

We are officially amongst the best in the country



Ruth and the lucky ladies off to lunch at the Hilton

Ten members of staff, all nominated by their managers, joined Ruth and the chairman at a special lunch on Monday to celebrate the Trust being identified as one of the top 100 healthcare providers to work in the UK.

The influential top 100 list, researched by MORI on behalf of the Health Services Journal and Nursing Times, is based on the results of an exclusive poll of employees. Open to both NHS and independent healthcare providers in the acute, primary care, mental health and ambulance sectors, the winners and representatives of all those included in the top 100 list celebrated at a special awards luncheon held at the London Hilton on Park Lane on Monday, March 2nd.

Ruth May said: "This is a great achievement and something that we should all be very proud of. I am very pleased as this indicates that our staff are saying they like working here and we are making working life at the Trust 'as meaningful and purposeful as possible, while reducing exposure to unnecessary stresses'."

During the event on Monday East Sussex independent provider, Benenden Hospital trust, was named as the best healthcare employer in the UK and South Essex Partnership foundation trust was found to be the best employer of healthcare managers.

Ruth adds: "I am delighted that ten members of staff were able to join the chairman and me at Monday's lunch. I think everyone had a lovely time. This is a great way of recognising all of the good work that goes on at this Trust and the people responsible for it."

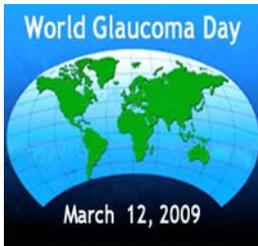
A great way of recognising all of the good work that goes on at this Trust and the people responsible for it.

To qualify as one of the top 100 healthcare organisations the responses from employee questionnaires were added to the organisation's response to an online questionnaire which assessed the policies and facilities organisation offers in a range of areas such as training, equality and diversity, and benefits and remuneration.

Adele Wisbey, matron/CNS for head and neck, said: "I am very pleased to be nominated to attend the awards lunch as it was a very enjoyable event. We must all feel very proud that, despite not being named in the top 20, we are still in the top 100, which is good news for everyone."

More information about the healthcare 100 can be found on the web site at www.healthcare100.co.uk

Eye clinic throws open its doors on world glaucoma day



The eye clinic at Broomfield Hospital is throwing open its doors next week to anyone who wants to find out more about glaucoma as part of world glaucoma day.

This is the second world glaucoma day and between 2pm and 4pm on Thursday 12 March members of the hospital's ophthalmology team, including consultants, nurses and visual field technicians will be available to discuss glaucoma and the treatments available.

Mr Petros Andreou, consultant ophthalmologist and glaucoma specialist, said: "Glaucoma is the second most common cause of blindness worldwide. It is estimated that 4.5 million people globally are blind due to glaucoma. Glaucoma affects about two per cent of people over the age of 40 in the UK."

Rose White from Chelmsford, a glaucoma patient, said: "This is a rare opportunity to talk to the glaucoma specialists in an informal setting. I didn't realise I had glaucoma until it was picked up at one of my regular appointments, so it is important to be able to find out as early as possible. If anyone has any worries about glaucoma they should go along to the open afternoon as they will be able to find out more."

During the afternoon the team will be on hand to discuss the treatments used for glaucoma and explain more about some of the technology that is available. There will also be information leaflets available and refreshments will be provided.

Glaucoma is a group of eye diseases that cause progressive damage of the optic nerve at the point where it leaves the eye to carry visual information to the brain. If left untreated, most types of glaucoma progress (without warning nor obvious symptoms to the patient) towards gradually worsening visual damage and may lead to blindness. Once incurred, visual damage is mostly irreversible, and this has led to glaucoma being described as the "silent blinding disease" or the "sneak thief of sight".

Mr Andreou adds: "The afternoon will provide the ideal opportunity for people to find out more about glaucoma and ask the professionals any questions they might have. We hope it will be successful and that we will be able to advise any people who are worried about glaucoma. If any members of staff would like to come along I would be happy to see them."



Miljenka Young, ophthalmic nurse specialist with Rose White

- For further information please contact the eye clinic on ext 4580

Smoke free day



As 'smoke free' is high on the NHS agenda the Trust will be taking part

in next week's national 'no smoking day' on Wednesday 11 March.

