

Friends

at Broomfield Hospital

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2022

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- Hospital Information & Map
- Useful Contact Numbers
- Puzzles • Recipe
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Front cover image: The new Physiotherapy Leg Press.

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A Welcome from our Chairman

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

The vast amount of medical equipment, the extra comforts for patients, visitors and staff and the ongoing support provided by the Friends is something we are very proud of. Over the years the equipment purchased has often been cutting edge and has helped many services develop when budgets were severely curtailed. We are able to help when needed and that is what we are here for, to support Broomfield Hospital, for the benefit of patients, visitors and staff.

Although there have been some challenges for the Friends over the years, I feel that none will compare to the disruption caused by the COVID -19 pandemic. The devastating effect it had on the Hospital and the community is something that will continue for a long time to come. Our shops had to close for long periods due to the restrictions, but that did not stop us trying to help and support the staff. We supplied sandwiches to the Covid wards, donated the contents of the shops to the staff, and allowed our shops to be used as much needed storage space for the huge amount of donated items given by the public.

Even during the pandemic, we continued to fund important medical items and services and were very pleased to do

so. All monies raised by our shops and services are donated to the Trust, as all our staff are volunteers and their time and effort given freely and willingly.



As soon as we were given permission by the Trust, we re-opened our shops, and our wonderful volunteers returned to man them. Again, we are providing a useful service providing refreshments to the staff and patients of the hospital. Unfortunately, we are not yet able to re-instate all our services, and this won't happen until all restrictions are lifted.

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

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

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



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Welcome from the Director of Charity and Voluntary Services

It is an enormous privilege for me to contribute to the Friends magazine this year. I am the Director for our Mid and South Essex Hospital Charity and for our voluntary services covering our three sister Hospitals at Basildon, Broomfield and Southend.

I am delighted to have this opportunity to say an enormous THANK YOU to our Friends at Broomfield Hospital and look forward to 2022 with optimism and encouragement as we hope for a healthier and happier times for all.

After the toughest and most challenging year in National Health Service history, I can proudly say that the Friends have rallied together and helped us in so many ways overcome these extraordinary times – and continue to do so.

From the dependable and invaluable volunteers who man the two shops to the fantastic and generous donations; we have been both humbled and inspired to see the efforts they have gone to over the past couple of years and will be forever grateful for the overwhelming level of support that they have shown to the patients, staff and visitors during these difficult days for everyone.

When faced with such adversity, we have seen the absolute best from our local community and the Friends have demonstrated great togetherness and tenacity in this fight against COVID-19.



Thank you to all the volunteers for such dedicated and loyal support and for making a difference to the lives of both staff and patients.

With generous support from the Friends, we can respond even more quickly and effectively to the needs of our patients by supporting requests to enhance hospital life for everyone.

Lucy Thomas Clayton,
Director of Charity and Voluntary
Services

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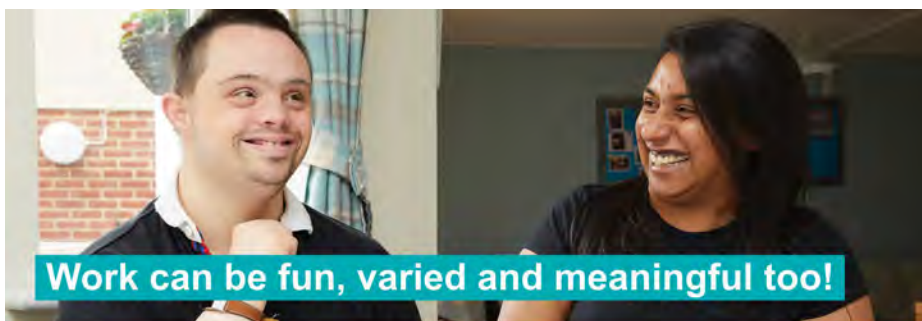
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Welcome from *Yvonne Carter*



In my current position as the Mid and South Essex Hospitals Charity's community officer based here at Broomfield Hospital, I am delighted to have this opportunity to say THANK YOU to the Friends.

Everyone has been affected by the COVID-19 pandemic and we've all had to make sacrifices and significant changes to the way we move around within our environment, not least at the Hospital. Despite all the challenges, the Friends volunteers have been an inspiration in their level of resilience and speed of adaptation as hospital life has changed. They have managed to keep the shops open as often as possible and complied with the ever-changing social distancing measures in order to keep everyone safe.

Despite a lack of customers during these challenging times, things are certainly beginning to pick up now which is reflected in their shop income. Within the pages of this magazine are examples of the generous contributions and donations the Friends have made.

