

### How to find us

The Norfolk and Norwich University Hospital is based at Colney Lane, Norwich, NR4 7UY and is signposted off the A47 at the B1108 junction and also from the city centre via the A11. There will also be AA directional signs on the day. Parking will be **free of charge** for the day and the hospital is also served by the following bus routes:

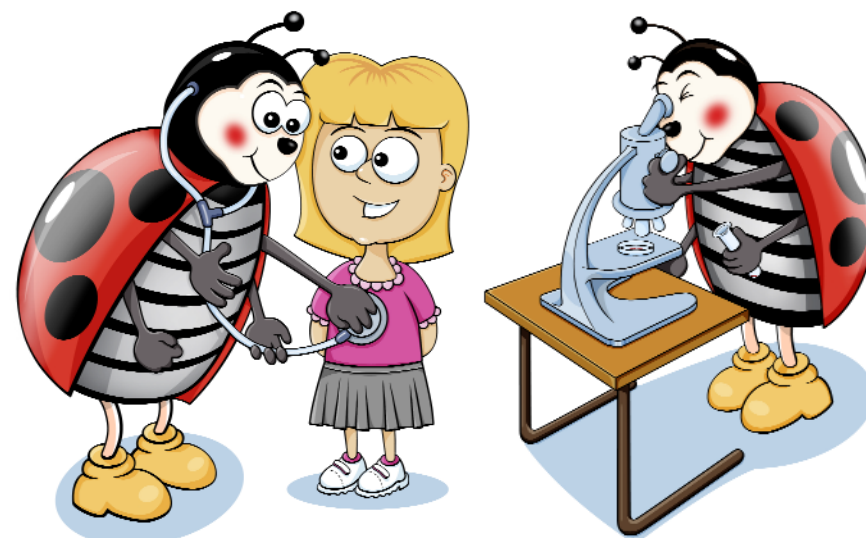
**First 12** via Dussindale Park, Rail Station and the City Centre

**First 21/22** via Sprowston, City Centre and Bowthorpe

**First 24/24a** via Thorpe St Andrew, Rail Station and the City Centre

**Konect 3** via Watton, Carbrooke, Hingham, Barnham Broom and Barford

**Konect 4** via Swanton Morley, Dereham, Yaxham, Mattishall, East Tuddenham, Honingham and Easton



**in aid of Norwich Cots for Tots Appeal**

kindly sponsored by **FUJIFILM**

# Open Day and Fete

at the

Norfolk and Norwich University Hospital  
**Saturday 18 June 2011**  
11am - 4pm

10th anniversary  
at Colney Lane

You are invited to our hospital

## Open Day and Fete

**11am - 4pm on Saturday 18 June 2011**

There is no need to book, just turn up at a time to suit you and your family. When you arrive at the Norfolk and Norwich University Hospital, make your way to the Deli-to-Go (left of the Hospital Plaza) where you will receive information on the many activities taking place throughout the day.

Some tours of the hospital will be limited and places will be allocated on a first come, first served basis. To avoid disappointment, please ask for details on your arrival.

There are lots of free activities and there will be no charge for parking. There are also several different bus services to and from the hospital. Refreshments will be on sale in our shops and cafes or you could bring your own picnic.

Children under 16 must be accompanied by an adult



**Lots to see**

-

**Lots to do**

-

**Come along**

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**Bring the family too!**

## Open Day - top things to see and do ...

- Visit the Careers Fair for the different careers available in the NHS
- Tour an operating theatre and try your hand at keyhole surgery
- Take a walk through a giant inflatable colon
- Visit our labs and see what cells look like under a microscope
- Test your balance and problem solving skills
- Take part in a healthy eating 'Bush Tucker Trial'
- Have a hand or foot massage in the Big C Centre
- Take a tour of our state-of-the-art Heart Attack Centre
- Sample hospital patient food with our service providers Serco
- Take a tour around our private ward
- See a live surgery demonstration using liquid nitrogen
- Meet Fred our pharmacy robot and make a pharmaceutical cream
- Take a 3D virtual tour or make a plaster mould in our Colney Centre
- Launch a rocket and try your hand at hospital arts
- Visit the children's 'Well Teddy Clinic' with your teddy

## Fete - top things to see and do ...

### in aid of the Norwich Cots for Tot's Appeal

- Cakes, plants and books • Raffle • Tombola • Children's games
- Bungee run • Bouncy castle • Inflatable rabbit slide
- Battle of Britain Flypast • Display by Norfolk Fire and Rescue Service
- Hog roast • Ice cream • Car boot sale

### Norfolk Produce including

- Bray's Cottage Pork Pies
- Chillis Galore
- Wolf Brewery
- Saffire Handmade Chocolates
- Woodberry Farm Fruit
- Pooch's Home-Baked Dog Biscuits