A fond farewell from Sandra

It has been an absolute pleasure to work with the volunteer services team and most importantly the volunteers themselves. Although I have only been with the team for a matter of months, I have been absolutely overwhelmed by the kindness and dedication shown by the volunteers that CUH are lucky enough to call their own. Personally I have learnt an awful lot in my time about human kindness and the importance of putting other people first. It’s very unfortunate, but my last few days have been in “splendid” isolation and the last few days in the office without the volunteers really rammed home how integral the volunteers are to the volunteer services team. That may sound silly, but the absence of the volunteers, including the PAT dogs made the office seem extremely empty and lacking in purpose. I am sure you are all champing at the bit to get back to your usual routine at Addenbrooke’s. Unfortunately by the time that happens I will have left the service, and so the chances of seeing a number of you again are slim. However, I will always have very strong memories of my time in the VSD and the wonderful people I met there. I do hope you are managing to find kind ways to look after yourselves in these challenging times. Working from home is tricky but I am lucky enough to have a garden and I am spending some time outside when I can. I will be popping back to the Voluntary Services team and very much hope to bump into some of you then. In the meantime, take care of yourselves. With very best wishes Sandra
What’s been keeping Barbara busy?

Barbara, one of our Friday morning guides, shares with us what she has been up to during this time....

Missing the Friday morning guiding in the ATC and contact with my red colleagues, and the friendly support of the Volunteers Office, I first wanted to dedicate this time to helping the few vulnerable people I know living close to our new home in Bedford. However, these three frail octogenarians waved me away from their doors with astonishing energy. ‘Not another one pester us with doing good. We have more than we need, and the telly. It was much harder during the war, and you didn’t come round then.’

I decided to dedicate this bizarre empty time to art:

- practising playing Bach four hands/paws with my puppy, Barnsley;
- finishing painting the cover of my fourth book;
- writing the next book, a second collection of short stories.

There are no pictures of the garden. My husband works as a key worker for the government, and I am lousy at gardening. As long as the space remains vaguely green...

One day we will tell each other stories about this virus time. May that be soon.

Barbara

Contributions to VVT

This magazine is about you and for you and so we would love to receive your contributions, whether it’s a reflection of your time volunteering, your Self Isolating Island Discs, what you’ve been up to while staying at home, some photos, or an account of an adventure you’ve been on. We have published some guidelines to assist you:

- Follow our Trust values—together Safe, Kind and Excellent.
- Word count: 400-500 words for a longer article, 300-350 for shorter articles
- As always, do not breach any confidentialities or use names which could thought to be a person’s real name
- No lewd language
- Positive, uplifting material

If you need help with shopping or just someone to talk to

At the moment, just trying to get all our necessary groceries has been quite stressful but for those who are having to completely self-isolate, things are likely to be much more difficult.

The good news is that there are local organisations who are able to help, many of whom can be found at www.cambridge.gov.uk or www.cambridgeshire.gov.uk –follow the Covid 19 links. If you’re not in Cambridgeshire, you may wish to contact your local Parish Clerk or Age UK who are providing support to the older population.

Local village shops are often reasonably well stocked, less busy and of course by shopping there you have the benefit of supporting a local business.

It is of course a very worrying time so please make use of Health Assured, our free confidential advice and counselling service.

Help is a call away

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

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

**CUH Arts** is the Trust’s hospital arts programme, dedicated to transforming the hospital experience, promoting wellbeing and inspiring hope through creativity. Established in 1999, CUH Arts began with a small collection of art work, and has grown over the years to engage our hospital community in a diverse and eclectic range of live, visual and participatory arts.

Supported by Addenbrooke’s Charitable Trust, we deliver a year-round programme of arts activities, events and exhibitions, as well as getting involved in the design of new patient-facing areas, helping to relax and warm the clinical environment. At any one point, our small (yet mighty!) team will have multiple projects on the go – it is a busy department, and no day is the same!

Alongside looking after our art collection (we now have over 4000 pieces across our hospitals!), curating temporary exhibitions along our art corridor (Level 2 between concourse and ATC) and commissioning new art & design for wards, we run a participatory arts programme, with bespoke activities led by experienced professional artists. *Dance for Health* is CUH Arts’ flagship project; weekly creative movement & music group sessions for adult patients, led by expert practitioner Filipa Pereira-Stubbs. Patients are supported to move and interact with one another, helping to engage not just the body, but the mind and heart too.

As artists, we are in a special position; patients do not see us as clinicians - we are not in uniform, and there is often a level of curiosity. “Artists? In Hospital? How marvellous!” We are different. To us, our hospital participants are **people first** and patients second. We are interested in how we can support people emotionally and socially, as well as physically, during their hospital stay. We also help to build rapport between nurses and their patients; art is a leveller, and it brings our personalities to the surface, enabling connections to be made.

