

Virtual Volunteering Times

Volume 1, issue 7

22 May 2020

**A GREAT
PLACE TO
VOLUNTEER**

Being missed all around the Trust

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We miss them and I hope that they will be back in the hospital very soon
Louise, Head of Nursing Operations

We are missing them. They are such an asset to the ward
Nina, Rosie

I would like to say a big HELLO to all my lovely people from outpatients. I am missing the laughter and your smiling faces. I hope you are all keeping yourselves busy and can't wait for the days that you can return to us. Tea and Biscuits are waiting! Michelle, OPD

Keeping in Contact

The Voluntary Services Team have decamped to another office in the 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**

Where in the Trust? Riddle



I come from a mine and get surrounded by wood always. Everyone uses me.

What am I?

Answer's to last week's puzzles:

Where in the Trust? Addenbrooke's coat of arms, Main Entrance

Riddle: A bank

Looking at the past....



Keith & scarecrow in Harston

This week ward volunteer, Keith, tells us what projects he, and his wife Mary, a Macmillan volunteer, have been up to.

We are just so busy!

Although it is only 8 weeks since we were last able to volunteer, it seems a lot longer but fortunately we have been able to fill our days of leisure. As I am on the 'vulnerable' list, I have adhered to the cry to 'stay home', and have not been near a shop since then. We are blessed with having a son and daughter living close by,

who have done most of our shopping for us, and our local community has allocated two volunteers in our road who will collect prescriptions for us and occasional items of shopping from the local shop/post office.



Keith's grandmother

We fully appreciate the good weather we've had, allowing us to spend time in our garden, sowing seeds and already harvesting spinach and lettuce, and to exercise in the surrounding countryside taking daily walks or bike rides.

I've also had an opportunity at last to complete a big project long put off until the right moment, which was to sort out the hundreds of my own family photos, some going back to the Victorian times, that needed identifying; now, when our children & grandchildren ask "who is that?", I'll be able to tell them a lot more names than I could before and also a much better idea of the dates!



The boat Keith's uncle served on

Amongst them is a super photo of my grandmother as a young girl c1895, a photo of my uncle who served on a Motor Torpedo Boat (MTB) during WW2 and the actual boat he served on. It has been a fascinating job and I now have an album with a selection of photos of my side of the family from the 1890s up until Mary & I were married in chronological order!

CUH ARTS: Jim Anderson 'Mosaics'



This week we are sharing a series of mosaics that, to us, represent the theme of 'team work', poignantly reflecting the current time. Experiencing the collaboration taking place every day, in every corner of Addenbrooke's and The Rosie, makes us so proud to be a part of CUH.

Back in 2005, multimedia artist Jim Anderson approached us with an idea for a collaborative project; Jim had been in Kenya, leading mosaic workshops with school children, together producing the most beautiful vibrant images that captured their lives and imaginations.

Jim wanted to do the same with our young patients. And better still - to welcome some of the Kenyan children over to take part! One sunny summer's day, we gathered in the Jubilee Garden to create a park scene. Jim drew an outline illustration on panels of MDF and together we cut and placed the recycled ceramics within them.

Subsequently, Jim created three more mosaic panels, A Library, Musicians & Dancers, and Lunch in the Garden. They now stand proudly, opposite the main C&D bed lifts near the Concourse. When we run our art tours, there is *always* a resounding 'WOW' at these. You could stare at them all day.

An adventure of a life time



Napier

Breast Unit Volunteer, Angie, has just got back from a trip of a lifetime to New Zealand.

We were so lucky to get this holiday as by the time we left, Wuhan was in the throes of the epidemic, and Singapore already had 37 cases. On reflection, it was probably one of the last tours of many areas for some time.



Marina Bay Sands Hotel, Singapore

First stop **Singapore** being a combination of Colonial, Oriental and modern with very



Milton Falls

strict temperature checks before entering any public building, but it felt a pretty safe place to be. Singapore slings in Raffles, and rooftop drinks (on a boat!) were highlights.

Next stop New Zealand, landing at **Auckland**. Firstly a '**Bay of Islands**' boat trip and a visit to the **Waitangi** Treaty House (where the Maori signed a treaty with the Europeans giving them rights to



Christchurch earthquake memorial

their homeland). **Rotorua** and the hot springs were a sight to be seen (and smelt), and **Napier** and its' art deco buildings was not to be missed. That plus the beautiful sunset/rise over the **Southern Pacific Ocean!** **Wellington** came next with a ferry trip that took us to South Island. Great fun, lovely views to be had of both coasts and islands en route.



Queenstown

From a relatively flat and beautifully spacious North Island we found ourselves on **South Island**. First a vineyard tour,



Mt Cook

with wine tasting, before a night stop in post quake **Christchurch**. From there, and having seen the monument for the victims of the 2011 earthquake, a ride on the Trans Alpine railway took us to the mountains, forests and plains of South Island and to **Franz Joseph Glacier** and then **Nelson**.

