

IN BRIEF

Patchwork class sewn up

CHELMSFORD: On Friday, July 16, patchwork tutor Joyce Parker is on hand to help you create a colourful workbag or box.

Beginners are welcome to this workshop held at Hylands House, 10am-4pm, where you will create a hand-sewn piece of work and a full materials list will be provided.

Tea and coffee is available but you will need to bring lunch. Tickets cost £25.

■ Call 01245 605555 to book.

Teddy picnic

CHELMSFORD: All toddlers with teddy bears are invited to a Tuesday Toddle at Hylands House on July 20 for picnic and craft sessions based on teddies.

Session will run at 10-11.30, 11.30am-1pm and 1-2.30pm.

A spokesperson said: "An undercover area will be available but bring old sheet or curtain so that we can make our own 'tents'. Pre-booking is essential."

Tickets cost £4 per adult and child combo, and £3 each additional child or adult.

■ Call 01245 605523.

Special Mass

CHELMSFORD: More than 1,000 people attended a special Mass to mark the 50th anniversary of the founding of a Catholic secondary school.

The Mass in a marquee in the grounds of St John Payne School in Chelmsford was celebrated by Bishop Thomas McMahon of Brentwood, who was assisted by a large number of diocesan clergy, as well as Prior Hugh Allan O'Praem of St Phillip's Priory and Abbot Martin Shipperlee OSB of Ealing Abbey, a former pupil at the school.

I lost nearly five stone at ex-Army boot camp

From flab to fitness fanatic as trainee paramedic enters triathlons

By Martin Green

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AN OVERWEIGHT trainee paramedic lost nearly 5-stone in just five months and is now addicted to triathlons.

In March this year, Hollie Laidlaw weighed 17st 12lb, regularly found herself out of breath when running up stairs to attend to casualties, and could not play sport.

But she visited an Essex Boot Camp session at Beaulieu Park with ex-Royal Marine Glynn Roberts, and it changed her life forever.

Beloved

Glynn, 29, from Chelmsford town centre, fought in Iraq and Afghanistan for five years before returning to his beloved county to whip its people into shape.

And Hollie, 25, of Chelmer Village, is his new star recruit.

She said: "I had heard about Boot Camp and looked it up on their website and went along."

"At first I couldn't even finish the warm-up, but Glynn really pushed me. He works you really hard and can be quite strict, but he still keeps it light-hearted and the sessions are great fun."

"He introduced me to another member, Rob, who had lost 10-stone at Boot Camp, so I thought 'anything's possible' and started going two or three times a week."



FEELING FIT: Hollie Laidlaw lost almost 5-stone

G13J092



BEFORE: In March this year Hollie Laidlaw weighed in at 17st 12lb

Hollie, who is 5ft 9in tall, is now down to 12st 13lb and her fitness has improved so much she has begun entering triathlons – gruelling races where contestants have to run, swim and then cycle long distances.

Hollie now finds her role with the East of England Ambulance

Service much easier too.

"I hate the gym and could never get motivated there, but at Boot Camp you get fresh air, you get an instructor pushing you to work harder, and it's fun because you can have a laugh with all the others," she said.

"I would recommend it to any-

one and a lot of my paramedic colleagues want to give it a go after seeing my results."

Glynn said: "I'm really proud of Hollie. We are really passionate about getting the people of Essex into exercise, and it's great to see someone getting such good results."

"Hollie is just one of the thousand members we have seen make a massive difference to their health and fitness."

"We push you hard, but we have a great time – there's no angry drill sergeants, just fresh air, exercise and good banter for people of all levels of fitness."



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MP welcomes hospital's squeaky clean image

CHELMSFORD MP Simon Burns has welcomed Broomfield Hospital's new squeaky clean image following censure by healthcare watchdogs.

Mr Burns said: "Patients expect to be treated in a clean and safe environment, and there should be a zero tolerance approach to healthcare-associated infections."

His approval follows the lifting of conditions imposed by

the Care Quality Commission (CQC) which discovered health regulations being breached earlier this year.

Broomfield Hospital staff had been "unaware" of what was needed to prevent and control infections and some parts of the hospital were not adequately cleaned.

CQC ordered Mid Essex NHS Services Trust to ensure the hospital was clean and safe by

operating an effective system to assess risk, prevention, detection and control of the spread of infection.

Deadline

It set a deadline of April 16, but then swooped unannounced on May 12, targeting five wards and other areas.

Francis Carey, CQC regional director, said: "We noted significant improvements since

our last inspection in February.

"We did identify a few areas where cleanliness and decontamination wasn't as good as it could be, but they were minor concerns that did not impact directly on the safety of care."

"We have lifted the condition on the trust's registration but we will continue to monitor to ensure standards are maintained."

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