Their donations include a wide and varied range of amenities including chairs to our brand-new cancer care centre and medical equipment for the new children's surgery facility, the Pegasus Unit, all to enhance the care and treatment our doctors and nurses provide. They have also provided a continual flow of refreshments in support of the Wellbeing Project and new tables and benches on the wellbeing terrace. The volunteers gave up their time to make sure they brought



much needed Christmas cheer to patients in hospital over the festive period with gifts and festive treats – all wrapped and labelled ready for staff to hand out on Christmas day.

Alongside these tremendous donations, the Friends provide our patients and visitors with a friendly and welcoming smile, which goes such a long way to make the time spent in hospital a little more bearable.

Our Friends at Broomfield Hospital are a fundamental part of hospital life, and we greatly appreciate their continued support of the many requests made by staff. And once again, I look forward to being of assistance to the Committee in the coming year.

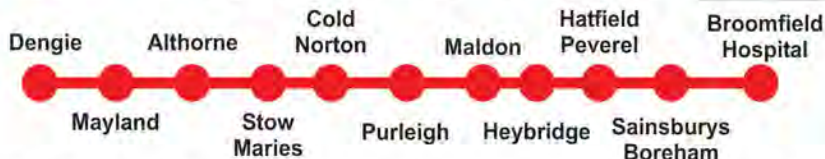
Yvonne Carter,
Community Officer - MSE Hospitals

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* Needs to prebooked

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Treasurer's Profile -

Chris Jones

I am proud to have been the treasurer of the 'Friends' since January 2020. Having just retired, it gave me the opportunity to put a little back into an area where the need is so apparent. Little did I know that the world was about change!

I am an Essex lad and proud of it, having been born in Maldon and schooled in Chelmsford. I also spent the whole of my professional life in Chelmsford, qualifying as a solicitor in 1979 and retiring in 2019 from a firm which is now one of the largest in Essex. I specialised in property work, both residential and commercial, particularly leases. Throw a 65 page draft lease at me and I am in seventh heaven!

My wife and I raised two beautiful daughters and in retirement have the privilege and the time to help look after our

two grandsons. I have always loved rock music and now have the opportunity to go to many live 'gigs'. I follow Liverpool FC (but only since the 1965 cup final)

and enjoy fly fishing for salmon and trout in Scotland and bonefish in more exotic places like Cuba, although not recently for obvious reasons.

The Friends have suffered a considerable reduction in income during the pandemic although this has not affected the support we continue to give Broomfield Hospital. I am hoping that with society reverting back to 'normality' we can look forward to a more positive future and with the support of our wonderful volunteers I am sure that this will be the case.



Secretary's Profile -

Carol Haensel

I am an Essex Girl, married with two daughters and have three grandchildren.

I spent my working life as a Secretary/ Personal Assistant in several law firms in Chelmsford. I am a member of Rock Choir which has 22,000 members nationwide, and we come together in different areas to perform concerts for charity. I am a very keen gardener and have an allotment where I grow fruit and vegetables. I also enjoy quizzes and Pilates, and am a member of Tangent which is a ladies club

part of the Round Table organisation.

I joined Friends at Broomfield Hospital in 2016 after my husband had recovered from cancer twice, to 'give back' to Broomfield Hospital after his remarkable treatment. I started working as a volunteer in one of the shops and was then invited to join the Committee and subsequently to become a Trustee of the Friends. I have been Secretary for both for three years. I really enjoy being part of Friends and I get far more back than I give.



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Donations

2020 - 2022



Donations to Broomfield Hospital 2020

• Theatre Robot	£5,000
• Teenage Cancer Service Suite	£10,000
• Physiotherapy Dept. (Leg Press - see photo on front cover)	£3,295
• Christmas decorations, presents and prizes	£329
• Other	£1,300
TOTAL	£19,924

Donations to Broomfield Hospital 2021

• Pegasus Ward (Children's ward)	£20,000
• Wellbeing Terrace (new outside tables and benches)	£3,495
• Chemotherapy Unit (Riser chairs)	£5,000
• Pathology Dept. (refurbishment of staff facilities)	£7,500
• Hospedia TV (to enable all patients to watch the England v Italy EURO football final free of charge)	£639
• Christmas decorations, presents and prizes	£602
TOTAL	£37,236

At the time of going to press, Grants awarded in 2022 are:

Chemotherapy Unit (cooling caps) £25,000

We recently donated £25,000 towards the provision of Paxman Cooling Caps for patients undergoing chemotherapy. These cooling caps, also called scalp cooling devices, are worn on the head during chemotherapy treatments to try to prevent or lessen hair loss. They are thought to work by tightening up blood vessels in the scalp, which reduces the amount of chemotherapy that reaches cells in the hair follicles.

This is enormously beneficial, as chemotherapy induced alopecia is frequently reported as the most distressing side effect of treatment, and the scalp cooling system will aid in reducing this side effect for Chemotherapy patients.

This will be the first time the Broomfield Hospital Chemotherapy Unit will be able to offer this service to their patients, and the Friends were happy to support this, by funding these beneficial items of equipment.