During the day Lisa Humphreys, specialist hospital stop smoking support advisor will be manning a stand in the restaurant at Broomfield to encourage staff and patients to sign up to quit and receive free nicotine replacement therapy.

Lisa said: "The Trust is already 'smoke free' so we need to do everything we can to help those colleagues and patients who are finding it hard to quit. I am always available to offer advice to anyone who wants to stop smoking. People can come along to the stand next week and have a chat to me, it is the ideal time to quit smoking, I hope to see as many colleagues as possible."

Take the first step
No Smoking day

Wednesday
11 March 2009

Get help now
nosmokingday.org.uk
0800 169 0 169



Your chance to get involved

As part of the Trust's commitment to equality and diversity a growing programme of activities is being developed.

John Mclellan, interim equality and diversity advisor, said: "As part of our equality and diversity programme we have become involved with our local authority partners. Essex County and Chelmsford Borough Council have started planning for two key events this year and the Trust has agreed to participate. This presents an opportunity for any staff who are interested to get involved."

The first event called '**Pride**' will be celebrated in September. This is a countywide event to celebrate lesbian, gay, bisexual and transgender (LGBT) inclusion and will be held in Admirals Park, Chelmsford. Planning is at an early stage and other public organisations are also intending to participate. If any LGBT staff are interested in helping this would be welcomed.

Another date in the calendar celebrating diversity is **Black History Month** in October. This is a programme of events and activities to highlight BME (black and minority ethnic) cultures. Again, planning is at an early stage and there is an opportunity to shape-up some talks, events, with partners such as the PCT and the Borough and County Council.

John adds: "If anyone is interested in getting involved with these events please contact me, I would be happy to hear from you."

- **John can be contacted on extension 4733 or by email**

Last call for award entries

The closing date for this year's health and social care awards is Friday 6 March.

Run in association with the Department of Health and the NHS Institute for Innovation the awards offer a fantastic opportunity for organisations in the region to showcase the outstanding projects and work being undertaken in the east of England.

Ruth May said:" These awards are an excellent opportunity for all of the good work that takes place here at the Trust to be recognised. I want to see as many departments as possible putting in entries."

Further details and entry forms can be found at: www.eoe.nhs.uk



Applications are open for the 2009 Health and Social Care Awards
celebrating success, innovation and achievement in the east of England

National Categories:

- Mental Health Wellbeing
- Transforming Services
- Leadership for Improvement
- Excellence in Commissioning
- Improving Health and Reducing Inequalities
- Innovative Health and Social Care Technology
 - Patient Safety
- Success in Partnership Working
 - Adopt, Adapt and Improve
- People's Award For Dignity in Care
- NHS Live (awarded at National level only)

New for 2009:

- Low Carbon
- Primary Care and Community Services Pathways Award
- Innovative Acute Care

Regional award:
The 2009 Improving Lives; Saving Lives award

For more information and to apply visit:
www.healthandsocialcareawards.org.uk
www.eoe.nhs.uk

Closing date for applications midnight 6 March



Corporate branding

Now that the Trust has a new vision and values the strap line 'listening, learning, serving, healing' should no longer be used on corporate stationery or any Trust information.

This has been replaced with 'Caring for you, Caring about you' which encapsulates the Trust's new vision.

Comprehensive information about the Trust's new branding, including fax, memo and letterhead templates can be found on the intranet, under Trust pages.

For advice about corporate branding please contact Ian Lucking on ext 6729 or Jo Triggs on ext 4235.

Diarrhoea and vomiting outbreak at Broomfield

Members of the public have been asked to think before they visit Broomfield Hospital if they have been unwell with diarrhoea and vomiting as there is currently an outbreak on Ward B11.

Dr David Blainey, said: "Due to several patients suffering from diarrhoea and vomiting we have temporarily closed ward B11 to new admissions. We think that this virus was brought into the hospital from the community so we are asking people to help us by not visiting if they are unwell with this virus or until they have been symptom free for at least 48 hours. People should also stay away if they have been in contact recently with anyone that has the virus. Our main objective is to try and prevent infections being brought into the hospital and we need the public's help to do this."

