

# Jobs 4 Nurses

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T H E C A R I N G P R O F E S S I O N

## Hospital staff get fruity on Valentine's Day

MICK HAILEY is all heart when it comes to making sure Southend Hospital staff have healthy snack options – not just

on Valentine's Day but all year round.

Mick, deputy general manager of hospital caterers, Medirest,

showed how much he loved his job by carving a heartfelt message in healthy fruit.

His colourful concoction of kiwi fruit, melon and strawberries was packed full of soluble fibre (which helps reduce the risk of heart disease), potassium, which also benefits the heart, and vitamin C.

Before crunching into a juicy apple, Wendy A'Ness, manager of nutrition and dietetics (pictured left), said:

"Our message is 'have fruit as a snack, you'll be on the right track'.

We are very grateful to Mick for helping us get the message across in such an eye-catching way."

To celebrate Valentine's Day, all staff at the hospital were sent their own copy of the poem Passion Fruit by Annaliese Emmans taken from Poems for the Waiting Room.

**PICTURED:** (left to right) Wendy A'Ness, with dietitians Rebecca Davies, Katie Stead, Lakshmi Chandra, Gabby Ramlan.



### Passion fruit

You are the apple of my eye  
 And the kumquat of my nose  
 You're the orange of my ear  
 And the mango of my toes  
 You're the raspberry of my lips  
 The satsuma of my hips  
 The guava of my thumb  
 And the goosegog of my bum  
 You're the lemon of my wrist  
 And the melon of my fist  
 The kiwi of my knee  
 The only one for me  
 What a lovely pear we'd make  
 You and I, and no mistake.

Annaliese Emmans