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Presentation of Donations and Equipment

Photo key:

- 1 **Physiotherapy Department Leg Press**
- 2 **Pathology Department Staff Room Kitchen**
- 3 **Pegasus Ward** (A new children's surgical ward on Wizard Ward - the Friends donated £20,000 towards furniture and facilities for the parents to enable them to stay with their children).
- 4 **Wellbeing Terrace**
- 5 **Chemotherapy Unit** (the Friends donated £5,000 towards patient furniture which helped to provide a welcoming and relaxing space for the patients in the new state of the art centre.)



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Support our Shops

Shop 1 - South Entrance

Run on the Broomfield site by our wonderful volunteers.



L-R: Rosemary Richardson and Alison Bridge

Right: Sally Cansdale

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

It is a very busy shop providing a much needed service to those at the top end of the Broomfield site. It is open Monday to Friday, from 9am to 3.30pm (excluding weekends and bank holidays).

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



Above: Friends shop 1



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Support our Shops

Friends 
at Broomfield Hospital

Shop 2 - Atrium

Run on the Broomfield site by our wonderful volunteers.

SHOP 2 is located in the Atrium at the end of the space next to the lifts and the waiting area for the fracture clinic. The shop stocks sandwiches, coffee and other hot and cold drinks, toiletries, gifts and cards and always has a good selection of soft toys.

The shop is open from Monday to Friday, from 9am to 3pm and is manned by our great volunteers. It is run by Janet Warn.

Profits from our shop are used to fund much needed equipment and services for the hospital. The shops are a vital part of the life of the hospital with our volunteers giving service with a smile, trying to brighten up each day for customers, patients and staff, and often going that extra mile.



Shop 2



Kim Ladlow



Barbara Coupe



Yvonne Heaver and Janet Warn

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The Friends Then and Now

We have raised over £1.3 million and counting.

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

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

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

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



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

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



continued on the next page



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The Friends

Then and Now ...continued

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

Our only purpose then and now, is to support Broomfield Hospital. This is what we do. Providing refreshments at events, funding the extras for the Hospital that cannot be funded by normal exchequer funding, taking an active part in the life of the hospital by providing extras at Christmas, and most important of all showing a friendly, non clinical face to patients in what can be a most challenging and stressful environment.

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

We have also just donated £44,000 towards the new surgical robot at Broomfield, spread over three years. A remarkable development for our Hospital. All of this is only possible because of our volunteers, who give their time freely and willingly to support our work, and we can only continue our work because of them.

The hours donated by these unsung heroes is truly remarkable. They all

ensure that we continue to support this wonderful hospital, and long may it continue.



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



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History of Broomfield Hospital

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

Building work began in June 1937 and after delays caused by wartime difficulties, the hospital's first patients were admitted in 1940. There were 312 male patients, bed occupancy was anything from 6 months to about four years per patient.

The hospital was soon working to full capacity and was the only centre

for thoracic surgery for pulmonary tuberculosis in Essex. Towards the end of the war 50 per cent of patients were ex-service men.

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



continued on the next page



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History of Broomfield Hospital ...continued

Highlights from the hospital's history

1940 In May the Hospital is opened for the treatment of tuberculosis patients.

1947 Broomfield Hospital gets its first bus.

1948 The Hospital becomes the responsibility of the North East Metropolitan Regional Hospital Board as the National Health Service is launched.

1950 The Mass X ray unit was started but closed in 1972.

1953 The first student nurse arrives from the Commonwealth (Nigeria).

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

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

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

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

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

1973 Rising costs hold up the development plans.



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

1983 - 28th July The CAT scanner is opened by Princess Anne after years of fundraising

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

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

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

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

continued on the next page



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History of Broomfield Hospital ...continued

1990 The go ahead is given for the penultimate phase of the development at the hospital, including 196 acute beds, 96 beds and a 30 place day hospital for elderly patients and four operating theatres.

1991 Building works begin on the new Medical Academic Library.

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

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

1994 Broomfield Dialysis Centre is officially opened on 3 November.

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

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

1997 Broomfield celebrates its 60th Anniversary.

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

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



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

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

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

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



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The Friends *Donates to Robot Appeal*

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



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

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

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

Charlotte Jefcoate, Fundraising Coordinator, at Mid and South Essex



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Join Us!



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



If the answer is yes, then why not join The Friends of Broomfield Hospital?

People of any age and from all walks of life can be a volunteer with the Friends and it need not be a huge commitment, just a few hours on a regular basis will be greatly appreciated. By becoming a volunteer with the Friends you will be part of a dedicated team making a vast difference to the lives of patients and visitors.

Friends run two shops open Monday to Friday,
9am until 3.30pm (3pm in our atrium shop).
If you would like to join our shops team, then
we would love to hear from you.

