

# Virtual Volunteering Times

Volume 1, issue 11

19 June 2020

**A GREAT  
PLACE TO  
VOLUNTEER**

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## 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**

## Our 'Guide to volunteering at CUH'

We recently told you about the delivery of our new edition of 'A guide to volunteering at CUH' but appreciate very few of you will have had opportunity to read it. Here's a quick taster from Iain who contributed his thoughts about being a courtesy bus and wheelchair volunteer.

"I can say very easily that volunteering at CUH has been the most rewarding experience of my life. I have met some fascinating people along the way and getting to put a smile on someone's face when they may be having a difficult time, warms my heart.

Back in October 2017 my Uncle spent a lot of time at Addenbrooke's having a tumour removed from his brain. On my nightly visits to keep him company, I saw first hand what a wonderful job the ward volunteers do. My Uncle called them his boredom busting Angel's. I knew then that I wanted to offer my time to be part of the wonderful team of volunteers at CUH.

My role on the courtesy bus, which helps patients get around the site is incredibly satisfying and it is always nice to hear the positive feedback from the people that use the service, especially the ones that struggle to walk such long distances. I thoroughly enjoy my time volunteering and would recommend it to everyone."



## Where in the Trust? Riddle



What word of five letters has only one left when two letters are removed?

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

Where in the Trust? Food concourse

Riddle: The letter M

## Being creative

### Tom, Volunteer Ward Visitor

“During lockdown I've very slowly been writing my PhD thesis, which has been quite dull. But my partner and I have been going to great lengths to diversify our dinners, such as for our Spanish Night in Isolation. I've also been keeping busy with tennis and trying some new things - last month an Italian granny taught me how to make pappardelle over Zoom! I've attached some photos of my finest cuisine (cocktails not absolutely necessary for Spanish theme but highly recommended).

And just this week I learnt how to change over brake pads and brake shoes, and also learnt how to jump-start a car with a flat battery when my old banger lost its fizz. Not huge tasks, but new to me!”



### Poem by Carol, Ward Volunteer

I ought not waste this empty time  
 So ive tried to write some sort of rhyme  
 To thank you for your virtual mags  
 More interesting than the daily rags  
 There is hospital news and people's views  
 And riddles to clear the dust  
 I search my brain and look again  
 Where on earth is that in the Trust?  
 I recognise our furry friends  
 Their popularity beats all trends  
 They meet and greet with wagging tails  
 The pleasure they give never fails  
 So I'll be glad to put my red apron on  
 When COVID-19 has really gone  
 So thank you all and please take care  
 And hopefully soon we will be back there

### Jay, Transport Volunteer, has been busy completing her long-stitch



## CUH Arts - Creative wellbeing in the Staff Sanctuary

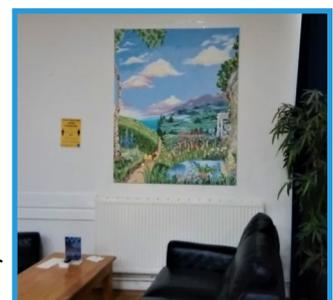


Back in March, as the pandemic broke, CUH quickly set up a Staff Sanctuary space in the Frank Lee Leisure Centre, so that our front-line workers had somewhere to escape to during breaks, with comfy chairs and plenty of caffeine!

At that stage the walls were bare and whilst the room was quiet, it lacked atmosphere. We saw an opportunity for our Arts programme to help turn this plain conference room into a warm and welcoming place.

During April, CUH Arts built a **Creative Wellbeing Hub**, offering relaxing activities for staff to enjoy. We've included all sorts! Colouring sheets gifted by our resident artists (including Quentin Blake!), bookmarks and greetings cards to decorate, origami, a message tree and plenty of crosswords. Two recent additions have been a large chalk board made by the talented hospital carpenters and a beautiful landscape painting donated by artist, Georgia Humber.

It's been so brilliant to see staff enjoying these activities, often making gifts for family members and friends who they're not able to see. It is also drawing out some amazing artistic talent – a real silver lining in these challenging times.



