

**A GREAT PLACE TO VOLUNTEER**

# Adviser

ADdenbrookes Volunteers Information & Events Review

**Volume 1, Issue 11**

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### Of particular interest in this issue:

- Volunteers in the Lewin
- Could you help with Active?
- New volunteering opportunities

### Not feeling well?

As we're well into the coughs, colds, flu and norovirus season please be extra vigilant in your hand hygiene.

Although we really value the time you donate to volunteering here, if you're not feeling well we'd much rather you rested and got better than come in.

Just let us know by phoning 01223 586616 or emailing [volunteer@addenbrookes.nhs.uk](mailto:volunteer@addenbrookes.nhs.uk)

## Lewin Volunteers bring variety

We're pleased to be able to offer a wide range of volunteer roles but the ward with the most variety of roles in one place is 'The Lewin.'

Specialising in post-stroke rehabilitation, patients usually stay a few weeks or months on the ward being cared for and supported by a multidisciplinary team including speech and language therapists, occupational therapists, physiotherapists, nurses and doctors.

Davinia, occupational therapy (OT) assistant, has been based on the Lewin for the last 18 months. and explained the importance of the different activity groups which patients are encouraged to attend: "we get to see a different side of patients in the groups, their personality comes out" and OT Lauren further explained that "it's a great opportunity for patients to socialise in a different environment to the bedded area.... Nice to see people laughing"

The Coffee Club is held on Tuesday and Thursday mornings with the support of volunteer Marie. The group read the newspapers, have a discussion about news and articles, and perhaps do the crossword all with the cup of tea or coffee.

Marie explains "As well as it being lovely when the patients laugh and are enjoying themselves, it's also good when a very quiet patient unexpectedly comes up

with a brilliant answer to a crossword clue.

*(continued overleaf)*



Spiders made by the Craft Group

## Welcome to our new volunteers!

On Tuesday 13 February we welcomed more new volunteers to our fabulous team.

There were 10 new volunteers in total including 3 joining the chaplaincy team, the rest joining ward teams, the Rosie wards team and clinics and units team.

As always, if you see them around the Trust, please give them a very warm welcome.

Left to right:

Julie, Joshua, Julie, Amanda, Ji, Diane, Celia, Vanessa, Treena and Alison



# Lewin Volunteers bring variety (continued)



Davinia and Lauren

professionally or as a hobby, there is a great opportunity to become involved by becoming a Gardening Club volunteer.

Friday morning is the Music and Movement group run by Filipa with the help of volunteer Moniek. Whether it's an Elvis track or something a little more modern, patients move their limbs along to the beat of the music, helping to improve their strength and coordination. Filipa is clear about the positive impact of volunteers "Having a volunteer in the group makes all the difference.... I wish we could clone Moniek!"

Volunteers Judy and Frank spend their Friday afternoon's helping at the Lewin Craft Group. A professional artist, Frank really enjoys the time spent with the patients "There is a very enjoyable, relaxing and supportive atmosphere in the group and the number attending is increasing. It's very nice to see familiar faces each week and despite many being insistent that they are not good at art and craft; it's very satisfying seeing them absorbed in something creative."

Items made by the patients were sold on the craft stall at 'The Lewin Factor' talent show, held just before Christmas. The event raised nearly £400 for the ward.

Volunteering on the Lewin is not just about helping at a group. Rosemary and Ann spend time their time reading to patients, using the broad knowledge

of poems and literature to provide comfort. Tina, Bob and Graham provide social interaction, a listening ear as well as encouragement to patients. Bob is also the current secretary of the Rehab 77 group, who manage any monetary donations for the Lewin. Graham recently received a You Made a Difference Award nomination from a patient.

All our volunteers throughout the hospitals help improve our patients' experience so it seems fitting to end with Laurie "...it hits hard when you realise it's a struggle to do things you took for granted but the groups help improve things. They break up the day and I really enjoy them... they've all helped move my brain from stagnant to movement." Laurie appreciated the input from the volunteers, whether being read to, conversation or support in a group "(the groups) wouldn't happen without volunteers, their input is essential and its nice to have someone there to help and guide."