Over the years, we have been so fortunate to have the regular support of CUH Volunteers. Our programme is all the richer for it, and we are so grateful. To give back, next month we were due to launch a special series of Arts Tours, just for you. So, whilst this is postponed, we will instead provide you with a weekly Arts feature, to introduce you to a few gems in our collection. We begin with *Welcome* by poet Kaddy Benyon – the words feel ever more powerful.

We hope you enjoy, and very much look forward to seeing you in person at the hospital soon.

Stay well,

**Natalie Ellis**, Head of Arts

**Lesley Bermingham**, Arts Project Manager

art@addenbrookes.nhs.uk

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**ARTWORK: Welcome, by Kaddy Benyon (Level 2 corridor)**

Taken from a collection written by poets in residence at CUH in 2018, *Welcome* is a found poem; a piece written with contributions from 46 patients and staff, skilfully brought together by Cambridge-based professional poet Kaddy Benyon. The visual design layout of the poem was inspired by another piece in our collection – *Asklepian*, by Ivan Black

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*Welcome*

*I used to love coming to see this swirly thing when I came in for my operations* – Paris

I get up at 5:30am and off I go walking my dog, the sun rising and a new day beginning, the feeling of sunshine on the skin. I love walking, blowing dandelions and using my phone to capture moments like how the cyclists have to stop to edge around the cows on Midsummer Common. I have a photo of my favourite view on my office wall: sunrise on the hills. It helps me to remember there is a world outside the hospital. As a nurse, I go up and down to the 7th & 8th floors to look out over the Gog Magog hills. I took a patient up there to show her the yellow fields, she couldn’t talk but I think it was a view worth having. It is hard to be in hospital, all the bewildering equipment: catheters, cannulas, intravenous g urządzeń. In an open bay with 6 beds, sometimes patients talk: the former ballet dancer who drank with Nureyev; the man who worked as a water boy on a farm; to Addenbrooke’s, a community in itself, a place of deep & loving care where everyone makes a difference. The staff here are very kind, they really look after you, it’s just so human how everybody works together in this space made available for any of us to come & come well.

a centenarian’s memory of Queen Victoria passing by. All these come to light drawing, playing bingo, painting or perhaps whilst in the gardens for qigong exercises as a woodpecker delves busily in the cherry tree. When physical escape isn’t possible, some swim back in memory to summer two years ago, the rain and that lovely earthy smell, the little spot you climb down to a riggity-raggy bridge like a troll bridge. I love being in water, there’s an unclutteredness to it, that feeling of gliding through the greens and natural light. I didn’t know how wet I’d get, but it was gentle and fun and made me feel things were still possible.

Happy, I think, is happening all the time; is a smile on a young face, a laugh with a stranger; a 20-second hug, a chuckle, being trusted, cuddles from staff. You don’t go home with a dry eye. Home is getting out of hospital mode and becoming mum again; after a shift, my baby on my lap – I just smell that baby smell from his hair.
Paws Corner

PAT dog Digby made the most of his time before lockdown, deciding to pose on a tree stump at Wandlebury.

Thank you Viv for sending this through.

Wanting to help....

We understand that some of you may want to continue volunteering during this period and we wanted to give you some helpful suggestions whilst we are on pause at CUH.

There are lots of reputable organisations looking for help, for instance Age UK. There is also a wide range of opportunities on Do-it.org, or contact your Parish Council chair who will be able to advise on what is going on in your local village at the moment, visit www.cambridgeshire.gov.uk/residents/coronavirus/covid-19-coordination-hub-your-community-needs-you and www.cambridge.gov.uk/coronavirus-help-for-communities. At the moment the GoodSam NHS responder volunteer opportunity is oversubscribed and has been taken offline but may open again in the future.

Self-isolation Island Discs

In this week’s addition, Volunteer Guide Carole shares her favourite discs, book and luxury item.

Discs:

- ‘America’ from West Side Story (Bernstein)

- These are the days of your life. Queen (alas Freddie mercury’s swan song)

- The Hebrides overture. Mendelssohn (did it for GCSE music)

- I am Australian. The Seekers. (I’m not-but it’s a great song)

- The Four Quartets TS Eliot. (No poet should read his own work!)

- Reel around the Sun. River dance. Bill Whelan

Book:

Haynes Outdoor Survival Manual

Luxury item:

Binoculars (to look out for stars, ships, and pirates).

We would love to know your favourite songs, book and what your luxury item would be and so why not give it some thought and send, with a photo to, volunteer@addenbrookes.nhs.uk

Queries about how CUH is coping with Covid 19

As well as looking at the CUH website, you can also contact Bill Davidson, Staff Governor by email bill.davidson@addenbrookes.nhs.uk or call 01223 256256