Roland is the Trust's new foot and ankle consultant

Roland Russell has been appointed as the Trust's first orthopaedic consultant specialising purely in foot and ankle surgery. He will be working alongside Mr Michael Taylor and Mr William Williams who are current orthopaedic consultants at Broomfield with an interest in foot and ankle surgery

Roland, who joined the Trust in January, is one of only a handful of surgeons in the UK who have both national and international fellowship experience in foot and ankle surgery.

Roland said: "I have been fortunate to have done two fellowships in foot and ankle surgery. Initially, I spent six months working with Mr Singh, current president of The British Foot And Ankle Society, at the Royal National Orthopaedic hospital and then spent a further 6 months working with the world renowned surgeon, Professor Michael Stephens, at the Cappagh National Orthopaedic hospital in Dublin, who was previous president of The European Foot and Ankle Society"

Foot and ankle work is an area that is becoming very popular as a specialism in its own right. The foot is divided into three parts known as the forefoot, mid foot and ankle. Roland continues: "The most common areas for problems are the forefoot and hind foot or ankle. These include bunion surgery and ankle arthroscopies. Foot and ankle surgery is a complex speciality which requires an in depth knowledge of the underlying biomechanics as well as an understanding of the many causes of pain that patients may present with. There are some very specific guidelines that have to be followed that relate to pain in the foot and when to operate. Roland has assembled a team of radiologists, orthotists and physiotherapists with a specialist interest in foot and ankle in order to provide a multidisciplinary approach.

"I have always been interested in foot and ankle surgery as it combines soft tissue work with that of orthopaedic surgery. I was attracted to this post at Broomfield hospital as the orthopaedic unit, and its consultants, have an excellent reputation and it is a huge advantage in foot and ankle work to have the a plastics unit, such as St Andrew's, on site."



Roland Russell, who has taken up his post as orthopaedic consultant

So why is foot and ankle surgery becoming more popular? "People are living longer nowadays, so more people are living with conditions such as diabetes and arthritis, which can affect the feet. There are also a high number of sports injuries that affect this part of the body," Roland adds.

Reflexology sessions at St John's

Come along for a FREE reflexology 15min session on Wednesday 18th March from 3.30 - 5.30 in the EARLY LEARNING CENTRE.

Reflexology has many benefits, some of which are : Stress Relief, Headaches, Back Pain, Sleep disorders etc

Any queries you can contact Vivienne Macleod either via email at v.macleod@talktalk.net, or call 07932314727.

Broomfield 2010

Volume 1, Issue 7

4th March 2009



Contact Info

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PFI Construction Site
Hospital Approach
Broomfield
CM1 7LW

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Project Team

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Construction Interface

Paul Stanford
Enabling Works Manager

Siobhan Jordan
Viv Barker
Doug Smale
Service Transformation
Facilitators

Will Harvey
Caroline Finlay
Andrew Frost
Equipping

Denise Mortimer
Promotions

Vicki Chapman
Project Support



Photo of the week
Ready for action: the builders
limber up before heading out
on to the site.

Days to go
520
until handover

Current Status:
Phew! Still some time left!

Launching, lights and “let’s have a look”!

Our commissioning launch is coming up on 11th March, and some key people have been invited to take part and put forward the major concerns arising from such a huge project. We are still waiting for some replies, so if you’ve been invited, please let me know if you are coming. Nigel will be spending much of the week preparing for this event, and like a expectant father, excitedly awaits the outcome from the day. Kathryn will be entering world of the arts, and engaging with artists who are putting together their initial designs for art installations. When she’s not being a connoisseur of the arts she’ll be spending time with Nigel in a darkened room trying to solve who and what goes where in the new build.

You may have noticed that we have some temporary traffic lights at the bottom of Hospital Approach—don’t worry, they won’t last too long, and when they’re gone, the sewers and drainage systems will be in place to take the extra capacity from the hospital. Charles is busy hosting site visits for Consultants ... needless to say they are very enthusiastic now they are seeing it for themselves... visiting the site is one of those things that you need to experience to fully appreciate. Will has been busy looking at the critical dates for installing the larger pieces of equipment. This means that some of the kit may need to have specially strengthened floors, or special cabling etc. Although this seems to be an early stage, if we don’t get it right now, it’ll be too late!

Siobhan, Doug and Viv are learning a great deal from the departmental working groups. The lessons they are learning are critical to the success of our project, one of the most outstanding lessons being how interdependent departments are on each other. Looking at the cause and effect across departments has been an education for the departments as well as for the team!