Thank you to Laurie, the staff and volunteers who have contributed to this article.

A stroke ward can at times be quite depressing, but it's very satisfying that the Coffee Club is usually very cheerful."

As one of the patients, Laurie, told me, the group provides a good way to keep the mind active, and start to find out what's going on in the outside world.

From spring to autumn, patients can flex their 'green fingers' at the Wednesday Gardening Club. The group plant, grow and harvest a range of vegetables, as well as planting and caring for bedding plants in the patio garden. If you've got a good knowledge of gardening, be it



Laurie



## Coming up.....

Here's what's coming up in February— April, do let us know if you are interested in attending:

- Tuesday 27 February Annual Reviews
- Wednesday 28 February Be Disability Confident
- Tuesday 17 April Volunteer Forum
- Monday 23 April Annual Reviews



# Guest slot... Kirsty Lothian, ACTIVE Coordinator



ACTIVE leaders with Charlie Booker

No one really wants to have to go to hospital, let alone be an inpatient, but for children and young people it can be particularly daunting. ACTIVE, the Trust's young people's board, work to make the child patient experience the best it can be.

Active is a group of 8-18 year olds wanting to make a difference from your communities! They freely give their time, energy and voice on a wide range of projects. Comprising of children and young people who are or have been patients, some are thinking about a career in healthcare, and others interested and just want to make a difference, they provide the key perspective of what a child wants or needs within the hospital environment.

Meeting eight times a year, either on a Wednesday evening or Saturday afternoons, the group's projects have included improving waiting areas for children and young people; producing child-friendly information for children coming into

hospital and 'Teens in Hospital' project for 16 year olds plus who are treated on adult wards as standard

ACTIVE Coordinator Kirsty Lothian coordinates and facilitates the group and is clearly passionate about the group. With a background in children's nursing and youth work, Kirsty explains her enthusiasm for this role that supports child and youth participation "I aim to support children and young people to find a voice to express themselves. I see Active as a platform where children and young people feel comfortable and welcome to work together to identify key issues and opinions that are important to them and others who are treated in hospital. We work in collaboration with CUH staff and many other different local stakeholders; for example student nurses from Anglia Ruskin University. Some projects start with an issue that young people are passionate about, such as the 'teens in hospital' project, ([www.mefirst.org.uk/resource/teens-in-hospital-2/](http://www.mefirst.org.uk/resource/teens-in-hospital-2/)) while others start with innovation from staff, such as the plasma screen project that saw an idea from a Senior Paediatric Outpatient Nurse, develop into a project that provided 'child' friendly fun entertainment to screens across a wide range of outpatient areas. Over time, with the variety of events and meetings, the Active members have plenty of opportunities to develop their personal skills in a flexible and fun way that suits

them. Working with Active may be their first opportunity to work within a team of new people, or chance to work on a 'real life' projects and see results. For some young leaders, it may be their first time to lead an agenda or talk in front of a large group. As their confidence grows, the individuals may take on more challenges. The Active leaders (pictured) went to London to meet up with representatives from other NHS Youth Forums from all around the country, they met a celebrity (Alex Brooker pictured with group), shared ideas and helped develop some new national perspectives on what is important to children and young people! It is a real pleasure to work with the children and young people who come to Active, they all want to make a difference and they do!"

If you're a good communicator with a kind and helpful manner and have experience and enthusiasm for working with children and young people there is a great opportunity to support the work of ACTIVE as a volunteer. The commitment is approximately 2-4 hours per month and involves supporting Kirsty in planning and running ACTIVE meetings and providing vital continuity for the group as a key adult who helps facilitate group time.

If you would like more information about the role, please email us at [volunteer@addenbrookes.nhs.uk](mailto:volunteer@addenbrookes.nhs.uk) and we will put you in touch with Kirsty.



