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Welcome

from the Chair Alison Douglas

This year we celebrate 75 wonderful years since the inception of The League of Friends of Broomfield Hospital.

Just 1 year after the birth of the NHS in 1948 a group of philanthropic people got together to provide small comforts for the patients at Broomfield Hospital which at the time was primarily for the treatment of patients with TB. Often the patients were away from home and family for long periods of time so the kind folks did whatever they could to make their lives a little more comfortable, giving soap, shampoos and other small gifts to help them during their stay.

Here “acorns and oak trees” come to mind as the small group grew and in 1957 they became a registered charity; The League of Friends of Broomfield Hospital was officially born. The aim of the charity back then was the same as it is now; to raise funds in support of Broomfield Hospital, its patients, its staff and its visitors.

A shop was then opened, operating out of a small shed, near where the mortuary is now, selling sweets, drinks etc. and manned entirely by volunteers. Then, as now, all profits were spent on items needed and requested by the Hospital. I'm sure that small group back in 1949 would be delighted to see that the “acorn” they planted all those years ago has grown into what The Friends has become.

- **The Friends now has in excess of 50 volunteers.**
- **We now have two shops, one in the Atrium and another sited in the West Wing selling all sorts of things, from hot drinks and sandwiches and confectionery, to gifts and greetings cards, with our volunteers providing a friendly face to those who pop in.**
- **Our shops have electronic tills and point of sale card terminals; a far cry from 1949 when cash was likely held in Tupperware boxes!**
- **Our volunteers take trolleys round many of the wards selling items from the shops and providing a library service for avid book readers.**





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Welcome

from the Chair Alison Douglas

After leaving the NHS following 25 years of service I was delighted to accept the request to become Chair of The Friends in 2013. My role in the Trust involved me working with the Friends, and I was very aware of the tremendous work they did. In the years since then I have continued to be amazed at the dedication, commitment and effort put in by our volunteers. What a fantastic job they all do!



With their hard work, their willingness to give up their spare time, and with the support of the Hospital, staff and patients, the Friends have been able to meet many of the requests for help received.

You will be able to see the list of items funded for this year and last year on page 29.

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

The time and effort given on a daily basis is as vital now as it was 75 years ago when the group was first set up. So, I would like to thank all of our volunteers, the staff at Broomfield Hospital and all those who support the Friends, for working together to make such a positive impact.

May it continue for at least another 75 years!

Alison Douglas
Chairperson



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Welcome

from Director of Charity and Voluntary Services

As the Director of the Mid and South Essex Hospitals Charity and Voluntary Services, covering Basildon, Broomfield, and Southend Hospitals, it's always a privilege to contribute to the Friends magazine. Thanks to the ongoing support from the Friends, we are able to respond swiftly and effectively to the needs of our patients, enhancing hospital life for everyone.

I want to begin by expressing my deepest gratitude to the Friends at Broomfield Hospital for their unwavering support. Their generous funding—entirely raised through the two shops at Broomfield Hospital, which are run by a dedicated team of volunteers—is invaluable, and we are truly thankful for their commitment.

In 2023 and 2024 alone, Broomfield Hospital has received substantial funding from the Friends, enabling us to provide enhancements that go far beyond NHS provisions. Every penny of this support has a lasting impact, benefiting both our staff and patients for years to come.

The Friends' generosity has allowed us to provide crucial resources, including free phone charging stations for Emergency Department patients, breast pumps for new mothers and their babies in the Neonatal Intensive Care Unit, and an air transfer system to assist patients who have fallen. Among the many projects supported by the Friends, one of the most touching was earlier this year—the donation of two



specialist chairs in memory of Barbara Coupe, the Friends' longest-serving volunteer and a beloved friend. Barbara was deeply passionate about the role these chairs play in patient rehabilitation, and we will forever cherish the time and dedication she gave to Broomfield Hospital.

A heartfelt thank you to each and every one of the Friends' volunteers and supporters for the incredible difference they continue to make at Broomfield Hospital. Your contributions truly enhance the care we provide.

Lucy Thomas-Clayton
Director of Charity and Voluntary
Services

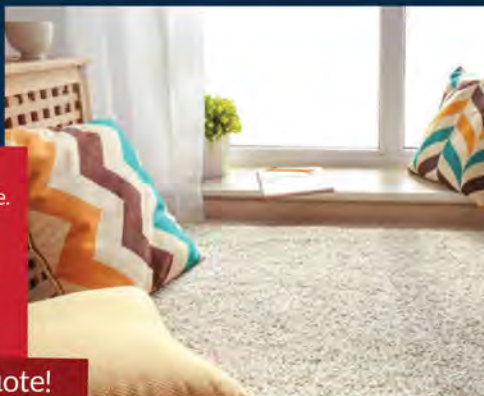
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A tale of **Two Clairs**

In this edition, we introduce you to two key members of the Mid and South Essex Hospitals Charity team, with whom we work closely: **Clair Grayston, Senior Charity Manager, and Clair Dade, Fundraising Coordinator.**

Both members provide crucial links between our team of Friends and staff at Broomfield Hospital. Clair Grayston and Clair Dade play a vital role in identifying funding projects and opportunities which exceed the provision of the NHS.

