalstudentadvisors.com

Bruce Welton Ltd

Brickwork & General
Building Contractor

Extensions, Garage Conversions,
Alterations, Walls, Drives,
Patos, Property Maintenance

City & Guilds Advanced Craft Brickwork
23 years Experience

Mobile: 07729 232085 Phone/Fax: 01376 570393

e2v: Creating bright ideas in high technology manufacturing

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

e2v

1ST CALL PRONTO CARS

- 4, 6, & 8 Seaters
- Airport Transfers
- Functions
- Any Distance 24/7



01245 355666 • 0800 4488451

1st Call Pronto Cars offers a friendly
reliable service for all your taxi and
private hire requirements

15 Derwent Court, Hobart Close, Chelmsford CM1 2FN

Patients' information continued



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



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.

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

Refreshments

The WRVS tearbar (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

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 55

*Best wishes to all staff, patients
and volunteers from all at*

Cambrils Ltd

DEVELOPERS

**WINDMILL INN
CHATHAM GREEN**

ACCOMMODATION • BAR • RESTAURANT

01245 361188

www.windmillmotorinn.co.uk

**For all your Fuel and
Lubricants requirements**

Products – Diesels, Kerosenes, Motor Spirits,
Lubricating oils & greases, coolants, tanks,
absorbents and accessories

Services – Top up service,
emergency supply,
contract retention

Linton

Linton Fuel Oils Ltd

T: 01375 383650

I: www.lintonfueloils.com

hungry? thirsty?

GREAT FOOD • GREAT DRINKS • GREAT MUSIC • GREAT COMPANY

OPENING HOURS

RESTAURANT LUNCH

MON - SUN 12-3PM

RESTAURANT DINNER

TUES - SAT 6-10PM

BAR TUES - SAT 6-LATE

mustard
bar & bistro

37 NEW LONDON ROAD, CM2 0ND
WWW.MUSTARDBISTRO.CO.UK

01245 266612

**T J Henley Building
Contractor**

**BLOCK PAVING / BRICKWORK
CONCRETE IMPRINTING
SPECIALISTS**

EXTENSIONS - DECORATIVE BRICKWORK

Also driveways repaired, cleaned and scaled.

Telephone for a no obligation quote

Tel/Fax: 01621 742895 or 07802 660072



**Wishing patients
a very speedy
recovery
from all at**

PILLARHOUSE

SELECTIVE SOLDERING SYSTEMS

www.pillarhouseinternational.com

Suraya²

20%
Discount To
All Broomfield
Staff



*Enjoy outstanding Indian
cuisine in a traditional
English village*

Is situated close to
Broomfield Hospital
The Beehive, Barrack Lane
Great Waltham
Chelmsford CM3 1AR

01245 360356

YELO-TAXI



Yelo

www.yelotaxi.co.uk

01376 33 44 55

**1 Goldcrest Industrial Estate, Driberg
Way, Braintree, Essex CM7 1NB**

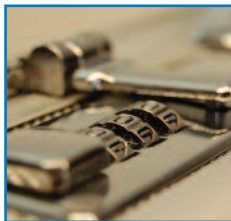
Patients' Information continued



Confidentiality

We look after all the paper and electronic information that we hold about you and comply with the Data Protection Act 1998.

Confidentiality is important to us and you can be sure that only those who need to see your details can access them.

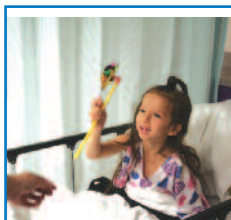


The Team

Our staff work in teams and although you may be under the care of a consultant, you may also be seen by other members of staff. We also train clinical staff so students may attend ward rounds and be involved in your care. If you do not want students present, then please tell the staff. No one will be offended.

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.

If you have queries about any further treatment once you have left hospital then contact your GP. We will also tell you if you need to attend an outpatient clinic for a follow up after you have

ADCOCK Estd. 1964

Are pleased to support the Volunteers at
Broomfield Hospital

Our reputation is built on providing complete industry services, including design, installation, service and maintenance of air conditioning and refrigeration equipment, to meet our clients individual requirements and the F-Gas regulation.