## Monthly Montage



**A GREAT PLACE TO VOLUNTEER**

Voluntary Services  
Box 214  
Cambridge University NHS Foundation Trust  
Hills Road

Phone: 01223 586616  
E-mail: [volunteer@addenbrookes.nhs.uk](mailto:volunteer@addenbrookes.nhs.uk)  
[www.volunteering.cuh.org.uk](http://www.volunteering.cuh.org.uk)

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Follow us:  
**@CUH\_Volunteers**

We're on the web!  
[www.volunteering.cuh.org.uk](http://www.volunteering.cuh.org.uk)

## Other news.....

### Science Festival Volunteers

On 25 March Addenbrooke's will open its doors to the public as part of this year's Science Festival. We've received a request for volunteers to meet and greet people going on tours in Main Reception and take them to their destination and then bring them back down again to catch the bus. If you would like to help out or have any questions, please contact Gill Wilson directly on [gill.wilson@addenbrookes.nhs.uk](mailto:gill.wilson@addenbrookes.nhs.uk)

### Calling all knitters & stitchers!

#### Neural Knitwork

Join the award-winning Neural Knitworks team and create textile neurons from scientifically informed patterns and improve your own brain health on 25 March.

If you would like to get involved, either by creating a neuron or volunteering to help others create them, please get in touch with Sophie Weeks at [artsandsciencesoiree@gmail.com](mailto:artsandsciencesoiree@gmail.com)

And don't forget the twiddle muffs!

### Annual reviews

We're holding some more group annual review sessions in February and April so if you were unable to attend in December, please get in touch and book on. It's a great opportunity to meet other volunteers as well as give us some feedback. If you'd prefer an individual review, just let us know by emailing [jane.robinson1@addenbrookes.nhs.uk](mailto:jane.robinson1@addenbrookes.nhs.uk) or [Maggie.brown@addenbrookes.nhs.uk](mailto:Maggie.brown@addenbrookes.nhs.uk)

### DOT—our online training hub

DOT is our learning and development computer hub which contains details of all staff and volunteers, training courses they have attended including Induction, as well as their mandatory training status.

Over the next few months a number of volunteers will receive an automated email from DOT as they are due to complete mandatory refresher training. This will be in the format of e-learning but if you have any questions, please do not hesitate to contact us. If you need a computer or help to access your account, just let us know and we can arrange for you to use the one in the Voluntary Services Office.

## Volunteering in Numbers - January 2018

2982.8 hours volunteered in January



1,287.50 hours on Wards



72.50 hours Trolley Services



94.50 hours Survey Team



Guides 651.8 hours



PAT dogs 82.50 hours



Clinics & Units 197.5 hours



Courtesy Bus & Wheelchair Team 14 hours



New volunteers started in January 15 + 93 YPP



Total number of hours volunteered so far in 2018 2982.8



In 2982.8 hours Lizzie Yarnold could complete her full Winter Olympics 2018 winning total time of 3 minutes 27 seconds 864 times



If calculated using the National Living Wage, volunteer hours saved the Trust approximately £23,355.32 in 2018



## Happy Birthday!

Gordon reminded us of how many of our amazing volunteers come in on their birthday when he came in for his usual shift on his 80th birthday.

Happy Birthday Gordon and to all our volunteers who are celebrating this month.



**Andrew off to pastures new—but he'll be back!**



I would like to let you all know that 16<sup>th</sup> March will be my last day with Voluntary Services before I take up a secondment role within Addenbrooke's until February 2019. It has been a pleasure working alongside you all and I wish you all the best for the future and hope to see you around the hospital continuing the great work that you are doing.

Goodbye for now, Andrew

## Volunteering Opportunities

As well as the Lewin roles, we have a number of other opportunities.;

- **Guides**
- **Clinic and Unit Volunteers**
- **Courtesy Bus and Wheelchair Volunteer**

For any of these roles, please contact us at [volunteer@addenbrookes.nhs.uk](mailto:volunteer@addenbrookes.nhs.uk) to express your interest.