Then towards Queenstown, via National Parks and World Heritage areas, old mining villages and **Milford Sound**. We were lucky to get our boat trip on the sound, as recent earthquake activity had closed the access road. It had just opened that day! And onto **Queenstown**, tourist capital of NZ, bustling, on Lake Wakatipu, great bars, cafés!

The final day before the flight home found us wild water rafting, after which we saw an inspiringly beautiful, **Mt Cook National Park**. Then Back to **Christchurch** as New Zealand (Auckland) saw its' first coronavirus case.

And then, mid-March and back home, shattered but completely mind blown! However, 6 hours at **Changi Airport** had opened our eyes to the UK of today, with social distancing, hand washing, pressures on the NHS etc. We really didn't believe that this would happen in the UK. How life has changed!!

Macmillan Telephone Buddies

Going through cancer can be an isolating experience at any time, and especially when social distancing. Macmillan Cancer Support (community branches) are seeking more volunteers to support their free Telephone Buddy service to provide a listening ear on a weekly basis to a person with cancer for up to 12 weeks. Training will be provided. If you are interested in this role, please follow the link below:

<https://www.macmillan.org.uk/cancer-information-and-support/get-help/emotional-help/telephone-buddies>

A GREAT PLACE TO VOLUNTEER

Voluntary Services
Box 214
Cambridge University NHS Foundation Trust
Hills Road

Phone: 01223 596091
E-mail: volunteer@addenbrookes.nhs.uk
www.volunteering.cuh.org.uk

CUH Volunteers

We're on the web!
www.volunteering.cuh.org.uk

Paws Corner

Poppy is doing a bit of sun worshipping in the garden.

Thank you Lisa for sharing this picture to the CUH Volunteer Service WhatsApp group.



Why WhatsApp is great!

WhatsApp is a free messaging platform very similar to text messaging apart from having the option to also set up group conversations. This is a great way for all of our volunteers to keep in touch with each other and get the chance to meet others electronically which is always nice with the lack of interaction a lot of us are currently experiencing.

There are all sorts of lovely things being shared on there. From a good bit of comedy, something we all need during these times and our lovely PAT dog handlers have been sharing pictures of what our favourite pooches have been up to! There are also some videos of what our volunteers have been doing at home such as baking different tasty treats.

If you have not yet had a look at the WhatsApp group now is the time, as its filled with lots of different bits a and pieces to look at and enjoy.

WhatsApp Top Tip – The group chat can get very busy and will ping each time a new message comes in. You can mute the group to stop it pinging so you can just look at it whenever you would like to rather than it making a noise every time a message goes in. Once in the group chat at the top of the page its says the name of the group “CUH Volunteer Service” you just press on the name and it will give you some settings and you can select to mute the chat. This will stop it sounding for each message so you can just pick up and enjoy at your own leisure.

Self isolation island discs

This week, Jack, our Young Person's Programme Coordinator shares his Self Isolation Island Discs:

Discs

One of my favourite pieces of music is actually the music played on the BBC's Wild China series. It's a wonderful piece of music that makes me think of being out in nature and enjoying the wildlife. I grew up right next to Wicken Fen Nature reserve and even though it's a long way from China, the feeling the music creates always reminds me of lovely walks around the nature reserve.

Another of my favourites is by Joe Satriani – a legendary guitarist and the song is called “surfing with the alien.” I have always been a fan of electric guitars and the different sounds they can produce and this song absolutely displays all of those different amazing sounds put together in a great sounding piece of music.

I very much enjoy driving and have a car that I use for racing or just enjoying at the weekends. One of my favourite songs to drive to has got to be by a band called Static-X called “the only”. Years ago on the PlayStation games console there was a game called need for speed which had this song on it and I would choose my favourite car to race whilst this song was playing on the

game. I saved up for an awfully long time from quite a young age with the intention of buying that car and a few years ago I finally got it. So now I get to drive the car in real life listening to that song.

When I was at secondary school I got quite into lots of different rock/metal and one of those bands was Metallica. The song “enter sandman” I always enjoy because it brings back lots of memories of me and my friends at school with our guitars at lunch times trying to learn how to play different parts of the song.

As I grew older in my later teens and early twenties I got into electronic dance music and got myself a set of turntables and a mixer to try my hand at Djing. I enjoyed this very much and me and a couple of friends used to do a bit of a set or two at small music events. One of my favourite bands for that type of music is The Prodigy and one of my favourite songs by them is called Breathe. It's just one song that mixes into others so nicely and is always fun to work with.

Book

I don't do a lot of reading, but when I do I like to read about peoples personal experiences. One of the best books I read for that type of thing was called Life in the trenches by Harry Patch. My great

grandfather fought in the First World War and my grandfather in the Second World War and I always remember the stories my grandfather used to share with me and the ones his father had told him from the First World War. Hearing other people's accounts of those times takes me back to speaking with my grandfather and listening to all of his different experiences.

Luxury item

My luxury item would have to be my fish tank. I have quite a large coral reef system in my living room with a lot of different species of fish and corals and I spend hours happily watching everything and taking cuttings of corals to share and swap with other hobbyists.