We are also able to offer a cost effective Rental Package when supplying air conditioning or refrigeration equipment.

www.adcock.co.uk

Email: chelmsford@adcock.co.uk

Telephone: **01245-398780**

Adcock Refrigeration & Air Conditioning Ltd
5 Suffolk Drive

Dukes Park Industrial Estate
Chelmsford, Essex CM2 6UN



PURELY STAIRLIFTS

- + We supply, service & repair Brooks/Acorn, Freelift, Minivator, Thyssen Flow 2, stairlifts, by qualified factory trained engineers.
- + We give friendly impartial free advice on the phone or at home.
- + We guarantee a low price.
- + We take pride in our work.
- + Phone today for a free consultation.



Tel: **01621 853751** Owned & operated by Engineers

WRITTLE LANDSCAPES

1 ROMANS WAY, WRITTLE
ESSEX, CM1 3EZ



PATIOS - TURFING/SEEDING
WALLING - FENCING

DRIVES: TARMACADAM/CONCRETE & ALL
TYPES OF BLOCK PAVING WORK

TEL. CHELMSFORD 420390 / MOB: 07802 209173

Best wishes from Electrical Safety Consultants

20 Broomfield Road, Chelmsford CM1 1SW

01245 287674



Head Teacher: Mrs. B.A.Windley

St Cedd's School

Maltese Road, Chelmsford, Essex CM1 2PB
178 New London Road, Chelmsford, Essex CM2 0AR
Telephone: (01245) 354380 Fax: (01245) 348635
Email: info@stcedds.org.uk Web: www.stcedds.org.uk



Maintenance

01371 878053 - 0800 1182050

Family Run Business
General Property Maintenance
All Work Guaranteed
E-mail: mpdunmow1020@aol.com

MOLLY MAID

The UK's leading domestic cleaning company



Come home to a clean house

MOLLY MAID is thorough, consistent and reliable. We will clean your home from top to bottom and nothing is overlooked - we guarantee it!

Tel: **01245 494003**
www.mollymaid.co.uk



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,
Chelmsford
CM1 7ET.**



Mistral Marine

Maintenance, Repair and Restoration
of Wooden and Fibre-Glass Boats

Specialists in Marine:
Fire, Electrical and Security Systems

We will travel anywhere in the UK or abroad

**0800
955 4555**

- VANS • LUTONS
- LORRIES (up to 7.5 tonnes)
- TAIL LIFTS
- TIPPER

Insurance & mileage included
Deliveries undertaken
Drivers supplied
House removals undertaken

SINGLE DAY HIRE
SPECIAL WEEKLY & DAILY RATES
OPEN 7 DAYS

Marconi Road
Chelmsford

01245 350468



Swan Care Home

Twenty Bed Residential Care Home
For The Elderly

29 North Street, Tillingham CM0 7TR
Tel: 01621 779171 Fax: 01621 778357
swancarehome@btinternet.com

Visage

~ Health and Beauty Salon ~

*A wide range of treatments
available for males and females*

Mildmay House, Foundry Lane,
Burnham-on-Crouch

Tel: 01621 786688



Our Old Stables Tearooms are open 7 days a week
throughout the year for delicious homemade cakes,
cream teas and lunches. Our barge 'Victoria' is
available for private hire alongside our
riverboat 'Caffell' for hourly public trips.

North Hill, Little Baddow, Chelmsford, Essex CM3 4BS
Tel: 01245 225520 www.papermilllock.co.uk

**JW
STEELE**
& Sons
Building Contractors

David J. Geer
Director

Tel: 01245 352487

Fax: 01245 283617

Mobile: 07768 178640

E-mail: davidgeer@jwsteele.com

264 Baddow Road, Chelmsford,
Essex CM2 9QT
www.jwsteele.com

LODGE'S

**Would like to send their best
wishes to all patients & staff**

**Coach Holidays, Day Excursions
and Private Hire**

Est 1920

Tel: 01245 231262

Help us to prevent infections spreading

The easiest way to pass on germs is with our hands so when staff clean their hands before and after touching each patient, it helps stop the bugs spreading

There are **two** main ways to clean hands:



Washing with soap and water

This removes germs and is best when hands are soiled. Soap and water should be used to clean hands if the patient is vomiting or has diarrhoea

Using alcohol handrub

These kill more than **99 per cent** of germs in around **30 seconds** and dry naturally on the skin. And because we don't have to be near a sink to use them, they are also very convenient. The **cleanyourhands** campaign encourages staff to use these rubs.