The Friends are dedicated to improving facilities for patients, visitors and staff at Broomfield Hospital. The donations we have been able to give have funded a vast range of medical equipment and have helped pay for projects such as garden areas for patients and visitors.

How to get involved...

Help your hospital by:

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

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

• Telephone: **01245 443285**

To sign up please pick up an application form from one of our shops at the Hospital or download an application form from our website:
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Legacy Giving

Remembering a Loved One

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

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

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

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

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

In essence it's the same as how you decide how much to donate ordinarily. You would make sure you had taken care of yourself and your loved ones

and then you'd choose to donate what's left over.

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

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

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

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

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

Registered charity number 260377

We are a Youth Centre, offering a safe place for young people in Braintree to relax, have fun, make friends and try new activities.

We are open to 11-18 year olds and are completely free.

Our sessions are a mix of drop in and more focussed activities like Board Games or Art. We also go on trips such as Ice Skating and High Ropes.

Sessions are led by a Youth Worker and staffed by DBS checked and trained volunteers.



For more information on our sessions, or to help as a volunteer, email: contact@braintreeyouth.org.uk



www.braintreeyouth.org.uk






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The Friends at Christmas

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



For the past two years, the Friends have provided Christmas gifts for those patients on the Care of the Elderly wards over the festive period. Over 300 gifts were purchased, wrapped and given to the wards. This was carried out by a small team who worked very hard to ensure everyone got a lovely gift. Prior to the pandemic the Friends organised the mulled wine (non alcoholic) and mince pies for the dedication of the Christmas tree in the atrium. We also provide the prizes and the judges for the annual Ward Decoration Competition. The two Shops are filled with lovely Christmas merchandise to try and ensure our hard working staff and visitors have an opportunity to purchase gifts when it is difficult for them to get to the shops.





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Spiritual Care and Chaplaincy



Who are we and what do we do?

We are the Spiritual Care and Chaplaincy team, serving patients, relatives and staff at Broomfield Hospital. The team offer a confidential listening ear and offer support to people of all faiths and beliefs, and those with no faith. You do not have to be religious to talk to a chaplain.

How can you contact us?

We are on site every day from 8am until 4pm. Our contact number is **01245 515244**, which also offers a 24-hour answer phone, or by email **mse.broomfieldchaplains@nhs.net**. Alternatively, please speak to a member of the ward staff and ask them to arrange a Chaplain to visit. If you have an urgent request outside of these times, please contact Switchboard on **01245 362000** for a chaplain to be paged.

Where can you find us?

The Spiritual Care & Chaplaincy team can be found at the Faith Centre, A209. Our Faith Room is open 24 hours a day, 7 days a week, for anyone to visit for quiet space, prayer and reflection. We have an ablutions room along with privacy screens and prayer mats for Islamic prayer. Other religious resources may be available on request.

Services in the Faith Centre

Our services are subject to any infection control measures and restrictions that may apply. It is recommended you phone ahead if you're planning to attend a service to check it is on and any restrictions in place at that time.

DAILY

9.15am – morning prayer

12 noon – midday prayer

WEEKLY

Tuesday – Thursday: 12.15pm to 12.45pm
– Holy Communion (please contact the Chaplaincy office to check which day this will be if you're planning to attend).

Friday: 1.15pm – 1.45pm – Jum'ah prayers

Sunday: During the morning – Holy Communion and/or prayers. Brought to the bedside by our Eucharistic Ministers. Please contact the Chaplaincy office to arrange this.

MONTHLY

Second Friday: 12.15pm to 12.45pm – Roman Catholic Mass

Who are the Friends and *How do they work?*

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

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

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



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

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Charity Commission

Our Governing Body

FABH Trustees

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

Mid and South Essex NHS Foundation Trust Charities Office

This is the nucleus of the hospital for us. Requests for us to donate funds to the Hospital must first be filtered through the Charities Office. This is to ensure that all requests are given due consideration and are deemed appropriate by Mid and South Essex NHS Foundation Trust. With Mid and South Essex NHS Foundation Trust's support, our Committee can then make an informed decision.

FABH Committee

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

Friends Shops

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

Individual Donations, Legacies and Fundraising

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

Hospital Information

Your guide to Broomfield Hospital

COVID-19 GUIDANCE FOR VISITORS

Please don't visit our hospitals if you are showing any symptoms of COVID-19.

You can find out what to do if you are symptomatic on the NHS website at:

www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do

Patients and visitors must wear a surgical face mask covering their nose and mouth in our hospitals.

Wearing a surgical face mask is a rule that applies to everyone in healthcare settings, apart from children under the age of 11 or people with certain medical conditions or disabilities, which means they are exempt. Anyone who comes to one of our Hospitals wearing their own fabric face covering should change it for a clean and fresh surgical face mask when they arrive.