Clair Grayston in her senior role across all three hospitals, provides crucial support and advice on charitable funding and projects. Many of these funding requests are aimed at improving patient experience.

Clair Grayston said: "We are incredibly grateful to the Friends for their ongoing support. Their generous contributions are evident in many areas of Broomfield Hospital, from the public mobile phone charging station in the Emergency Department to specialist bed warming equipment that aids patients recovering from severe burn injuries."



Clair Grayston

“My team and I are well aware of the hard work and dedication that fundraising demands, and we feel so fortunate to have the Friends by our side.”



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A tale of **Two Clairs**

Clair Dade, who primarily works on-site at Broomfield Hospital, also supports the Friends by identifying opportunities to assist hospital staff and wards, in addition to her duties within the Mid and South Essex Hospitals Charity team. She is always available to coordinate photo presentations of equipment and funding deliveries, and she provides further assistance in communicating between the Friends, staff, and patients.



Clair Dade



“It’s always a privilege for our charity team to publicly recognise the dedication and hard work of the amazing Friends at Broomfield Hospital. They are a tremendous asset to both our charity and the hospital.”



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Presentation of **Donations and Equipment**

Therapy Services

Pink Tilt Chairs

The Friends are pleased to have provided funding of £4,344 for two more tilt chairs for Therapy Services. We asked Louise Panella, Lead Therapist, her opinion; she said, “The 2 adjustable Milano chairs gifted by the Friends at Broomfield hospital in March 2023 are being used throughout the hospital under the care of Therapy Services.”

The provision of the 2 additional ‘pink’ Tilt Chairs has been amazing and well received by the therapy staff, patients and wards alike. Not only do these chairs provide the initial stepping stones in supporting patients’ recovery and transitioning them from being in bed to sitting out, but they allow patients to work on functional and daily activities that we take for granted. This may be engaging with meals or socialising with visitors. It also empowers the Occupational Therapists and Physiotherapists to facilitate this journey by having the necessary tools at hand.



Some patients have additional seating positional needs that are not met by the standard static high back armchair nor the recliner chairs typically found on the wards. If they were sat out in such chairs they would be at a very high risk of falling. As such this patient group are typically left in bed for prolonged periods of time which exacerbates their functional decline and increases the challenges to both patient and staff to support recovery. They are vulnerable to being dependent on others, having periods of low mood, and a loss of sense of self and motivation.” As you can see, just a ‘chair’ can make such a difference to patient recovery. This is a particularly special donation by the Friends ... as the pink chairs are in memory of our longest serving Friend ... Barbara Coupe. She was a ray of sunshine and loved everything pink!”



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Presentation of Donations and Equipment

Care of the Elderly Wards Toiletries

We have 4 wards specifically relating to 'care of the elderly' at Broomfield Hospital. The Friends are pleased to have committed to funding toiletries for each of these wards throughout 2024. We have already delivered the first 2 months ... which have been gratefully received by staff and patients.

Each month's supply contains a large range of branded toiletries (ladies & gents), which we sincerely hope will make a difference to our patients' hospital experience. Just the smell of some familiar toiletries that may remind them of home may make their day more comfortable. Primarily these toiletries are to support patients that come into hospital with no toiletries of their own. They may be care home residents or simply have no family; many of them will be dementia patients who aren't able to fend for themselves or it could simply be a patient who has forgotten one item in their own toilet bag, which we are happy to provide to enhance their stay.



We are always keen to support our patients and nursing staff, so hopefully this will put a smile on some patients' faces and be beneficial to their wellbeing. Our grateful thanks to the Housekeeping staff who are managing this stock within the wards and making sure it is being distributed to those patients that are in need. The Friends donation for the full year will total approximately £6,400.



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Presentation of Donations and Equipment

Neo-Natal Department Trolleys & Compact Breast Pumps

The Friends are pleased to have funded these items which, added to the existing Neo-Natal unit equipment, means there is now a breast pump available for every new mum! We met with Jackie (Senior Sister) and Sandra (Unit Housekeeping) who told us how having this amount of equipment readily available reduces the level of stress for new mums.

“Breastmilk, Jackie added, is like medicine for each baby; so Mum being able to take a ‘compact breast pump’ home to express milk whilst baby is on the ward is perfect, and there is no charge for borrowing the equipment.” The department is currently working towards a Stage 2 accreditation of the Baby Friendly Initiative – a programme to support families in developing close and loving relationships with their newborns and Stage 2 of the Bliss Charter Accreditation - a practical framework for Neo-natal units to self-assess the quality of care they deliver against a set of core principles. The Friends donation of this equipment totalling £4,299 is a positive step towards achieving these goals.



“Breast milk is like medicine for each baby... so mum being able to take a ‘compact breast pump’ home to express milk whilst baby is on the ward is perfect...”