Vicki

Did you know ...

Part of the construction process is to leave a hole in the wall through which we can bring the new MRI scanner let’s hope they remember to close it up afterwards!

Come and see for yourself

Make sure you take a tour of the Exemplar Rooms by contacting the Broomfield 2010 Project Office on ext 4741. You can also have a look at the construction progress by contacting Charles Penton, Broomfield 2010 Project Manager (Construction) on ext 4360.

For photos of the Exemplar Rooms and construction site and to keep generally up to date with progress, please see the Broomfield 2010 pages of the Trust intranet at <http://meht-intranet/trust-pages/broomfield-2010/>

News in Brief

Car Share

Sonia Pockock is looking for somebody to car share from Braintree to Broomfield Hospital, hours of work: 8.30am-4.30pm Monday to Friday. If interested, please contact Sonia on ext 4083 or by email: sonia.pocock@meht.nhs.uk

Lost Earring

Somewhere between Northfields (Orthopaedics) and Westfield a Red Oval Earring went missing, not expensive but matches a necklace. If found please return to Karen Prahli Waiting List Northfields Ext 4644

Information needed

Please could the member of staff that hit my car that was parked in the multi-storey car park on 3rd March 09, please do the HONEST thing and get in touch with me via my home email so we can exchange insurance details. My email is: dealcuow@aol.com
Thank you so much, Mrs Robinson.

Parking permits

Staff parking permits are now up to date and ready for collection from General Office. May we remind all staff that if you park in the hospital grounds you must have a valid parking permit on display in your car. Current permits are not being issued with an expiry date therefore will not have to be updated.

Can You Help?

We often have parents arrive on the Burns unit not realising that they will have to stay. Hence they do not have any toiletries.

Does anyone have any unused travel size toiletries that they do not want? Things like shampoo, shower gel, toothbrushes – the kinds of things you get from hotel rooms and airplanes.

Any contributions, please send to the Psychotherapy and Counselling Service in St Andrew's OPD.

Recruitment update

We have appointed our first nurse through the Recruitment Open Day at the end of January. Pauline Okwo, pictured, has started as a Band 5 nurse on Ward B5, having moved here from another Trust in Berkshire.



Pauline Okwo, the first nurse to be appointed following the successful Recruitment Open Day

In terms of the remaining appointments, there were 20 nurses and healthcare assistants who started during February, 22 due to commence during March and 112 due to start during April. With the 16 adverts currently out for nursing and healthcare assistants, we are also expecting to make multiple appointments during May. This will make a huge difference to the amount of Bank and Agency shifts currently being worked across the Trust.

Further updates will be sent to each General and Divisional Manager over the next few days, and if there are any queries please contact James Claydon, Recruitment Coordinator, by email or on extension 6317

NICE want to know

NICE are seeking views through a public consultation, on proposals to streamline the topic selection process for NICE technology appraisals. This is in order to improve the timeliness with which technology appraisal topics are referred to NICE. This will facilitate timely NICE guidance on new drugs and treatments.

Please submit comments by 22nd May 2009 using the comments proforma. This should be returned to topicselection2009@nice.org.uk

Please see the following url : <http://www.nice.org.uk/getinvolved/>

New members join the FED Team

The FED team welcome new team members Heather Bradshaw & Pawel Tamberg.

Both Heather & Pawel are joining MEHT from previous HR posts, to help the FED team provide an improved response in our Recruitment Administration for our internal Customers. Their appointment is already having a positive impact.



Fit for Work

Bouygues UK are looking after the site workers by providing early morning exercise sessions. This photo shows the (happy!) workers stretching out before starting a full day of hard graft.

There are beneficial effects from taking time to warm up before a day's work, particularly if you are doing a very physical job (maybe not for me at my desk!). Bouygues UK recognise that investing in the staff this way will reduce the risk of injury as well as providing a social opportunity before work begins.



The early morning work out session proves popular with the construction workers

Well done Bouygues!

Denise Motimer, Fit For Business Manager



Love at work.... Inspired by an article by Marie-Jose Salvas

Love at work.... usually a taboo subject. Why do we not think that the workplace is an ideal setting to talk about love? Before you raise your eyebrows, I am talking about a love affair with your work, not with your work colleagues!! Evidence shows that those who experience friendship and companionship in their work environment have a competitive advantage over those who don't. What are the reasons this may happen?