99%
30
secs



We hope that seeing us use them will help you feel confident that you're in safe hands.



cleanyourhands®
campaign

www.npsa.nhs.uk/cleanyourhands

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

Heart of Gold

Best Wishes & Get Well Soon from all at...

GREYHOUND COMMERCIALS

TEL: 01376 550948

Cordons Farm, Long Green,
Cressing, Essex, CM7 8DC

Wishing Patients A Speedy Recovery

STARBURGER

Breakfasts, Lunches & Dinners

6 Exchange Way, Chelmsford Essex CM1 1XD

01245 266178

MICHAELS DRY CLEANERS & LAUNDERETTE

Best wishes to all patients & staff

Tel: 01245 258528

144 Gloucester Ave

Best wishes from everyone at

D.J. Kelt Fascias & Soffits

01245 468005

07740 309468

A BIRKIN & SONS Funeral Directors

Private Chapel of Rest • 24-hour service • Floral Tributes Arranged
MARKET END • COGGESHALL - TELEPHONE: (01376) 561316 / 561779

Javalin Network Services Ltd

5 Grafton Place, Chelmsford CM2 6TG

Tel: 01245 463377

C L Panelcraft & Fastrack Services

Braintree Motor Co.

Fastrack Munciple

01376 528127

D S Engineering

7 Crittall Rd, Witham, Essex. CM8 3DR

01376 510294

CNC Milling & Turning Specialist

Beckwith & Son

(Engineering) Ltd

Tel: 01245 224775

Fax: 01245 224364

MAIDENS BARN

Weddings | Parties | Special Events

Beautifully converted barn, near Chelmsford - the perfect
place for your special celebration.

01245 231363

katherine@maidensbarn.com

Changing Faces

Changing
the way you face
disfigurement
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](tel:08454500275) or send an email requesting a fundraising pack to: info@changingfaces.org.uk.

For further information please log in to our website: www.changingfaces.org.uk

Best wishes to patients, staff and volunteers.

You have a...

Heart of Gold



Barda Restaurant

01245 357 799

www.barda-restaurant.com

30-32 Broomfield Road, Chelmsford CM1 1SW

KNIGHT MEATS LTD

are happy to support
The Volunteers at
Broomfield Hospital

CCS WINDSCREENS

Local Windscreen Co
Tel: 0800 770880

Best wishes to all patients, staff & volunteers

Stuart Davis Ltd

01621 741345

Stiches Farm, Summerville, Burnham Road
Chelmsford CM3 6BY

Wiltshire Farm Foods

01268 288887

Wiltshire Farm Foods offer a range of over 200 frozen
ready meals & desserts delivered direct to your home

We would like to send our very best wishes to all
staff, patients and volunteers from all at

STONES SCAFFOLDING

01376 567681

ALI'S TAXI LTD

Would like to send their very best
wishes to all patients & volunteers

01245 464646

Best wishes to all staff, patients and volunteers from

AIRPORT DIRECT

- Airport Run's -

FREEPHONE 0800 077 8870

www.airportdirect-essex.co.uk

Best Wishes to Volunteers,

Staff and Patients

from Anthony Brooks

Painter

Mob: 07799473135

Riverford Organic Vegetables

Organic vegetable boxes from our farm to your door

Local distributor David Mason:

01206 230769

www.rivernene.co.uk

GEOFFREYS TAXIS

Tel/Fax: 01621 855451

Mob: 07889 336563

Email: geoffrey.dell@sky.com



CAN YOU HELP US?