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Presentation of Donations and Equipment

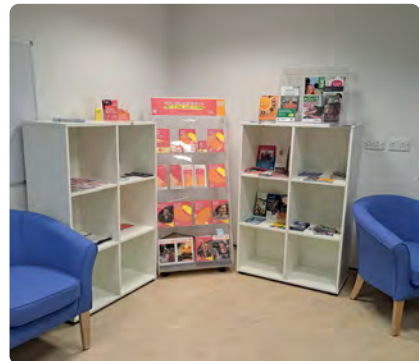
Breast Unit Additional Chairs

“We plan to help the Breast unit to achieve their ambition for the room upgrades and the Information Hub.”



Members of the Friends' met today with Jade, Moira and Jess (three of the Breast Clinical Nurse Specialists) to see how they have used our recent donations of £3,466 and £1,507 which were requested to fund two areas of additional seating within the unit. On visiting we found that they have purchased some 'tub chairs' for two rooms where staff can meet and chat to patients privately in a non-clinical environment, thereby giving' personal attention to their patient and possibly

other family members in a calm and neutral setting. On Jade's initiative, they have also created a separate 'Information Hub' which can be visited on the way through the unit. Some of the additional seating has been used in this area, again, to enable patients or family members to sit quietly and take a look at the wide range of information available. Jade has many more ideas, and we plan to help the Breast unit to achieve their ambition for the room upgrades and the Information Hub... so watch this space!!



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Presentation of Donations and Equipment

Manual Handling Team Hoverjacks

“The Hoverjack acts just like a Hovercraft and can be used in all sorts of situations.”



We are pleased to have donated £13,800 to the Manual Handling team which has funded 2 Hoverjacks. It was exciting for members of the Friends to meet with Manual Handling Advisors Bernadette & Scott and Falls Improvement Specialist Practitioner, Carrie for a demonstration! The Hoverjack, they explained, is used to retrieve a patient from a fall by easily sliding the fabric 'bag' beneath the patient. Once in place (and with staff reassuring the patient) warm air gently inflates the 'bag' and comfortably elevates the patient from the ground, distributing their weight

accordingly and providing the correct spinal support. Staff are in control of how much inflation is required etc. The 'bag' which has now become a type of mattress, sits on 4 inflated chambers of air which then raises the 'mattress' to bed/trolley height, allowing comfortable transfer from Hoverjack to bed/trolley. Carrie said, "the Hoverjack acts just like a Hovercraft and can be used in all sorts of situations" They are lightweight and portable and we can see why they are so pleased with them!



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Presentation of Donations and Equipment

Maternity Department Sara Steady

“It was a pleasure to visit the department and see the Sara Steady in action!”



The Friends' donation of £930 has funded a Sara Steady standing aid for our Maternity department.

Members of the Friends met with Matron Harriet, Midwives Hope & Su, Therapy Assistant, Alex and MCA Emma.... seen here demonstrating how to use the equipment. They explained

that many ladies.... both pre and post childbirth will benefit from being able to use the standing aid – which enables a dignified patient transfer between bed and chair, bed to bathroom etc. where sometimes ladies have mobility issues or post-surgery weakness. It was a pleasure to visit the department and see the Sara Steady in action!

Presentation of Donations and Equipment

Intensive Care Unit

Activity Trolleys



Jo Eves, Rehabilitation Lead (Intensive Care Unit) was able to take some time to meet with members of the Friends to demonstrate usage of the Activity Trolleys funded by our recent donation of £711. Rehabilitation is a huge part of the patient journey whilst they are in Intensive Care and the trolleys have enabled Jo and her colleagues to store various items, neatly and safely, for patient use.

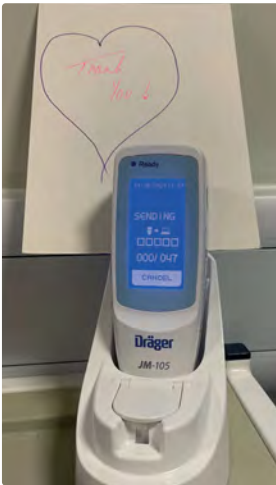
“The trolleys have enabled Jo and her colleagues to store various items, neatly and safely, for patient use.”



Presentation of Donations and Equipment

Maternity Department

Billigun Jaundice Meter



The Friends' donation of £4,030 has funded a Billigun Jaundice Meter which is being used by the Community Midwifery Team.

Jodie Cummings-Sorrell, Midwifery Team Lead told us "Using the Billigun out in the community has meant so many babies have been able to stay with their family at home, rather than being brought into hospital for tests. Using the meter, we can identify jaundice babies in a more timely manner meaning they are less likely to become unwell! This has been an invaluable piece of kit for the Community Midwifery Team and we are all very grateful to The Friends for donating this to us! Many thanks from the whole team."

“Using the Billigun out in the community has meant so many babies have been able to stay with their family at home, rather than being brought into hospital for tests.”





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The Friends at Christmas



For more than 25 years the Friends have been working together with the Trust's own Charity office to ensure that Christmas is a special time in the Hospital.

Over recent years, the Friends have provided Christmas gifts for those patients on the Care of the Elderly wards this year we will be funding Christmas gifts across all wards for those patients who need to remain in hospital during the festive period. Prior to the pandemic the Friends organised mulled wine (non-alcoholic) and mince pies for the dedication of the Christmas tree in the atrium ... our plan for 2024 is to have a Christmas stall selling 'all things Christmas' to coincide with the Christmas Tree lighting ceremony in the atrium in early December ... so come and see us if you can!!