Mask dispensers are available at all our main entrances, and there are also stocks of surgical masks in wards and departments. You must continue to follow social distance rules and use hand gel.

VISITING DETAILS

To keep our visitors and staff safe, protect our vulnerable patients and limit the spread of COVID-19, we continue to restrict the number of people allowed on to our Hospital sites.

We know that it's hugely important for patients to see their loved ones while they are in hospital and we know this is at a very difficult time of year. We will continue to review our visiting arrangements in line with guidance from

Public Health England, NHS England and NHS Improvement.

If you are a carer to a vulnerable patient please liaise with the ward directly so they are able to assess the individual patients' needs and the support required and agree a plan.

ALL WARDS EXCEPT MATERNITY, PAEDIATRICS AND END OF LIFE CARE

Patients are allowed one named visitor onto a ward at any one time. The visitor does not need to be the same person each day, but they must be asymptomatic. Visiting is limited to two hours per day and visitors must book this in advance by contacting the ward.

END OF LIFE CARE

Where patients are entering their last days of life, two visitors can be with them at all times.

CRITICAL CARE

Visiting in critical care is restricted. Please contact each unit for visiting details.

PAEDIATRICS

Parents/carers can visit the children's ward, but only one can be on the ward with their child at any time. The other parent/carer can visit between 8am to 8pm. We suggest one change per day to protect the children and our staff. Siblings can visit in agreement with the nurse in charge as meeting special circumstances.

We understand that some parents attend tertiary centres that have further relaxed restrictions, such as GOSH, but at this time we are unable to relax

our restrictions because of the level of emergency cases we receive. Individual circumstances may be taken into account - please discuss your needs with the nurse in charge.

NEONATAL UNITS

Both parents have unrestricted access for all Hospitals, and siblings can visit the unit when agreed with the nurse in charge.

MATERNITY SERVICES

Visiting times for maternity inpatients across our three hospitals and our stand-alone birthing units remain the same. Two birthing partners from point of established labour on delivery suite.

Women staying in our antenatal and postnatal services will be able to have one named adult visit them at any time from 9.00am-8.30pm each day. **Please note:**

The visitor will need to be the same person throughout their stay in hospital. All visitors will need to wear a face mask correctly covering their nose and mouth. Visitors will need to wash or sanitise their hands regularly. If you have any questions please talk to a member of staff on your ward.

EMERGENCY DEPARTMENT AND ASSESSMENT UNITS

Not all patients can bring a visitor when attending outpatients and diagnosis settings. To ensure the safety of both staff and patients only vulnerable patients who require complex/difficult decision making may be accompanied by one close family contact, or somebody important to the patient, to support them. For children, both parents can accompany their child to the department.

OUTPATIENTS

Not all patients can bring a visitor when attending outpatients and diagnosis settings. To ensure the safety of both staff and patients only vulnerable patients who require complex/difficult decision making may be accompanied by one close family contact, or somebody important to the patient, to support them.

For children's outpatient appointments, only one adult may accompany them.

OUTPATIENTS APPOINTMENTS

To manage the continuing Covid pandemic we have reduced our current footfall for outpatients in our Hospitals and freed up staff to participate in Covid related duties.

To keep our patients and staff as safe as possible, we will be holding the majority of our outpatient appointments virtually where possible. That means our clinicians will talk to you either over phone or via a video link so that you don't have to come to our hospitals to see them face-to-face.

If you do need to come to the Hospital for your appointment, we ask you to wear a surgical face mask (these are available at the entrance), to maintain a safe two metre distance wherever possible, and not too arrive too early. If there are any changes to your up-coming appointments, we will be in touch.

Patients requiring a face-to-face appointment, where possible, will be seen at one of our green sites, where there are no Covid patients, based on clinical urgency. Social distancing measures and the use of face masks will be in place for all clinics.

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A heartfelt thank you to all the
incredible NHS Staff and
Volunteers who have been on the
frontline during the pandemic

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Hospital Information

Your guide to Broomfield Hospital

BROOMFIELD HOSPITAL DETAILS

Main Switchboard telephone number:
01245 362000

Address: **Court Road, Broomfield,
Chelmsford, Essex CM1 7ET.**

ACCESSIBILITY

If you require special access at Broomfield Hospital or the Trust's services, please contact the Patient Advice Liaison Service, telephone **01245 514130** (9.00am-16.00pm, Monday to Friday) or out of hours please leave a message. We will call you back to make arrangements.

PLANNING YOUR JOURNEY

There are several conveniently situated transport links and 1,808 parking spaces at Broomfield Hospital. Whether you're travelling by car, bus, train, bike or on foot - getting here is easier than ever.

BY BUS

There's a bus stop outside the main Hospital atrium entrance and there are numerous bus routes servicing the hospital from across the area and further afield across mid and south Essex. Visit: www.firstbus.co.uk to find routes and costs.