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

Please call us on
01245 443285

Broomfield Hospital
League of Friends

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

Heart of Gold



BAIRDS MALT LTD

Are very pleased to be supporting the
volunteers at Broomfield Hospital and
wish them the very best for 2009/10

T G P GROUP L L P

40 Springwood Drive
Braintree, Essex CM7 2YN
01376 325858

PMS ELECTRICAL & DATA LTD

Unit 6a Warners Mill, Silkway,
Braintree, Essex, CM7 3GB
Tel: 01376 551108

GLS Enterprises Ltd

Unit 8, Sandon Lodge Farm,
Chelmsford, Essex CM2 7SC
(01245) 477022

TOPSAIL CHARTERS LTD

Best Wishes To Patients & Staff From
Thames Barge Cruises For Hospitality,
Leisure & Private Functions
01621 857567
Cooks Yard, The Hythe, Maldon, Essex CM9 5HN

A warm & friendly welcome awaits you at the

The Cricketers

Tel: 01245 261157
143 Moulsham Street, Chelmsford

NIGEL BRAND BUILDERS LTD

FOR ALL YOUR BUILDING NEEDS
BEST WISHES TO EVERYONE AT
BROOMFIELD & ST PETER'S
01376 552375 / 07714 695295

Best Wishes To Patients & Volunteers From

A & D GRAB SERVICES

Domestic & Commercial Site Clearance
Driveways & Gardens - 26 Tonne Grab Loader
Tel: 01621 774783 Fax: 07951 821132

Best wishes to all patients and staff from all at

THURROCK FORK LIFT TRUCKS

Telephone: 01245 323256
43 King Edwards Road, South Woodham Ferrers, Chelmsford, Essex CM3 5PQ

MWRS

Ken Greenaway
Mobile Vehicle Servicing and Repairs
07860 515355
73 Fifth Avenue, Chelmsford, Essex CM1 4HB

Callaway

Insurance Group
www.callaways-web.co.uk
Business Insurance Specialists
01245 265 838

Broomfield Hospital

League of Friends



Please
return this form
to the League of
Friends Shop at
Broomfield
Hospital,
Chelmsford, Essex

Name.....

Address.....

Postcode.....

**I would like to make a donation of
£**.....

Cheques should be payable to the "League of Friends"

**I would like to know more about the League of Friends
(please tick box)**.....

I would like to be a member (please tick box).....

I would like to be a volunteer (please tick box).....

GIFT AID DECLARATION

Under the government's Gift Aid scheme, the League of Friends 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.....

☐
☐
☐



Broomfield Hospital League of Friends
and The Volunteer would like to
express their gratitude to all the advertisers
for their kind support

Community Action



Age Concern Information Line	0800 00 99 66
Child Death Helpline	0800 282986
ChildLine.....	0800 1111
Consumer Credit Counselling Service	0800 138 1111
Cruse Bereavement Care	0870 167 1677
DIAL U.K.	01302 310123
Disabled Living Foundation Helpline	0845 130 9177
Drinkline.....	0800 917 8282
GamCare (for gamblers and those affected by problem gambling)	0845 6000 133
Gingerbread Advice Line for Lone Parents	0800 018 4318
National Council for One Parent Families Lone Parent Helpline	0800 018 5026
National Debtline.....	0808 808 4000
National Drugs Helpline	0800 77 66 00
National Missing Persons Helpline	0500 700700
NHS Direct	0845 46 47
NSPCC Child Protection	0808 800 5000
Parentline Plus (practical help & information for parenting).....	0808 800 2222
Refuge Domestic Violence Helpline	0808 2000247
Relate.....	0845 4561310
Release (drugs and legal advice for users, families & friends).....	0207 7299904
Salvation Army Family Tracing Service	020 7367 4747
Samaritans	08457 90 90 90
Shelterline (help with housing problems).....	0808 800 4444
Victim Supportline	0845 30 30 900

**TAYLOR
VINEY
MARLOW**

TAYLOR, VINEY & MARLOW
Chartered Accountants & Business Advisors

46-54 High Street, Ingatestone, Essex CM4 9DW
Tel: 01277 355235 www.tvmaccounts.co.uk



DISCLAIMER

This publication was produced by The Volunteer, a division of Smile Publishing Ltd. (Company No. 03709145) at no cost to Broomfield Hospital League of Friends and Mid Essex Hospital Services NHS Trust. Production costs were met in full by the advertising the publication contains. Broomfield Hospital League of Friends and Mid Essex Hospital Services NHS Trust do not make any recommendations as to the fitness of the advertisers appearing in this publication to carry out their services and no recommendations should be deemed to have been made.