Our two shops are filled with lovely Christmas merchandise to try and ensure our hard working staff and visitors have an opportunity to purchase gifts for their loved ones.

“This year we will be funding Christmas gifts across all wards for those patients who need to remain in hospital during the festive period.”

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Donations

Donations 2023

Cleft Services Team: 9 x specialist breast pumps	£	12,600.00
Burns ICU: 2 X patient warming devices	£	4,200.00
A&E: 1 x Mobile Phone charging station	£	1,836.00
Therapy Services: 2 x Patient Tilt Chair (standard colour)	£	4,344.00
Therapy Services: 2 x Patient Tilt Chair (in pink)	£	4,344.00
Falls Team: 150 x pairs of slippers	£	2,100.00
Anaesthetics Dept: 1 x VR headset & headphones	£	2,595.00
Breast Reconstruction: 100 x breast care packages	£	1,536.00
Maternity (Safeguarding Midwifery): Range of soft toys for adoptive babies & their birth Mums	£	128.24
Urology: 1 x smart-flow urine meter	£	3,300.00
Care of the elderly wards: Quarter 1: toiletries	£	1,336.02
TOTAL Donation Expense 2023 – Hospital Amenities	£	38,319.26

Donations 2024

Neo natal: 2 x double breast pumps, 2 trolleys, 4 compact breast pumps	£	3,582.00
Urology: 1 x male catheterisation model	£	1,500.00
Manual Handling: 2 x Hoverjack lifting equipment	£	13,800.00
Care of the Elderly wards: Quarter 2: toiletries	£	1,265.17
Care of the Elderly wards: Quarter 3: toiletries	£	1,250.41
Maternity: 1 x Sara Steady	£	775.00
Maternity: 1 x Billigun Jaundice Meter	£	4,030.34
Children's Emergency Dept: Artwork	£	1,370.59
Women's SVC: 1 X Laparoscopic training device	£	9,405.00
Breast Unit: Additional seating	£	4,973.24
ICU: 2 x Activity trolleys	£	711.65

In addition, we have committed to support the following donation requests for items currently on order...

Breast Unit: Counselling rooms & Information Hub	£	4,000.00
Neo-natal: 2 x Mauro Relax Recliner chairs	£	4,087.00
Stroke Unit: 2 x Tilt chairs	£	4,500.00
Neo-natal: 1 x Transport incubator	£	47,442.99
Adult Wards: Christmas gifts	£	2,000.00

TOTAL Donation Expense 2024 - Hospital Amenities £ **104,693.39**

Support Our Shops

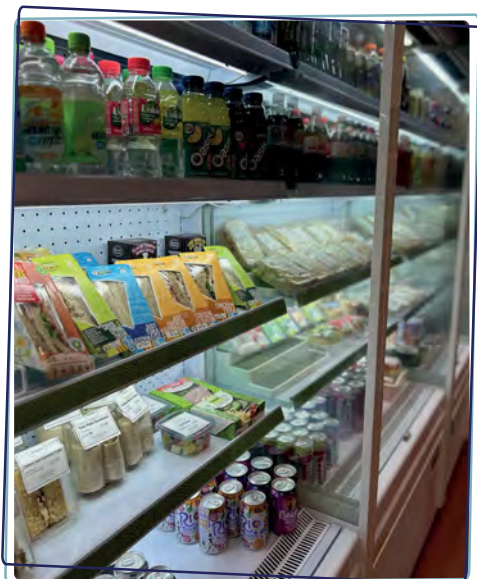
RUN ON THE BROOMFIELD SITE BY OUR WONDERFUL VOLUNTEERS

Shop 1 South Entrance

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



Shop 2 Atrium

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 Monday to Friday, from 9am to 3pm (excluding bank holidays) and is manned by our great volunteers and is run by Janet Warn.

Profits from our shops 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 to help.





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"Things Cannot Carry On As They Are" – How My Homecare Chelmsford is Solving the Domiciliary Care Crisis

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There's no place like home



In their 2024 report, AgeUK found that even as the age 85+ population is the fastest growing in the UK, older people are struggling to access high quality care, with significant unmet needs in achieving basic tasks – from getting dressed to eating and using the facilities.

Joanna Downing, one of the owners of the Chelmsford branch of My Homecare along with Miriam Downing, encountered this first hand watching her two sets of grandparents grow older.

"I was blessed to have experienced what it was like living and flourishing in a working class community through my Nan and Grandad, while also seeing how additional resources opened doors for my paternal grandparents. But nothing prepared me for the sense of injustice I felt when I saw the difference in the care they received towards the ends of their lives. This inequality drove Miriam and I to start My Homecare Chelmsford. We're in the fight to provide quality care to all, to honour our elders by delivering on the promise in our name – to care for those that cared for us, in the place they call home."

The team quickly realised they'd tapped into a serious unmet need within the Chelmsford community, and as demand grew they expanded the team to meet it. The team was privileged to recruit and hire one of the best registered managers they'd found, Maria Moore. With Maria's passion and expertise, the My Homecare Chelmsford team grew to meet the community's needs while simultaneously earning their place among the highest ranked service providers in England.

