



# NEWS FLASH

Cambridge University Hospitals   
NHS Foundation Trust

**A GREAT  
PLACE TO  
VOLUNTEER**

9<sup>th</sup> March 2018

## Governor Elections

Staff governors represent the interests of over 10,000 staff and volunteers across the Trust.... Could you be one?

### What is the role?

The staff governors become full members of the Council of Governors and collectively:

- Represent the interests and views of all staff and volunteers
- Hold the Board of Directors to account for the performance of the organisation
- Help to shape the future strategy of the Trust
- Appoint the Chair and Non-Executive Directors

This is a fantastic opportunity, and rewards volunteers with insight into how CUH is managed at Board level.

**Interested?** This year there are two vacancies, both for three-year terms. For more information please contact the Foundation Trust Office: Ext: 256256 E: [governors@addenbrookes.nhs.uk](mailto:governors@addenbrookes.nhs.uk). The nomination period is open now and will run until noon on **Wednesday 28 March**. We are also looking for volunteer Guides to distribute hand outs when volunteering until the closing date of 28 March.

Please let us know if you would be happy to do this whilst on duty.

## Patient's drinks

We have had a couple of ward volunteers tell us that they have been asked to put thickening agents into patient's drinks. We have been advised by the speech and language therapists that this is a clinical role and should not be carried out by volunteers. If asked, please can all ward volunteers politely say that they cannot do this as it is not part of your role. Thank you.

## Twiddle muffs

As mentioned last week if you are planning to donate any twiddle muff creations, please be aware that we have now been advised that the creations should not include anything that the patients could pull off easily as they could cause a choke hazard. Jacqueline, Dementia Specialist Nurse, has sent through the following information so it is clear as to what will be accepted:

'I would not recommend beads – especially small beads. Nothing too small. Buttons need to be secure, **ideally sewn on with wool and secured a few times** (even sew over the button if needed). Some people are putting the buttons between the two layers of knitting which is great as hidden. I would avoid bells as may annoy other patients on the wards. Ribbon, pompoms, different textures all great. Little braids, buttons on a string (secure though, may be double strength or use wool). Some people have suggested attaching little pockets to the muffs and then sewing into the lining a button, or leaving it empty some a handkerchief can be put inside. About 4-6 items on outside of muff and 2-3 on the inner side of the muff please. Could some muffs be smaller to place over a forearm? These can be used to distract the person from pulling at their IV. I really appreciate all the support and help with these.'

## Dates for the Diary – Coming up.....

Customer Services Session

Thursday 29 March 11:00 – 12:30

*Please let us know if you'd like to attend or more information by emailing [volunteer@addenbrookes.nhs.uk](mailto:volunteer@addenbrookes.nhs.uk)*

## Volunteering Opportunities

*Please let us know if you'd like more information by emailing [volunteer@addenbrookes.nhs.uk](mailto:volunteer@addenbrookes.nhs.uk)*

- Clinics and Units
- Guiding
- Lewin Garden Club
- Library
- Rosie