

# Virtual Volunteering Times

Volume 1, issue 4

1 May 2020

**A GREAT  
PLACE TO  
VOLUNTEER**

## Inside this issue:

A nurse's life	2
CUH Arts	2
Getting creative	3
A country stroll	3
Paws Corner	4
Armchair Adventures	4



## Keeping in Contact

The Voluntary Services Team have decamped to another office Deakin Centre so if you'd like to call us during office hours please call:

**Office hours 01223 596091**

**Out of hours  
(answerphone) 01223 586616**

Calls from Voluntary Services will show up as the main **Addenbrooke's number: 01223 245151**

## Its not just the Voluntary Services team who are missing you.....



This week we received a message from Laura, Senior Sister on C5. They are really missing their volunteers and sent this message in response to an email from one of them:

"I have attached some funny photos for you to see. I bet you are pleased you don't have to wear all the gear we are in!! its very hot and I am sure our hats were meant to be worn in the shower and not on the wards. We do chat about you regularly and miss your happy smiling face."

## Where in the Trust?



## Riddle

Only one colour, but not one size  
Stuck at the bottom, yet easily flies  
Present in sun, but not in rain  
Doing no harm, and feeling no pain.  
What is it?

### Answer's to last week's puzzles:

Where in the Trust? Addenbrooke's Art Walk Sign

Riddle: Heroine

## A nurse's life....



**Alix (centre) with colleagues**

This week, Main Reception Guide, Alix, kindly shares her reflections on her career as a nurse, both in the UK and abroad.

In 1954 I started nurse training at St. Thomas'. The nurses' home was in Chelsea, overlooking the river - there was hospital transport, cooked meals and uniforms laundered. The old hospital had long wards of 30 beds, 15 each side and in the middle, tables and chairs, various equipment and Sister! We cleaned the ward, did bed pan rounds and the sluice was opposite Big Ben across the river.

After 3 years came SRN exams, then

three years in theatre, followed by six months midwifery training at Lambeth Hospital.

Then to the American Hospital of Paris, a large private hospital which included a wing for the American army. I worked in both theatres. I had worked in a children's home in Geneva which helped with my French but there were still instruments to be learned – I still know the French for dressings! In the army theatre the anaesthetists were mainly women who liked to be addressed by their rank. Sadly there wasn't much time for exploring Paris during my time there.

My next job was in the Vet School in Cambridge. There were two of us, both SRNs. Theatre routine continued – the only difference was what was under the sterile towels: horses, an occasional bull, dogs, cats, hamsters and once a hedgehog! Naturally the instruments varied in size. In the large animal theatre a table was flush with the floor until the horse was anaesthetized – then it could be raised up. Surgery was mainly general, orthopaedic and eye. The students were being taught

to spay cats.

In 1987, aged 51, I did a 'return to nursing' course and started part-time nursing at Addenbrookes. First in ENT Main Theatre: no getting instruments out of the cupboard there - now they arrived ready and sterile. I then moved to the laser treatment room in the Colposcopy Clinic. A project I enjoyed was to have the ceiling above the couch painted. With the help of Addenbrookes Art Project, Hills Road sixth form were asked to help. I asked each of the students in turn to lie on the couch and look up and I explained the purpose of the room. They then painted water lilies, having recently been to a Monet exhibition. We were photographed and then a party!

I also visited Sălaj hospital near Zalău in Romania in 1994 in connection with colposcopy equipment given to them by Cambridge based 'Medical Support for Romania'.

I left in 2006 but returned in 2010 to volunteer.

## ARTWORK: 'Transforming tomorrow' by Quentin Blake

This week's feature needs no introduction. Many of us grew up with his witty, characterful illustrations in our favourite storybooks, and his iconic panorama of Cambridge captures the imagination of hundreds of hospital visitors every day.

Quentin Blake is one of the most treasured artists in our CUH collection. Informal Panorama (pictured) stretches along the main corridor at Addenbrooke's, and was created in 2009 to celebrate the 800 year history of Cambridge University. Whilst visiting, Quentin was so taken with our hospital that he offered to paint a series of illustrations especially for our birthing suites.

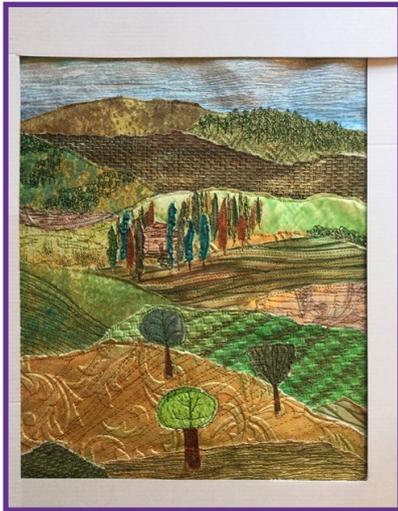
Last week, Quentin sent us two very special colouring designs, dedicated to our patients and staff. They came with this message:

I was very pleased to be asked to do these drawings for our Addenbrooke's collaboration.

For me colour is instinctive and sometimes quite mysterious. The colours you employ don't necessarily have to be what we expect them to be in everyday life. I hope you won't obey any rules, and I look forward to seeing some of the results a little later on - Quentin Blake.