Remarkably, during its very first inspection, the Care Quality Commission – the UK's independent regulator for health and adult social care in England – awarded My Homecare Chelmsford an 'Outstanding' rating, placing them among the top 5% of domiciliary care providers in the entire country.

Today, My Homecare Chelmsford continues to grow and thrive, while remaining true to its founding mission: to provide outstanding care with dignity, respect, and compassion, regardless of background.



Contact Us



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Inspected and rated

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Join Us!

Have you a little time
on your hands?

Could you help a very
worthwhile charity?

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new people?

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

People of any age and from all walks
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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.

The Friends run two shops open
Monday to Friday, (excluding bank
holidays), from 9am until 3.30pm
(south entrance) and 9am until 3pm
(atrium shop). If you would like to join
our 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.



Volunteering... how to be involved

Help your hospital by:

- Becoming a voluntary helper in our shops or with the trolley service.

Potential volunteers must be aged 18 or over.

- Making a Donation – all donations are welcome.

Don't forget to add Gift Aid if you are able to.

Information is available on our website:

www.fabh.org under the 'Join Us' tab.

Download and complete an application form and return it to;

Volunteer Co-ordinator

The Friends at Broomfield Hospital (Shop 1)

Broomfield Hospital, Court Road,

Chelmsford, Essex CM1 7ET

Telephone: 01245 443285

Alternatively, you can leave your contact details with one of our volunteers in our shops at the Hospital and we'll contact you!

Support from the Community

South Woodham Ferrers United Football Club presented us with a cheque for £1,000.

They held a football tournament which ran through Friday night, Saturday and Sunday on the weekend of 20 July 2024. It involved children from under 6-year-olds. The Club has kindly supported us for a couple of years now and the funds were raised from this event. The photo shows Carol Haensel and Sally Cansdale of the Friends at Broomfield Hospital accepting the cheque on our behalf. Since the photo was taken we have received a further £549.18 in donations from SWUFC from the event ... taking the total to £1,549.18 and there's more ... !!

Proceeds from their 2023 Golf Day and 2023 Christmas Raffle totalling £1,138.36 were also kindly donated to us. That brings the GRAND TOTAL received from the club to an amazing £2,687.54. Thank you SWFUFC!



Community Events



Flower Festival & Gift Weekend in Celebration of Nature was held recently at St Mary with St Leonard Parish Church Broomfield. This beautiful arrangement was created and displayed on our behalf by our FABH volunteer, Chrissy Miller. It represents the rain forest where over 50% of the worlds' most exotic plants grow - many of which are used in life saving medicines.

What else

do The Friends do?

Fundraising

Book Sale & Tombola

Our Easter Book Sale & Tombola was held in the main atrium at Broomfield Hospital.

Here are a group of our 'Friends' ready to start their ticket sales and find some Easter winners on the tombola! The 2 day event was a great success many books were sold, many tombola tickets were purchased ... and we raised over £900 for Broomfield Hospital. As always, our grateful thanks to everyone that donates books to our shops throughout the year ... and to our fabulous volunteers for making it such an enjoyable and successful event!



Services

Our Trolley Service

Our volunteers can also be seen around Broomfield Hospital delivering a well-stocked trolley service. Don't be afraid to stop them for some goodies! Get to know our regular volunteer teams as they walk the corridors and wards delivering our merchandise to patients. It is certainly a 'keep fit' regime! The trolley service provides an invaluable means of 'taking the shop to the ward' and being able to deliver confectionery, soft drinks and some general items to patients, visitors and staff who are unable to visit our shops.....and all with a cheery smile!



Our Library Service

The library trolley is also a welcome sight for patients who can choose and borrow books brought to them by our volunteers. Our regular service visits wards and departments throughout the hospital on a weekly basis. Being able to provide a good book and have a friendly chat to patients and members of staff goes a long way ... and our Friends thrive on helping to make a positive difference! We have a wide selection of books for patients to choose from. Donations of good condition paperback books (taken to either of our shops) are always gratefully received.



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.



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.

1949 The Friends at Broomfield started operating.

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

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

1957 The League of Friends of Broomfield Hospital was registered as a charity 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.



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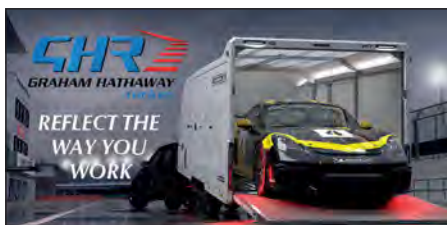
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History of

Broomfield Hospital



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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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 help 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).
- 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.

Registered Charity Number: 1202950

If this is of interest to you, please ring 01245 443285 and leave a message with our volunteers. Our Treasurer, David Walker will then contact you.

Treasurer: David Walker

Friends at Broomfield Hospital (Shop 1), Broomfield Hospital, Court Road, Chelmsford, Essex CM1 7ET

Who are The Friends and how do we work?



FABH are a group of volunteers who run two shops selling a range of sandwiches, hot and cold drinks, confectionery and all sorts of other items, 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.”