CHELMSFORD COMMUNITY TRANSPORT

Chelmsford Community Transport is a patient transport scheme provided by volunteers for patients and their families who have difficulty getting to and from their hospital appointment. They offer an affordable door to door service with their wheelchair accessible minibuses or your concessionary bus pass is also accepted. All drivers are friendly DBS checked. Assisted trips are also available.

Friends at Broomfield Hospital

For more information on how to book, visit their website www.chelmsfordct.org or call **01245 477750**.

BY TRAIN

Greater Anglia Rail operates frequent trains to Chelmsford station where a bus can be caught direct to Broomfield Hospital. Ask for a plus bus ticket before travelling. This will include both your bus and train fares and save you time on your journey.

BY BIKE

There are cycle routes leading into Broomfield Hospital but cycle parking can be found outside the main hospital atrium.

BY CAR/MOTORBIKE

Signposted from the A12, the Hospital can be accessed from multiple directions.

FINDING YOUR WAY AT BROOMFIELD HOSPITAL

Broomfield Hospital is a large site so in order to ensure our patients reach their destination as quickly as possible and safely, a simple wayfinding system is in operation. Please see over the page for our helpful Wayfinding Map and entrance and parking guide.

See the **Wayfinding Map** on page **53**

PARKING

We have 1,808 car parking spaces at the hospital, with 61 disabled spaces.

Our parking machines are currently cash only. We do have plans to upgrade these machines to accept cards and cash.

See the page 51 for parking charges and more hospital information.

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Hospital Information

Your guide to Broomfield Hospital

Car Park Prices:

15 mins to 3 hours:	£3.00
3 to 5 hours:	£4.00
5 to 24 hours:	£6.00

FOOD & DRINK

Pudding Wood Café

This is currently open to staff only.

Costa Coffee

A Costa Coffee stand in the middle of the atrium, adjacent to the entrance to zone E. Open from 7.00am-5.30pm, Monday to Friday, and 9.00am to 4.00pm at the weekend (the stall is closed on 25 and 26 December and 1 January).

Fontanella

The sit-down coffee shop is located at the front of the atrium. Open 7am to 10pm, Monday to Friday, and 9am to 5pm at the weekend (the cafe is closed on 25 and 26 December and 1 January).

Vending Machines

There are many vending machines throughout the Hospital that offer food and drink refreshments.

Friends Shops

Shop 1: South entrance is open from 9am-3.30pm, Monday to Friday

Shop 2: At the end of the Atrium. Open 9am-3pm, Monday to Friday.

Both shops are closed on weekends and bank holidays.

M&S Simply Food

M&S can be found in the middle of the atrium. Open 7.30am-8.00am, Monday

to Friday. 8.30am-8pm on Saturday and 10am to 8pm on Sunday. Closed 25 and 26 December and 1 January.

WHSmith,

WHSmith can be found in the middle of the atrium. Open 6.30am-8pm, Monday to Friday, and 8am-6pm at the weekend (closed 25 and 26 December and 1 January).

CASH MACHINES (ATM)

There are three cash machines available, some may have a charge for using the service. You can find them in:

Zone A - on level 1, in the atrium inside WHSmith (free).

Zone B - on level 2 near south entrance and opposite the reception desk.

Zone E - on level 1 in the lift lobby.

CASH MACHINES (ATM)

The cashiers are located in the atrium, near the Main Reception desk. Cashiers can provide change, deal with enquiries regarding parking, travel costs and reimbursements. A change machine is also provided at the Cashiers.

SOCIAL SPACES

We have areas where you can sit, rest and eat during your visit. These are the wellbeing terrace, main entrance courtyard and at the end of the atrium.

Please make sure you maintain social distancing during your time at our hospital and ensure you wear a face mask or face covering whilst on site. A face covering can be a face mask, a scarf or bandana.