- 1) Love inspires commitment.** For workers to fully commit and devote themselves to the company they work for, they have to love it. People get attached to their workplace through human bonds.
- 2) Good relationships enhance win-win scenarios.** Positive emotions are breeding ground for learning and problem-solving. Positive emotions experienced in a day are a strong and consistent predictor of meaning experienced that day.
- 3) Supportive work environments enhance productivity.** Feeling valued and supported helps individuals cope with stress (which is synonymous in the workplace). People who have effective coping abilities also miss fewer days of work.
- 4) Friendship at work can boost personal performance.** Gallup researchers show that those who give a positive answer to this comment 'My supervisor, or someone at work, seems to care about me as a person' are more productive, and are more likely to stay with the organisation long-term. Those who report to have a best friend at work, are even more likely to be fully engaged on the job as those who don't. In addition to experiencing higher personal engagement, they also foster heightened customer engagement with the organisation they represent.

So for you naysayers and non believers, please note that friendliness isn't about time wasting or complacency. It is the friendly behaviours that foster goodwill in the workplace where behaviour like bullying, coldness and intolerance foster disengagement.

So, this weeks' experiment.. fall in love with your colleagues!
Denise Mortimer, Fit For Business Manager

Alexander Technique

Would anyone be interested in coming to a 5 week Alexander Technique course? I am proposing it on Thursdays from 1-2 pm...Cost will depend on the number of people who wish to come, but likely to be £6.00 per session. If you were to go to sessions individually they cost around £35.00 each so this would be a bargain.

Alexander Technique helps you to realign your posture, release muscular tension, and learn how to use your body in a more optimal way.

Interested? If so please let me know either via email or call me on ext 4178. Thanks, Denise Mortimer

DNA's

Last month—February 2009

71 appointments not attended by MEHT staff (this is over one day of clinic time for one nurse)

It is important to attend your appointment but if you cannot, please call the Occupational Health department on ext 4089 to rebook so that the appointment can be given to another member of staff

Thank you very much

Safeguarding Children and Young People from June 2008 – February 2009

Month	Year	Total Number of Safeguarding Cases altered to Named Nurse via ward/department staff
June – December	2008	192
January	2009	40
February	2009	40

Entries above include attendance to Emergency Care Department, Burns Unit B22, J8, NNU, B20.

Training:

There are three levels of training available

Level 1 - covered on trust induction and facilitated by publication of Safeguarding Leaflet -January payslips 2009.

Level 2 – Is required by clinical and non clinical staff who have *regular* contact with parents, children and young people.

Level 3 is required by all staff working *predominantly* with children, people and parents.

Please consult Information Leaflet with January payslips for further guidance on staff groups.

Current Training Events:

Safeguarding Children (Basic Awareness) Level 2	Date for training is available on the trust intranet. This training is a requirement for those who have regular contact with parents, children and young people. Bookings for Jan –March through learning and development Ext 5245 Adult ward/department staff and paediatrics should attend. April-June booking through Mid Essex PCT 01245 459391
Domestic Abuse: (Level 3)	4 th session scheduled March 18 th 2009. This session is now open to Band 5 staff and above. It is anticipated that training for all other staff members will be cascaded later in the year. Booking through Learning and Development 5245 .

New Policy:

Procedure for Delegation of Consent for the Health Care of Essex Looked After Children Residing in Essex.

Where parents have delegated the care of their children to others, they can also delegate their power to consent to medical treatment.

Where a local authority shares parental responsibility for a child it may, in appropriate cases, delegate the power to consent to medical treatment to the child's main carer. The local authority should endeavour to agree delegation of consent with the parents but if necessary in the child's interests, the local authority may give consent against the parents wishes.

This policy is subject to approval at the Document Ratification Group (DRAG). For further guidance please contact

Flexible Employment Direct go electronic

With the introduction of MAPS rostering system we are now paying staff on FED electronically, the first Trust bank to do this in the East of England. Processing in excess of 4800 shifts per month on timesheets, or agency invoices. This new process has given FED the chance to re-launch their web page on the staff intranet, with upgraded information on payroll, timesheets. You can access their webpage via the following link <http://meht-intranet/hr/flexible-employment-direct>

Phase 1 wards, that are already live with E-Rostering, will also be paying their permanent staff electronically in the near future, some opting to process all their bank timesheets too.