## Keeping busy.....



**Jane, Volunteer Guide, ATC**

"All those indoors sorting out jobs I had planned in my post 70th birthday(15th April) and now in my 70+ isolation! But none of it. I have lived in my garden and greenhouse growing on all my bedding plants, veg from seed, alpines, and cuttings from Birthday bouquet spray carnations. The garden, lawns, and veg garden have never been so manicured which is more than I can say

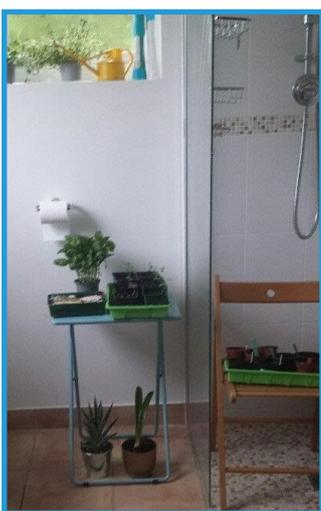
for me.

Armed with our new Professional Hairstylist scissors I set to on my husband's thatch today - wow pretty good...he was thrilled. Now his turn tomorrow...did I really agree to that!!! What fun. We are well and so I hope are all of you great colleague Volunteers. What a great place to be part of Addenbrooke's...thank you for keeping in touch. Love to you all"



### Cecilia, D&M Volunteer

"I am a volunteer in the Dance and Movement team which is often chair-based. And during lockdown, I continue with my dance, ballet, with videos sent from my teacher and a tutorial every Friday morning. Potato Joe and I settled down for a dance session after my ballet tutorial with Imogen."



**Carol, Volunteer Guide**

"With all this repurposing going on I thought I would share with you my repurposed shower room. Three years ago the decision was taken to install a downstairs shower room. Perhaps a tin bath in a new greenhouse would have been less expensive. More seed trays and pots decorating the other facilities.

I have also repurposed the sitting room (home gym) and the dining room table: jigsaws; photos for sorting; games....."

Our lives have been changed for a few months now and we know its not been easy. You may be missing your family, friends, holidays cancelled and of course we are missing seeing you all come in for your shift. Please remember there is help available for you, free of charge and 24 hours a day and completely confidential.



Help is a call away

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

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

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[www.volunteering.cuh.org.uk](http://www.volunteering.cuh.org.uk)

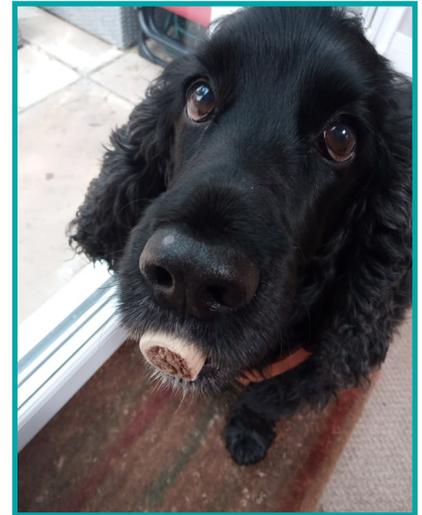
**CUH Volunteers**

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

## Paws Corner

"No, nothing to see here"

Digby is wondering if anyone has noticed he has a whole sausage in his mouth....we think they have!



## Beyond the Mask

### Don't forget...

You've only got until this Sunday, 21 June, to submit your contribution to the Beyond the Mask collaborative poetry project. Don't worry if you're not a poet, just a few words or a fully formed poem - whatever feels right..

For more information and guidance on taking part visit <https://www.cuh.nhs.uk/services/non-clinical-services/cuh-arts> and follow us on [Facebook](#) and [Twitter](#) for regular updates.

## Self Isolation Island Discs

Many of you will remember Kal who used to work in the Voluntary Services office before moving to work with the Learning and Development team in the Deakin Centre. More recently he has very kindly stepped in to help us in making our calls to volunteers.

This week he has put pen to paper and shared his favourite songs and book.

### Discs

I like the

- Beatles: Sargent Pepper, Back in the USSR and loads more,
- Simon & Garfunkel: Bridge Over Troubled Water,
- The Beach Boys: Good Vibrations,
- Jan and Dean: Surf City
- Bernard Cribbins: Hole in the Ground.

### Books

My favorite authors are John Le Carre, Spike Milligan and any spy or detective novel.

The photo is of 'Ardwina,' a Thames Sailing Barge that I used to live on. The songs and the Sailing Barges all remind me of my youth.