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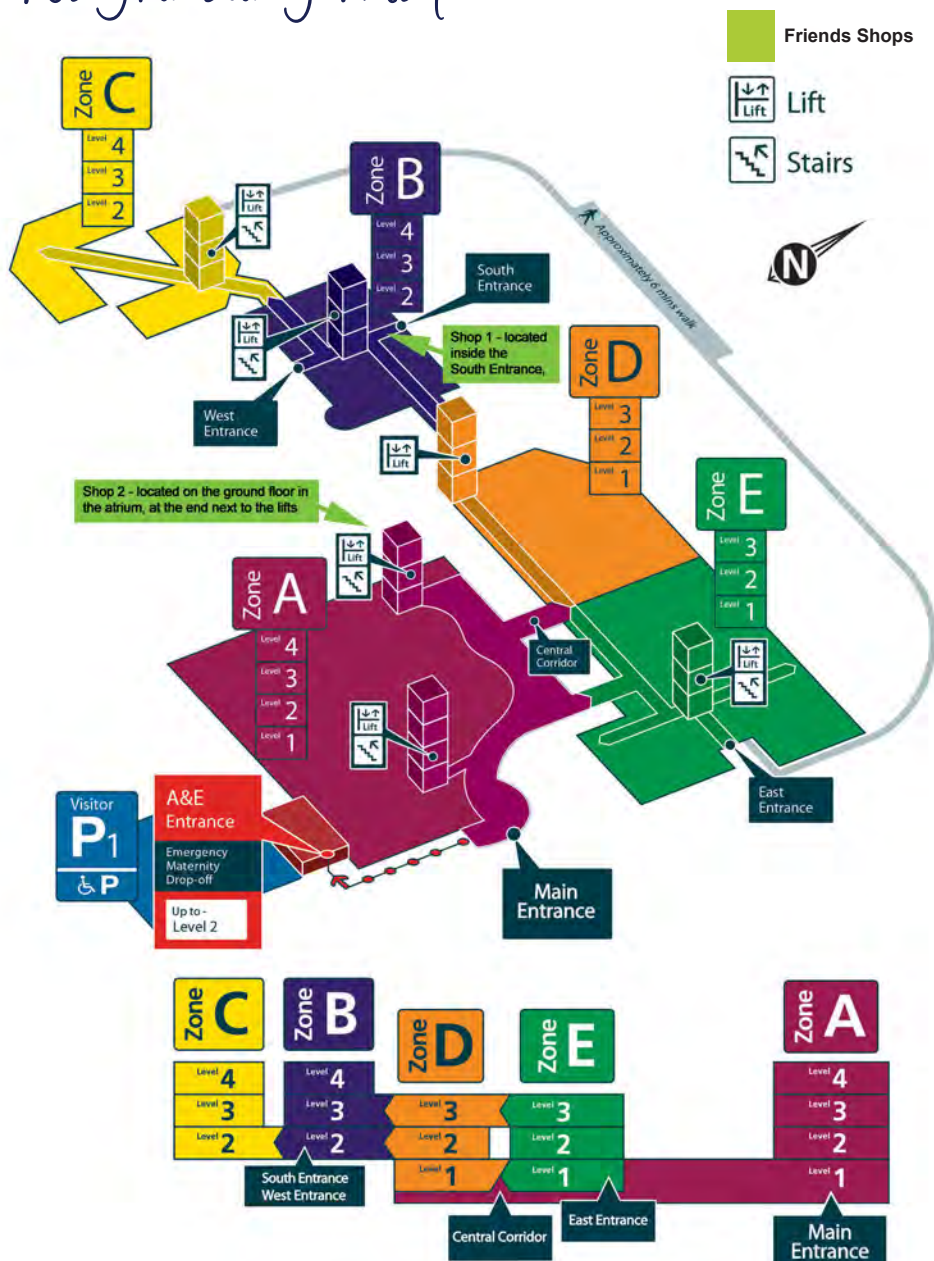


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Broomfield Hospital

Wayfinding Map

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Sudoku Puzzles

Fill in the grid. Each 3x3 grid should contain the digits from 1 to 9. Answers on page 67.

Easy

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

Hard

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



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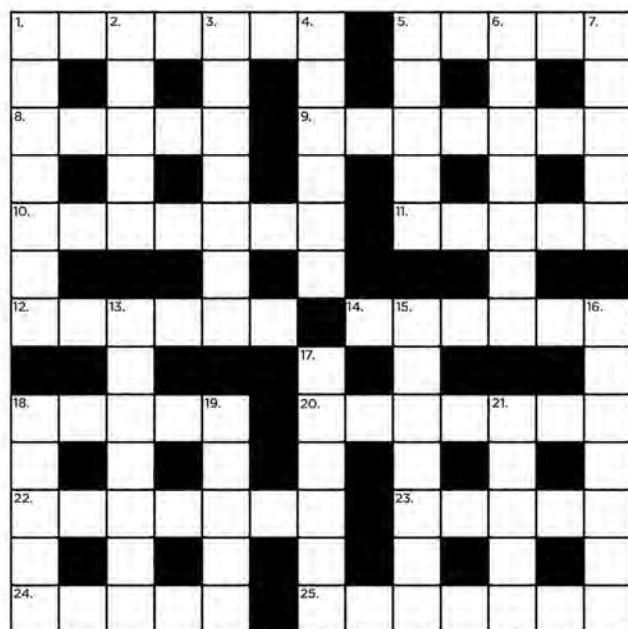
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Quick Crossword

Solve the clues to this quick general knowledge crossword. Answers on page 67.