A number of Timesheet boxes have been installed to aid flexible workers meet payroll deadlines, located in the following places:

- Next to Switchboard at Broomfield
- Next to Helpdesk at Broomfield (East Entrance)
- Next to Switchboard at WJC
- Next to Reception at St. John's
- Next to Reception at St. Peter's

Timesheet collection boxes will be emptied on the **3rd of each month** at **0900 hours**, starting on 3rd March 2009. This is to allow enough time for FED to carefully check each timesheet, ensuring people are paid correctly and on time.

Regrettably timesheets received after this date cannot be processed until the following month.

**Cheryl Nevin,
Staff Bank
Administrator,
collects
timesheets from
the timesheet
collection box**



GET MOVING **MR.LAZY**

Life's more fun when you move



Start today, at Virgin Active Health Clubs!

It's cold. It's wet. It's miserable. And that brings out the Mr. Lazy even in the best of us. But instead of retreating to your sofa until spring - treat yourself to a whole new world of possibilities, at Virgin Active Health Clubs!

We're all about bringing the fun back into exercise - and back into your life. Technogym®, Power Plate®, Gravity®, Cardio Wave™ and Pure Strength are all part of our unique health club experience; along with boxing rings, climbing walls, swimming pools and spas, V-Cafés with free Internet, and brand-new class revelations like Nike® Rockstar® workout, Kettlebells™ and Punch.

You won't find this much choice anywhere else... So, if you want more for your gym membership - join the club! Choose from 71 state-of-the-art locations and loads of flexible monthly membership options, or join on a full membership* and enjoy access to all our clubs nationwide.

Book a club visit today!

'Spice of Life' Menu Specials

March is
"Veggie Month"
Watch out for our
Veggie Meal Deals



Monday 9th March is
"Commonwealth Day"
with Chef's Specials

Australian -
Succulent Roast Lamb
Canadian -
Grilled Salmon & Roasted Veg
Indian -
Vegetable Korma
British -
Homemade
Steak & Kidney Pie

CHARITY BULLETIN

All our events contribute to your charitable funds AND ARE LOADS OF FUN TOO..! Check out the forthcoming events for you, your family and your friends—EVERYONE'S WELCOME

PARACHUTE JUMP

No strings attached, jump for one of the hospital charities of your choice. An experience you won't forget in a hurry! We've teamed up with Skyline to offer three different types of parachute jump: a tandem skydive, static line square and static line round. You will receive free training from a professional instructor to assist you through this exhilarating experience.

“BERTIE TRIVIA QUIZ ”

Wednesday 8th April 09
Chelmer Valley School

Quiz Master: Tim Lloyd
Questions start prompt at 7.30pm
Please bring your own
refreshments & nibbles
£6.00 per person (max 8 per team)

Registration forms available
NOW on the back page

For further details: Charities Office
extension 4559 or 4460

The Pink Party

Friday 19th June 2009
7.30pm 'til midnight
The Regiment Way Golf Club
£15 per person

The evening will include a live band & DJ,
with a raffle, auction and refreshments.
All proceeds go to the
Breast Cancer Unit

Dress code:
Must wear something pink!

For more information please contact
Sharon on 01245 514506 or
Linda on 01245 514201

LONDON SHOWS NOW AVAILABLE

Joseph	Mon 30th March 2009	£49pp
The Lion King	Fri 3 rd April 2009	£59 pp
Sister Act, The Musical	Thurs 14th May 2009	£50 pp
Calendar Girls	Saturday June 13th 2009	£55 pp
Oliver	Wed 15th July 2009 (matinee) OR Tues 8th September 2009	£69 pp £69pp

All prices quoted for London Shows include ticket
and return transport to and from the Essex area

SEE NEXT PAGE FOR BOOKING FORM



Don't miss out on the Vitality Show Sunday at Earls Court Sunday 29th March 2009 £25 Adults and over 15 yrs. There's everything you could possibly want to make you look good and feel great – it's the ultimate girls' day out!