## Keeping busy....



Carol has been creative....

Discharge Lounge Volunteer, Carol, has been keeping busy.

One of my loves, aside from my volunteering at Addenbrooke's (much missed at the moment) is stitching of all kinds. I started attending a monthly course called Design for Stitch (shout out for Alex Waylett, wonderful tutor based in Colchester) and we had our third session on the day before lockdown began. We had been asked to bring samples of textured wall paper with us and a photo of a landscape. So for days before the class, there were women all over Cambridgeshire and Essex in B&Q and Homebase, ripping off yards of fairly hideous wallpaper from the rolls on

display, pretending we actually might be thinking of buying it to decorate our homes.

What we actually did was paint it, rip it up, stick it down and then take it home to stitch into it. And this is the result of my work, a little piece of Tuscany. I would like to be a bit more adventurous with colour, but it does give me pleasure to create and learn various multi-media techniques. I have also knitted fluffy sparkly lamas and a sausage dog and am now making Scrubs for the NHS. I like a little variety in my crafts!

For anyone who has used You Tube to learn new things, this spoof sewing tutorial is one of the funniest things I have seen recently - <https://andreasnotebook.com/the-funniest-diy-face-mask-sewing-video/>.

Hello Everyone, I expect like me you are missing life at Addenbrooke's. Although I am self isolating, I am one of the really lucky ones. I have a garden, which at this time of year is a very busy place; veg patch to be dug, seeds sown, cuttings taken last summer to be planted out and the inevitable lawn to be cut. But there is life all around, bees buzzing, a mouse scuttling away and Fred the resident pheasant looking splendid as he struts around as if he owns the place.

I am fortunate to live on the borders of Herts and Essex where the countryside is beautiful so going for my daily walk is a pleasure. The fields look so fresh and the birds are twittering in the hedges particularly brightly at this time of year. We have too many red kites and the buzzards are squabbling to regain supremacy, such magnificent birds. At these difficult times it seems to bring out the very best in people (sadly the worst in a few) and everyone is giving walkers a wide berth and there is always a brief word of encouragement, "keeping well, I hope", "how are you doing?" "Fabulous day, we'll get through this" all from total strangers. Great.

I was walking along the road last week as a cyclist came towards me, only to discover that it was my hairdresser; standing miles apart we chatted about everything, his family and the business and it felt almost "life as normal" which was lovely. On reflection having seen this charming guy looking extremely hot wearing Lycra cycling shorts, I do wonder whether having my haircut will ever be quite the same again!

In our village we have been asked to place a teddy bear in the window for the children walking past to find. My bear was rather large and heavy to sit on the sill so he asked his friends to take his place. Here they are looking at the full moon.

I hope we all stay well, stay at home, save our amazing NHS and save many lives. Keep our chins up and be kind to each other. Veronica



Veronica's teddies

## Are you nifty with a needle?



**Message from the CUH Comms team:** We are looking for sewing superheroes in our community to help stitch new scrubs for our staff.

You will be helping to supplement existing stock of scrubs for frontline healthcare workers who are looking after patients in our hospitals.

We are registered with [For The Love Of Scrubs - Our NHS Needs You](#) and would be very grateful for any items you can make, but before you start or request a free pattern, please read the specification carefully on our website - <https://www.cuh.nhs.uk/scrub-donations>

We would like to offer our thanks to the creative and craft community who we are encouraging to get involved.

Donations can be received at the [Frank Lee Leisure & Fitness](#), between the hours of 7am and 10pm Monday to Friday and 8am to 10pm on Saturday and Sunday.

**A GREAT  
PLACE TO  
VOLUNTEER**

Voluntary Services  
Box 214  
Cambridge University NHS Foundation Trust  
Hills Road

Phone: 01223 58596091  
E-mail: [volunteer@addenbrookes.nhs.uk](mailto:volunteer@addenbrookes.nhs.uk)  
[www.volunteering.cuh.org.uk](http://www.volunteering.cuh.org.uk)

**CUH Volunteers**

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

## Paws Corner

Look at those gorgeous paws!

The very lovely Lola is spending some of her time sunbathing on a comfy chair in her conservatory.



**Why not join our WhatsApp Group  
'CUH Volunteer Services'?**

**Help** is a **call** away

**Health Assured** offer a free confidential advice and counselling service for CUH staff.

**24/7 helpline: 0800 783 2808**

## Armchair Adventures

This week, Volunteer Guide Arthur sends us a virtual postcard from Las Vegas

Nestled in the Nevada desert Las Vegas enjoys a sub-tropical climate, hosts over 42 million visitors a year who stay in some of the 160,000 hotel rooms who are fortunate to enjoy an occupancy rate of over 92%. Hotels of 5,000+ rooms line what is known as The Strip. A bit different from the Golden Mile in Blackpool where along with my fellow students I spent many enjoyable slightly inebriated nights in the late 60's and early 70's.

I was there in 2010 at the culmination of a lecture tour of some of the great National Parks for which the States are famous. Las Vegas is a great conference centre and I was there to attend and speak at the annual assembly of the National Association of Interpretation

*Arthur*