ACROSS

1. Three-pronged spear (7)
5. Lubricated (5)
8. Revolve rapidly (5)
9. Behave ostentatiously (4,3)
10. Naval rank (7)
11. Cooking apparatus (5)
12. Team game (6)
14. Not moving (6)
18. Get on a horse (5)
20. Sooner (7)
22. Wine from Tuscany (7)
23. Decree (5)
24. Proprietor (5)
25. Whole number (7)

DOWN

1. Track by a canal (7)
2. Colloquial saying (5)
3. Magnify (7)
4. Struggle (6)
5. Woodwind instruments (5)
6. Be on your guard(4,3)
7. Robinson Crusoe author (5)
13. Prudence (7)
15. Turbulent swift-flowing stream (7)
16. Custodian of a museum (7)
17. Sign of the twins (7)
18. Exaggeratedly masculine (5)
19. Pavarotti, for example (5)
21. Cake coating (5)



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

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Check your answers - no cheating!

M	U	I	N	A	N	I	C	R	A	N	I	U	M
E	L	G	G	O	S	A	B	O	G	G	L	E	
S	R	S	A	R	A	I	C	I	U	C	I	T	R
O	F	O	F	O	F	O	F	O	F	O	F	O	F
D	C	D	C	D	C	D	C	D	C	D	C	D	C
C	E	C	E	C	E	C	E	C	E	C	E	C	E
U	A	U	A	U	A	U	A	U	A	U	A	U	A
L	T	L	T	L	T	L	T	L	T	L	T	L	T
C	A	C	A	C	A	C	A	C	A	C	A	C	A
S	N	S	N	S	N	S	N	S	N	S	N	S	N
N	P	N	P	N	P	N	P	N	P	N	P	N	P
T	Q	T	Q	T	Q	T	Q	T	Q	T	Q	T	Q
E	L	E	L	E	L	E	L	E	L	E	L	E	L
T	E	T	E	T	E	T	E	T	E	T	E	T	E
A	T	A	T	A	T	A	T	A	T	A	T	A	T



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RECIPE:

Chicken and Rice One Pot Meal

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INGREDIENTS:

2tsp paprika
1tsp dried oregano
1tsp dried thyme
1/2tsp garlic powder
1/2 tsp onion powder or granules
1/4tsp salt
1/4tsp ground black pepper
5-6 chicken thighs
2tbsp oil (any vegetable oil)
1 brown onion, chopped
180g white rice,
450ml vegetable or chicken stock
Mushrooms (around 6-8 closed cup mushrooms)
1tbsp fresh chopped parsley, to garnish



Serve with fine green beans and broccoli for a delicious healthy meal.

METHOD:

Ensure you have measuring spoons, a measuring jug, a fork and a large and deep, flat bottomed, frying pan with a lid. Serve with broccoli and/or fine green beans.

- Combine the paprika, oregano, thyme, garlic powder, onion salt, salt & pepper in a bowl. Coat both sides of the chicken in the seasoning.
- Add 1tbsp of the oil to the pan and heat over a medium heat. Add the chicken thighs and cook for a few minutes on either side or until well browned. The chicken does not need to be fully cooked through yet. Remove the chicken and put aside.
- Reduce the heat to low/medium and add the remaining oil. Sauté the onion for a round 5 minutes until soft. Then add the uncooked rice and the mushrooms to the pan and saute for a further 1-2 minutes to toast the rice a little and par cook the mushrooms.
- Add the stock to the pan and stir.
- Return the chicken thighs to the pan, placing it on top of the rice. Add the lid to the pan, and turn up the heat until the stock comes to a boil. Then lower the heat, allowing the chicken and rice to simmer for 20 minutes. Do not remove the lid or stir.
- After 20 minutes, remove the pan from the heat and set aside to rest for around 5 minutes.
- After 5 minutes remove the lid and fluff up the rice with a fork.
- Garnish with the chopped parsley and serve with vegetables.

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Compass Essex A partnership of domestic abuse services in Essex supporting victims of domestic abuse.	www.essexcompass.org.uk	0330 333 7 444

Sudoku answers

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Easy

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

Hard

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

Crossword answers

page 57

1	T	R	I	D	E	N	T	14	O	I	L	E	D	17
2	O	D	N	U	B	O	E							
3	W	H	I	R	L	S	H	O	W	O	F	F		
4	P	O	A	S	E	K	O							
5	A	D	M	I	R	A	L	S	T	O	V	E		
6	T	G	E	U										
7	H	O	C	K	E	Y	S	T	A	T	I	C		
8	A	G	O	U										
9	M	O	U	N	T	E	A	R	L	I	E	R		
10	A	T	E	M	R	C	A							
11	C	H	I	A	N	T	I	E	D	I	C	T		
12	H	O	O	N	N	O								
13	O	W	N	E	R	I	N	T	E	G	E	R		



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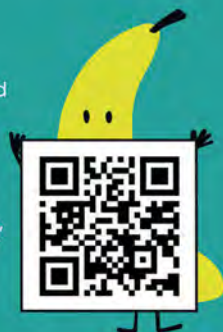


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