



**Spire**

Elland Hospital  
Dewsbury Clinic

# EllandNews

April 2019

Keeping patients up to date with news, events and trends shaping our hospital

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## New Consultant

**Mr Ben Brooke, Consultant Orthopaedic Surgeon**

Mr Brooke is a Consultant Orthopaedic Surgeon with a specialist interest in hip and knee replacements, soft tissue knee injuries including meniscal repair and the management of sports injuries. He was appointed as a Consultant Orthopaedic Surgeon at Calderdale and Huddersfield NHS Trust in 2014.

Mr Brooke holds regular clinics at Spire Elland Hospital on Tuesdays.

[Click to read Mr Brooke's profile](#)



## Complimentary appointments for hernia surgery with Mr Deedar Ali

**Date:** Tuesday 2 April from 6pm

**Hosted by:** Mr Deedar Ali - [View profile](#)

**Venue:** Spire Elland Hospital

This informal appointment is an opportunity for you to ask any questions you may have about hernia's, the routes to diagnosis and the various treatment solutions available. Appointments are for up to 15 minutes.

[Click to find out more](#)

## Looking for something new to read? At Spire Elland we have a bookshelf next to our lifts, which is full of various genres.

You are welcome to both take and leave books; however we do ask that all new books and donations are left with our reception team. The money we make from selling these books is donated to charities that are close to our hearts.



## Promoting the production of healthy food

There are lots of us who are trying to watch our calorie intake all year, especially with summer fast approaching, and it's important to know what we're putting into our bodies. Our Catering Manager, Barry Kelly, has put some information together on the processes we use in the kitchen for the production of healthy food.

Our food production and recipes are aimed at giving the healthiest version of a dish to both staff and patients.

### So, did you know:

- **Porridge**  
Our porridge is always made with skimmed milk and we don't add any sugar - we do however offer the addition of honey, fruit, granola and syrup to add yourself
- **Sandwiches**  
Low fat spread is used on all sandwiches and we omit spread from sandwiches containing our low fat mayonnaise, as we consider the mayonnaise in the sandwich filling adequate
- **Vending Machine**  
We do believe in moderation and choice, so our vending machine offers a range of drinks and chocolate. However, 60% of the drinks have a zero sugar content and all our chocolate bars are below 250 calories (except for the Bounty's which are 274 calories!)

[Click to read full article and find out more](#)