Fundraisers commonly donate online via [JustGiving](#).

DONATE NOW WITH
JustGiving™

Whatever the method of donation - we are hugely grateful.



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** between 10am and 2pm, Monday to Friday (excluding Bank Holidays). Email:

mse.public.response@nhs.net or if 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 and DBS checked. Assisted trips are also available.

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. Enter our postcode CM1 7ET into your satnav or see Google location map for directions.

Our hospital site is very busy, please make sure that you plan your journey to allow plenty of time to get parked ahead of your appointment.

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.

CAR PARKING

The car park barriers and payments work on automatic number plate recognition (ANPR). The number plate recognition system will log your vehicle registration number and raise the barrier as you enter the car park. Before returning to your car, please go to the payment machine. You will be asked for your car registration number and the correct payment which can be paid by cash, credit/debit card, contactless or Glide www.glideparking.com a car parking app which can be downloaded for free from the App Store or Google Play. The barrier will lift when you exit the car park.

NEED TRAVEL SUPPORT?

If you need help with the cost of traveling to and from our hospitals or anywhere that offers healthcare, visit the NHS healthcare travel cost scheme website.

Please see page 53 for our helpful Wayfinding Map and entrance and parking guide

Payment is made on exit by debit/credit card, contactless card and cash.

FOOD & DRINK

THE ACORN FOOD POD

The Acorn Food pod is located outside the South Entrance of the Hospital.

Serving hot food for breakfast and lunch, the Acorn food pod is located next to the Medical Academic Unit. This is currently open to staff only.

Open 7am to 3pm, Monday to Friday.

COSTA COFFEE

A Costa Coffee stand in the middle of the atrium, adjacent to the entrance to zone E.

Open 7am to 5.30pm, Monday to Friday, and 9am to 4pm 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.



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Hospital Information

Your guide to Broomfield Hospital

SHOPS

PHARMACY

Outpatients in the main atrium, is open Monday to Friday, 9am to 5pm.

FRIENDS AT BROOMFIELD HOSPITAL SHOPS

Shop 1, south entrance is open 9am to 3:30pm, Monday to Friday.

Shop 2, end of atrium, adjacent to A111 is open 9am to 3pm Monday to Friday.

Both shops are closed on weekends and bank holidays and between Christmas and New Year. The Friends also run a trolley service which can be encountered on most routes throughout the hospital.

M&S SIMPLY FOOD

M&S can be found in the middle of the atrium accessible through the main entrance or the central corridor.

Open 7.30am to 8pm, Monday to Friday.

8.30am to 8pm on Saturday and 10am to 8pm on Sunday.

Closed 25 and 26 December and 1 January.

WH SMITH

WH Smith can be found in the middle of the atrium accessible through the main entrance or the central corridor.

Open 6.30am to 8pm, Monday to Friday, and 8am to 6pm at the weekend.

Closed 25 and 26 December and 1 January.

VENDING MACHINES

There are many vending machines throughout the hospital that offer food and

drink refreshments.

You can find them in:

Zone A in the central corridor, on level 2 - A&E department waiting room, near A205, and on level 3 near A305

Zone C on level 2 in the lift lobby

Zone E on level 1 in the lift lobby and level 2 in the lift lobby.

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 WH Smith (free)

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

Zone E on level 1 in the lift lobby

POST BOX

There's a Royal Mail post box located outside M&S Simply Food in the atrium.

PUBLIC PAYPHONES

There are payphones located in:

Zone B in the south entrance, opposite lifts Zone A on level 1 in the central corridor and opposite the travel centre.

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.