Artwork and/or plates originated for use in this publication remain the property of Smile Publishing Limited and must not be reproduced without the permission of the publishers.©

Broomfield Hospital League of Friends Handbook is published by Smile Publishing Limited, Holly House, 220-224 New London Road, Chelmsford, Essex CM2 9AE.

Tel: 0845 080 8700 © The Volunteer 2009

Issue 5

Problems finding an NHS Dentist?

Finding an NHS dentist in mid Essex is not usually a problem; we are well served by dentists in our area. However, if you do experience any problems at all then NHS Mid Essex, your local PCT is here to help.

Our Dental Helpline is open 9am to 5pm with an answer phone service during evenings and weekends.

**Just ring the Dental Helpline on
01245 459462**

You can also pick up a leaflet at your GP surgery, local library and other public places that gives you information on all the dental practices in mid Essex (Chelmsford, Maldon, Witham, Braintree and Halstead); or download a copy from our website www.midsex.nhs.uk or ask for a leaflet from the Dental Helpline on **01245 459462**.

Two new dental practices due to open in Maldon and Coggeshall / Kelvedon. Two new dental practices have been commissioned by NHS Mid Essex. They should be up and running by January 2010 and providing NHS treatment.



Some important information...

No "registration"

You can visit any NHS dentist by appointment.

You do not need to be "registered" with a dentist.

Time between routine dental examinations

In the past, people have been recalled for routine check ups every six months. This may not always be necessary.

National guidance recommends that the period between dental appointments should be determined by the individual clinical needs of each patient and that:

- The shortest time between check-ups should be 3 months.
- The longest time between check-ups for patients aged below 18 years should be 12 months.
- The longest time between check-ups for patients aged 18 years and older should be 24 months.



HELPING EMPLOYERS & JOBSEEKERS

WORKING IN PARTNERSHIP TO PROVIDE A BETTER FUTURE FOR YOU

Through the New Deal and other Government funded programmes, Seetec helps local jobseekers to achieve their individual training and employment aspirations and provides employers with a first-class recruitment service tailored to their particular business requirements. Our recruitment and training services are designed to help companies develop the potential of their employees and achieve their business objectives.

FOR MORE DETAILS ON HOW SEETEC AND THE NEW DEAL CAN HELP YOUR BUSINESS, CONTACT CHRIS SHAWYER ON:

01245 356300

WWW.SEETEC.CO.UK
INFO@SEETEC.CO.UK



**SEETEC, 5TH FLOOR, ROSE BERRY HOUSE,
41 SPRNGFIELD ROAD, CHELMSFORD CM2 6Q2**

Care, comfort and companionship

Manor Lodge, located in a residential area of Chelmsford, offers both short and long term residential and nursing care for those with and without dementia.

Set in beautiful landscaped grounds, Manor Lodge offers a wide range of activities, services and facilities, including: a shop, café, hairdressing, cinema, games room and a library, all of this is set within beautiful landscaped grounds.

We believe in tailoring our care to fit the unique needs of each resident and aim to make the most of our residents' strengths so each can be as fulfilled and independent as possible.

We aim to ensure our residents experience:

- A rich and fulfilling life
- Comfort and reassurance
- Respect and dignity

If you would like to find out more information about Manor Lodge or arrange a visit, please contact Susan Oates on:

Telephone: 01245 496028

Address: Manor Road, Chelmsford, Essex, CM2 0EP

Email: susan.oates@careuk.com

Or visit: www.manorlodge.careuk.com



Manor Lodge Care Home, Manor Road, Chelmsford, CM2 0EP