

**Volunteering at  
Addenbrooke's**

# **Volunteers Training and Meetings 2019**

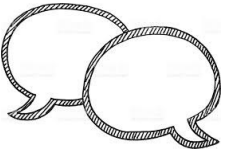
**To book onto any of these courses or  
if you have any enquiries please  
email  
[volunteer@addenbrookes.nhs.uk](mailto:volunteer@addenbrookes.nhs.uk)**



**A GREAT  
PLACE TO  
VOLUNTEER**



**NHS**  
Cambridge  
University Hospitals  
NHS Foundation Trust


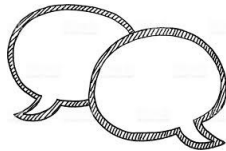
<b>Title</b>	<b>Be Disability Confident</b>
<b>What</b> 	A day course enabling you to be confident when supporting individuals with a disability. Interactive talks about Speech and Language Therapy, Learning Disabilities (autism), Dementia, Hearing and sight loss.
<b>When</b>	<ul style="list-style-type: none"> <li>• Wednesday 13th March—09:00—15:15</li> <li>• Wednesday 24th July—09:00—15:15</li> <li>• Wednesday 13th November—09:00—15:15</li> </ul>
<b>Title</b>	<b>Dementia Training</b>
<b>What</b> 	You will meet patients with dementia as you volunteer. This introductory course will help you improve your confidence and communication skills.
<b>When</b>	<ul style="list-style-type: none"> <li>• Thursday 14th February—10:00-12:00</li> <li>• Thursday 6th June—10:00—12:00</li> <li>• Thursday 3rd October—10:00—12:00</li> </ul>

<b>Title</b>	<b>Sage and Thyme Continued..</b>
<b>When cont..</b>	<ul style="list-style-type: none"> <li>• Wednesday 28th August—13:00—16:00</li> <li>• Thursday 19th September— 09:00—12:00</li> <li>• Monday 23rd September – 13:00—16:00</li> <li>• Tuesday 22nd October—09:00—12:00</li> <li>• Tuesday 29th October—13:00—16:00</li> <li>• Friday 22nd November— 09:00—12:00</li> <li>• Wednesday 27th November—13:00—16:00</li> <li>• Tuesday 17th December— 09:00—12:00</li> </ul>

<b>Title</b>	<b>Sage and Thyme Continued..</b>
<b>What</b> 	<p>Following the workshop attendees should be able to: recognise psychological distress; avoid causing psychological harm; communicate honestly and compassionately and know when they have reached the boundary of their competence. The model is suitable for talking to anyone both during your volunteering and outside in your day to day life.</p>
<b>When</b>	<ul style="list-style-type: none"> <li>• Tuesday 22nd January —09:00—12:00</li> <li>• Monday 28th January —09:00—12:00</li> <li>• Wednesday 27th February—09:00—12:00</li> <li>• Wednesday 20th March—13:00—16:00</li> <li>• Thursday 28th March – 09:00—12:00</li> <li>• Monday 29th April—09:00—12:00</li> <li>• Wednesday 29th May—13:00—16:00</li> <li>• Thursday 20th June 2019—09:00—12:00</li> <li>• Tuesday 25th June 2019—13:00—16:00</li> <li>• Tuesday 16th July – 09:00—12:00</li> <li>• Tuesday 23rd July—13:00—16:00</li> <li>• Tuesday 20th August – 09:00—12:00</li> </ul>

<b>Title</b>	<b>Grief and Loss Training</b>
<b>What</b> 	<p>A two hour course which aims to teach and build confidence for those who deal with grief and loss in a range of different contexts and settings.</p>
<b>When</b>	<ul style="list-style-type: none"> <li>• Monday 24th June-10:00-12:00</li> <li>• Wednesday 23rd October-10:00-12:00</li> </ul>
<b>Title</b>	<b>Guiding of the blind/visually impaired</b>
<b>What</b> 	<p>Guiding a blind or partially sighted person can be a little daunting but in 2019 we will be offering a workshop giving advice, information and practice to enable our volunteers to safely guide someone with sight problems.</p>
<b>When</b>	<ul style="list-style-type: none"> <li>• Monday 8th April—13.30—14.30</li> <li>• Wednesday 15th May—12.30-13.30</li> <li>• Monday 10th June—12.30—13.30</li> <li>• Wednesday 31st July—12.30—13.30</li> <li>• Friday 16th August—09.00—10.00</li> <li>• Thursday 12th September— 12.00—13.00</li> <li>• Wednesday 30th October—09.00—10.00</li> <li>• Thursday 5th December—14.30—15.30</li> </ul>

<b>Title</b>	<b>Occupational Therapy Shadowing</b>
<b>What</b> 	A chance to shadow the occupational therapy team.
<b>When</b>	<ul style="list-style-type: none"> <li>• Wednesday 13th February</li> <li>• Wednesday 10th April</li> <li>• Wednesday 12th June</li> <li>• Wednesday 14th August</li> <li>• Wednesday 9th October</li> <li>• Wednesday 11th December</li> </ul>
<b>Title</b>	<b>Contact Centre Shadowing</b>
<b>What</b> 	A chance to shadow the contact centre team.
<b>When</b>	<ul style="list-style-type: none"> <li>• Thursday 21st March-13:00-16:00</li> <li>• Thursday 24th May-13:00-16:00</li> <li>• Thursday 27th June-13:00-16:00</li> <li>• Thursday 25th July -13:00-16:00</li> </ul>

<b>Title</b>	<b>Volunteers Forum</b>
<b>What</b> 	At the informal Forum meetings we exchange the latest news, hear from guest speakers and share new activities and ideas. Refreshments provided—please join us if you can!
<b>When</b>	<ul style="list-style-type: none"> <li>• Thursday 24th January-10:00-12:00</li> <li>• Tuesday 19th March (consultation Group)-16:00-18:00</li> <li>• Thursday 16th May-16.00—18.00</li> <li>• Tuesday 9th July (Consultation Group)-16:00-18:00</li> <li>• Tuesday 3rd September-10:00-12:00</li> <li>• Tuesday 29th October (Consultation Group)-16:00-18:00</li> <li>• Tuesday 5th December-10:00-12:00</li> </ul>
<b>Title</b>	<b>Sage and Thyme</b>
<b>What</b> 	<p>Attendees will learn communication skills to provide support to someone who is upset or has emotional concerns.</p> <p>The Sage and Thyme workshop is three hours long and reminds people how to listen and respond in a way which empowers the patient rather than the staff member/volunteer trying to 'fix' the problem.</p>