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fuel@bfsfuelservices.uk

01245 425251

www.bfsfuelservices.uk

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www.tothamlodge.com

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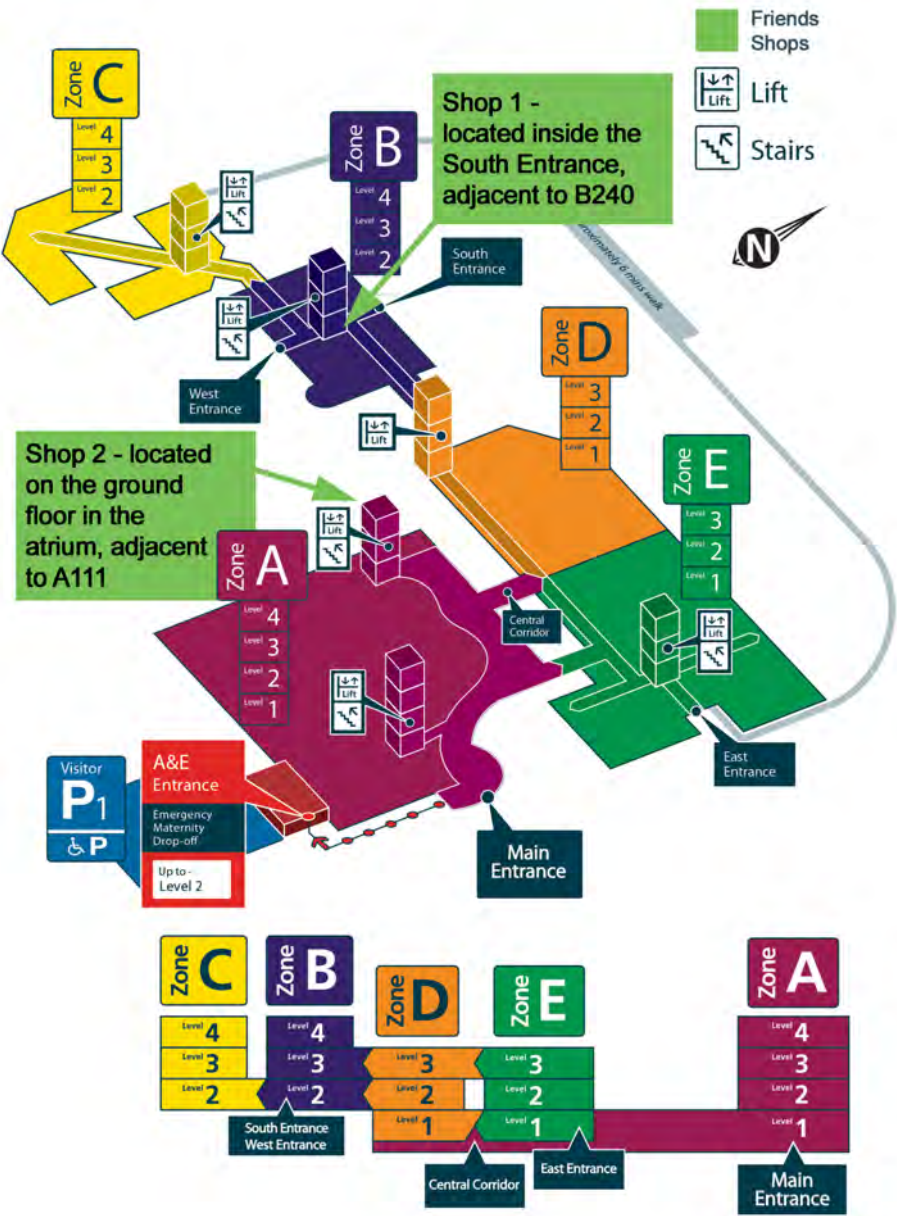
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Broomfield Hospital

Wayfinding Map



Smile spotlight



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Please see page **32** for more information.



Braintree Podiatrist & Chiropodist

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info@braintreepodiatry.com

www.braintreepodiatry.com

Please see page **10** for more information.

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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?

Chaplains are available 24 hours a day for inpatients but for queries, the team are available Monday to Friday between 8am and 4pm.

For urgent and out of hours queries, contact switchboard and ask for the on-call chaplain.

Call 01245 515244 (24hr answerphone) or email mse.broomfieldchaplains@nhs.net. Location – Faith Centre A209. Urgent and out of hours queries, contact switchboard 01245 362000.

We support all faiths and beliefs

The chaplaincy team will do all they can to make sure that your religious needs are met during your stay in hospital.

They will also keep prayer books and scriptures from multiple faiths which can be provided if asked for – to find out where these items can be located, please refer to the 'multi-faith prayer rooms' section.

Christian resources

Christian prayer and worship - Monday to Friday 9:30am and 12:15pm.

Holy Communion is available on request at the bedside or in the Faith Centre.

Roman Catholic Mass takes place on the second Friday of the month at 12:15pm.

"Good News for Everyone" Bibles and Hope Magazines are available on request.

Islamic resources

Islamic prayer and resources - Copies of the Quran, along with prayer mats and shawls can be made available for the wards on request.

Jumm'ah Prayer – hosted in the Faith centre on Fridays at 1.15pm with a separate female prayer space provided.

Ablution facilities, Qu'ran and prayer space with mats are available at the Faith Centre.

Jewish resources

A Kosher cupboard with food for relatives and visitors is located within the Faith Centre with supplies for those celebrating a Shabbat meal.

Multi faith prayer rooms. Where can you find us?

The Faith Centre is located at A209. This can be found by walking from the main hospital entrance to the bottom of the atrium where lifts or stairs will take you to the second floor.

Turn right as you leave the lift or stairs and immediately right again to find A209.

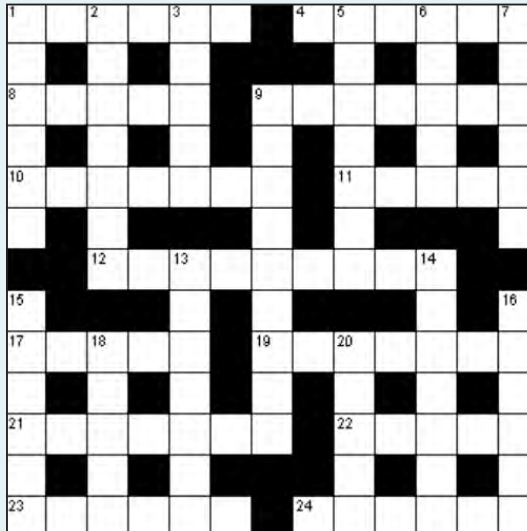
All are welcome to use the space for a time of stillness, reflection, meditation or prayer.

