



Our Vision

To provide every patient
with the care we want
for those we love the most

Norfolk and Norwich
University Hospitals

NHS Foundation Trust

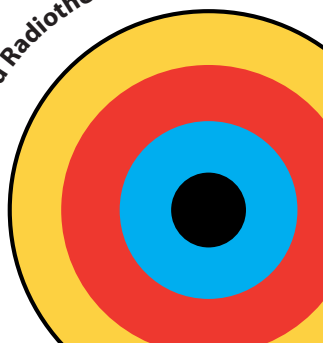


Come along to our Open Day & Fete

Saturday 29 June 2013
11am - 4pm

at the
Norfolk and Norwich University Hospital

in aid of the Targeted Radiotherapy Appeal



Registered Charity No 1048170

**You are invited to our hospital
Open Day and Fete
11am - 4pm on Saturday 29 June 2013**

This year's Open Day and Fete has a healthy eating, lifestyle and sporting focus whilst also raising funds for our Targeted Radiotherapy Appeal.

**TARGETED
RADIO THERAPY
APPEAL**

The Targeted Radiotherapy Appeal aims to raise £600,000 to provide state-of-the-art facilities for treating patients with prostate and gynaecological cancers with a targeted form of radiotherapy called brachytherapy.

There is no need to book for this event, 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 Deli-Food-2-Go (located next to East Outpatients) 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.

Children under 16 must be accompanied by an adult.



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

- Visit the Careers Fair
- Tour an operating theatre and try your hand at keyhole surgery
- Take part in “Organise your Organs” and life size “Operation” games
- Find out more about our appeal in a tour of the Radiotherapy department
- Try your hand at being a radiotherapist with our 3D virtual simulator
- Make a plaster mould of your hand
- Watch our healthy eating cookery demonstration
- Have your blood pressure, body fat and blood glucose measured
- Meet Fred our pharmacy robot and make a pharmaceutical cream
- Try your hand at hospital arts
- Have a go at one of our exercises for health
- Have a look inside the lungs using a training simulator
- Bring your teddy to the 'Well Teddy Clinic' or join the teddy bear picnic

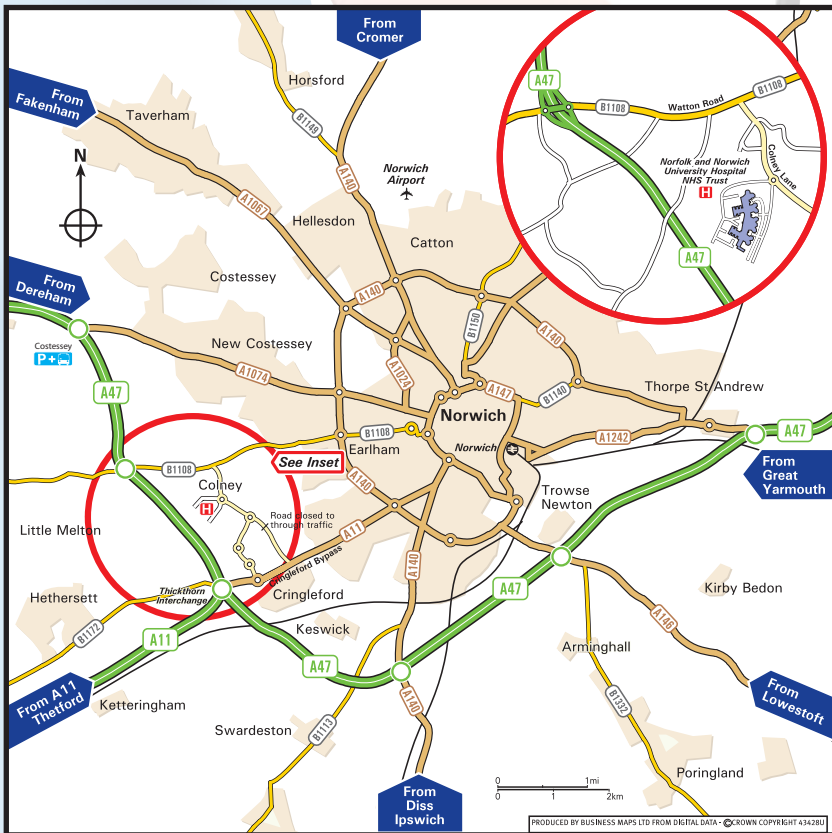
Fete - top things to see and do ...

- Browse the wide variety of craft stalls including jewellery, beauty products, fashion items, jams and chutneys and lots more
- Compete in our games and fun events for some great prizes
- Sample our famous Trust Treats cakes
- Try your luck in our prize draw

5km sponsored fun run

There will also 5km sponsored fun run in aid of our Appeal taking place at 10.00am on the UEA playing fields - for more information on how to enrol visit Active Norfolk at www.activenorfolk.org/nhsfunrun

Have your photo taken with a model of Wenlock which is kindly being loaned to us for the day from Almayr Green Investments Ltd.



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 11 via Sprowston and the City Centre

First 21/22 via Old Catton, City Centre and Bowthorpe

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

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

Konect 9 via Wymondham, Hethersett and Little Melton

For further information visit our website at www.nnuh.nhs.uk or call 01603 289821/287634 or email communications@nnuh.nhs.uk