LAST FEW PLACES FOR Ideal Home Show at Earls Court

Sunday 29th March 2009 £27.50 adults £15 under 16's

Guinness World Records Smashed!! Thursday 9th April 2009 £25 per person

You are exclusively invited to the entertainment extravaganza Guinness World Records Smashed! This fast-paced, action packed show, will feature amazing record attempts, celebrity guests and death-defying stunts. Members of the audience will also be invited to try their hands at smashing records live in the studio!!

Torvill & Dean's Dancing On Ice Wednesday 29th April 2009 1.30 pm Wembley Arena £65 per person
This tour will celebrate the 25th anniversary of skating legends Torvill & Deans Olympic Gold medal win for their stunning Bolero routine at the Sarajevo Winter Olympics in 1984.

Gourmet lunch at Chateaux Clery in France Sunday 10th May 2009 £59 pp

Join us on this day trip to a beautiful 18th Century Chateau for lunch ! Here you will be served a three course gourmet lunch. Enjoy a walk around the grounds before we head back to the terminal.

Clothes Show ExCeL, London, Sunday 31st May 2009 £49 per person

London will be transformed into a fashion and beauty haven hosting an outstanding selection of high street, designer and boutique brands as well as a unique selection of hair and beauty products.

"10 Years Younger Live" at Earls Court Sunday 5th July 2009 £35 adults £20 children under 16

10 Years Younger Live is aimed at women who are looking for top to toe solutions and information on all elements of their health and beauty requirements. The event's aim is to provide opportunities that allow women to embrace healthy, authentic and positive ways of being beautiful. The Live event will allow women to interact face to face with the experts in a relaxed environment.

Walking With Dinosaurs at the O2 Arena Friday 7th August 2009 £49 pp

From the ripple of their skin to the glint in their eye, you will know the dinosaurs really have returned!

Ben Hur LIVE at O2 Arena Saturday 19th September 2009 (matinee at 3 pm) £69 adults £45 children
The Roman epic of love, honour and betrayal will feature spectacular light, sound, water, wind and pyrotechnic effects, as well as 400 performers and 100 animals. This is a spectacle not to be missed!

All of the above trips include transport to and from the Essex area

Just a few places left for Lake Garda By air from Stansted Saturday 30th May – Tuesday 2nd June

BOOKING FORM All our events and trips are available to all everyone - staff, their families and friends. To book, please complete your details on the form below and return it to the **Charities Office, Broomfield Court Annexe, Broomfield Hospital**, together with your cheque as soon as possible. Sorry we can't reserve any tickets without payment. If you have any queries or questions, please contact Yvonne Carter on ext 4559

NAME OF EVENT DATE OF EVENT

YOUR NAME HOME ADDRESS

TELEPHONE NUMBERS Daytime Evening

NUMBER OF PLACES CHEQUE ENCLOSED

Please make cheques payable to Elite Tickets Ltd **unless stated otherwise** – thanks!

DO IT 4 BERTIE

Broomfield's Education Resources for Training in Insulin and Eating

Trivia Quiz Night

Wednesday 8th April 2009

Doors open at 7pm - Questions start 7.30pm

Chelmer Valley School, Court Road, Broomfield

QUIZ MASTER – TIM LLOYD - Please bring your own refreshments & nibbles

APPLICATION FORM

Teams of maximum of 8 members at £6 per person. Please return the completed form as soon as possible with a cheque (made payable to Mid Essex Hospitals) or cash to:-

The Charities Office, Broomfield Court Annexe, Broomfield Hospital

Please keep the top part of this form for your own reference, and tear off at the dotted line to apply for the quiz. Please remember to bring your own refreshments & nibbles. If you'd like any further details, please call the charities office on 01245 51(4559) or ext 4460

TEAM NAME

Please return this section with cash/cheque (£6 per person, cheques made payable to (Mid Essex Hospitals) to the Charities Office, Broomfield Court Annexe, Broomfield Hospital, Chelmsford, Essex CM1 7ET

BERTIE TRIVIA QUIZ NIGHT - 8th April 2009

TEAM NAME

Department/business address.....

Name of contact

Telephone number or extension

Number of people in your team

In aid of BERTIE CHARITABLE FUND – part of Mid Essex Hospitals Charities Foundation
- registered charity no 1048542