Should you require a chaplain to support you during your visit, please contact us in advance or via switchboard if it is an emergency.

Puzzles

Test yourself with these puzzles, crossword and wordsearch

CROSSWORD



ACROSS

1. Make a mistake (4,2)
4. Unwrinkled (6)
8. Move aimlessly (5)
9. Fighting man (7)
10. Beseech (7)
11. Fisherman's basket (5)
12. Non-stop (9)
17. Borders (5)
19. Female singing voice (7)
21. Coached (7)
22. Combine (5)
23. Stinging plant (6)
24. Withstand (6)

DOWN

1. Happening without warning (6)
2. Crackbrained (7)
3. Loosen (5)
5. Reclaim (anag) (7)
6. Yellowish-green colour (5)
7. Scarcely (6)
9. Seen (9)
13. Armoury (7)
14. Language of East Africa (7)
15. Substance used for setting jams and jellies (6)
16. Point in time (6)
18. Hard work (5)
20. Dried plum (5)

SUDOKU

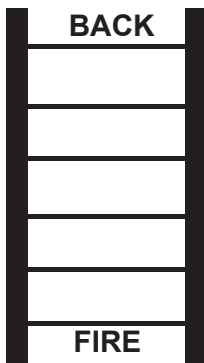
		5		8	3		2	
					4	6		
				1		1		5
1	8	7		4			6	
	4		2	3		7		
			8					4
					8			
	1	8	3			5		7
		3	5	7			4	2

Fill in the grid.

Each 3x3 grid should contain the digits from 1-9

WORD LADDER

See if you can get from the top of the ladder to the bottom by changing one letter at a time to make a new word.



WORDSEARCH

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

- | | | | |
|---------|------------|--------------|---------|
| Hancock | Armageddon | Twilight | Rocky |
| Titanic | Watchmen | Transformers | Jumanji |
| Seven | Grease | Halloween | Tootsie |
| Eragon | Evita | Saw | |
| Juno | Jaws | Alien | |

Supporting local businesses is important

By sharing their stories, promoting their products/services and leaving positive reviews, we can help them thrive in our communities.



Recipe

Lemon and Raspberry Cake

4 large eggs
225g ground almonds or almond flour
100g granulated sweetener
2 tsp baking powder
100ml extra virgin oil
360g Greek-style plain soya yogurt
400g strawberries, hulled and quartered
Finely grated rind & 1tbsp lemon juice
of 1 unwaxed lemon
150g Raspberries
1 tsp. vanilla essence

Preheat the oven to 180oC/fan oven 160oC/gas 4. Lightly oil a 8" springform cake tin and line with non-stick baking paper.

Whisk the eggs with an electric hand whisk in a large bowl or in a stand mixer until frothy and doubled in size (this will take about 4-5 minutes) Add the sweetener, olive oil, 60g yogurt, lemon rind, 1tbsp lemon juice and vanilla and whisk until well combined.

In a separate bowl, mix together the almonds or almond flour and baking powder.



Make a well in the centre of mixture and pour in the wet lemon mixture. Stir to a smooth batter, add half of the fruit and pour into the prepared tin. Bake for 50 minutes or until skewer into the cake comes out clean.

Remove from oven and set aside to cool in the tin.

When cold carefully remove from the tin and discard the lining paper.

Serve in wedges with remaining yogurt and fruit.

Serves 8 | Gluten free | Vegetarian

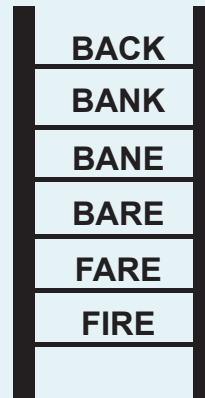
Answers

CROSSWORD



how
well did
you do?

WORDLADDER

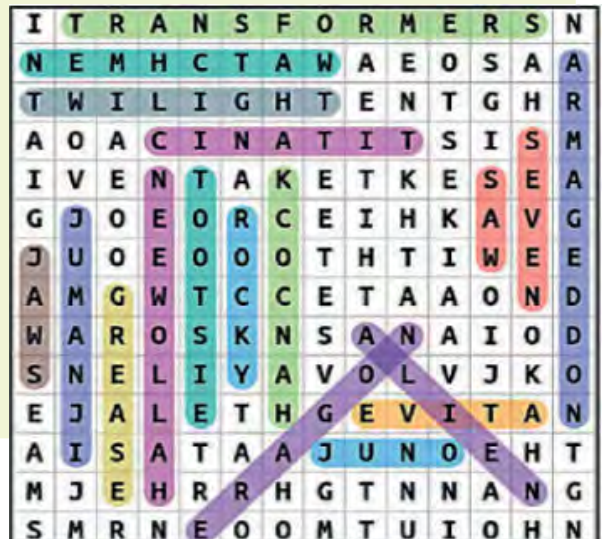


SUDOKU

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

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solve
it?

WORDSEARCH





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

Signed

Dated

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

Please notify the charity if you:

- Want to cancel this declaration
- Change your name or home address
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Please return form to:

Treasurer: David Walker

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