

Virtual Volunteering Times

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**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**

A warm welcome to Anna



Hello! It's lovely to be able to introduce myself and I'm so sorry not to be able to meet you all in person at the moment. I'm Anna Williams, the new Volunteer Coordinator.

I've joined you here from Age UK Cambridgeshire & Peterborough where I've worked for the last three years on their Sharing Time Service, recruiting and supporting volunteers. The Sharing Time volunteers visit older people who have become isolated at home and are experiencing loneliness. The volunteers visit weekly and spend time chatting - bringing social connection and helping to relieve loneliness.

I moved to Cambridge three years ago from Bristol with my husband, Erik, when he was offered a new job here. Previously I have also worked for an international development charity and, back at university, I studied Anthropology – the study of culture and society with case studies from anywhere and everywhere around the world which I found endlessly fascinating.

Since moving to Cambridge I have embraced cycling! It started as a means-to-an-end, cycling my commute to work each day, but has become a genuine pleasure, and I enjoyed being able to get out on my bike to see the countryside during lockdown for my daily exercise.

My favourite past-times haven't changed since I was a child – reading and swimming! I love being part of a book club which challenges me to read things I wouldn't usually have picked up! We've even been able to carry on having book club meetings online over zoom!

Two years ago I decided I wanted to learn something creative, so I started attending an evening 'dressmaking' class. Having never used a sewing machine before it was a steep learning curve! But it's been endless fun and challenge and I've since come home with a handmade dress, pyjamas, skirt and a new appreciation for beautiful fabric!

I've heard so much about what an amazing group of volunteers you are and I can't wait to see and speak in person when the time is right.



Where in the Trust? Riddle



I have two arms, but fingers none. I have two feet, but cannot run. I carry well, but I have found I carry best with my feet off the ground. What am I?

Answer's to last week's puzzles:

Where in the Trust? Bike racks near Clinic 43

Riddle: Fire

Burton or Beertown?

Peter tells us about his home town...

Nearly one and a half centuries ago the town where I was born was the brewing capital of the world. I'm not that old however and in the 1950's this industry had been declining for decades.

The Anglo-Saxon kingdom of Mercia was centred on Burton's river, the Trent. When Christianity came to the region a nun called Modwen (or Modwenna) set off from its capital of Repton and came down the valley a few miles to the south and established a safe haven for a religious community and church on an island in the middle of the wide river. Modwen was buried there and later sanctified. This brought Benedictine monks along who, requiring a larger space, built an abbey facing the island. The resulting settlement (or 'tune') which sprang up for the lay people became known as 'Byrtune'.

William Bass, an enterprising 18th century businessman who travelled widely with his 'carrying' activities had noticed that Londoners enjoyed drinking ale. He set up a small brewery in Burton. Many others soon followed his example

when it became apparent that the water from the wells contained salts which were highly beneficial for the brewing process, and also for the taste and keeping qualities of the ale. The beer trade flourished as transport links improved.

George Hudson the Railway King and chairman of the Midland Railway Company was the driving force behind the building of a new many-arched bridge across the river, which once again made use of an island in the middle to help build the lengthy crossing.

What happened to Burton in the 20th century and who were the famous and infamous people who lived there? I'll have to write another article...

There are two pictures. One is of Manet's painting 'A Bar at the Folies-Bergère' which has beer bottles showing the Bass red triangle logo.

The other is a deserted water pumping house in Burton showing the triangle in the windows.



CUH Arts—NHS Chorus 19



It is well documented that singing, particularly in a choir, is excellent for mental well-being so in these COVID times when moods need to be lifted what better thing to do?

NHS Chorus 19 was the brainchild of Dr Zoe Fritz, a Consultant in Acute Medicine on the COVID admission ward here at CUH, as well as first year doctor Ellie Walder. It is a virtual choir for current and former NHS staff, aiming to help spread positive and informative messages during the Covid crisis. The great news is no previous singing experience is necessary! It's intended as a space to have fun and benefit

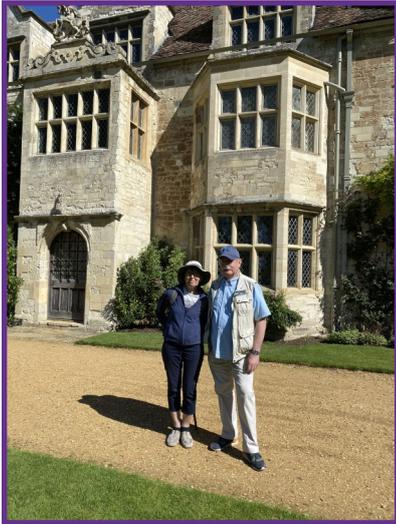
from some musical relief, and build a sense of community through singing.

Ellie has written the arrangements for 'COVID' 19, creating parts and resources that cater to a range of abilities, so it doesn't matter if you can't read music. The project is coordinated by Pembroke College musical director Anna Lapwood, whose mother was a palliative care doctor so she was keen to help.

The choir has over a 1000 members and has released a video of 'Somewhere over the rainbow' which you can watch <https://www.youtube.com/watch?v=oxYRaUCXrXg> or why not go a step further and like Lewin Volunteer Tina, join the choir?



Flying high with John...



John & Jackie

We never cease to be amazed at the variety of interests and hobbies of our volunteers. This time John, Macmillan volunteer, tells us what he's been up to.

I hope you are all staying safe and keeping well. I seem to be established as a Macmillan Telephone Buddy Volunteer now, 3 weeks done, so nominally I'm now a quarter of the way through with my first patient. But I miss my Thursday morning sessions in the pod with Maureen and you guys.

However, my other volunteer duty at IWM Duxford is opening up carefully next month. I've got a training day to attend at Duxford this Friday then I'm

back out on the airfield greeting visiting aircraft next month a few days each month.

My wife Jackie has broken her solemn vow never to go flying with me - lockdown cabin fever I reckon. She's now flown with me 3 times. A week ago last Sunday I flew her up to Weybourne near Sheringham on the North Norfolk coast. It's the shortest grass strip I've ever tried to land on but on my 4th attempt I finally made it. Jackie seemed totally unfazed by my 3 previous attempts to stay above the sandhill and trees in the undershoot, with an unhelpful crosswind.

All my tries to land without running out of runway ended up with me throwing away the approach and selecting full power to go around. I finally decided to try landing in the reciprocal direction, despite having a slight tailwind component. This time, letting down early and approaching from over the sea. That worked! On my own, I'd never have flown in there but she said she wanted to see the sea; so I had no choice if I wanted some company in the aircraft.

At least we're able to book timed visits to NT Wimpole, NT Anglesey Abbey and the Cambridge University Botanical Gardens now. So I've got no complaints,



Weybourne landing strip



other than missing my 3 daughters, my son, their spouses and our 4 grandchildren for hugs. We've managed to meet up safely distanced physically though and we keep in touch with Google Meet and Zoom each week.

Please let me know how you're all surviving, it must be so tough for the CUH oncology outpatients. I can't really imagine what it must be like for them and also for you guys, bravely supporting them.

View from my.....



Its clear a lot of work has gone into this garden transformation in the before and after views from Lottie's window.

A GREAT PLACE TO VOLUNTEER

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 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

Hugo knows there is no better way to spend a hot afternoon than lying in a pool under a shady tree in a pretty garden.



“At last, flowers again!”

by Library Volunteer Karen

After all these weeks of our church being closed we got a note from the vicar to say that there was going to be a wedding last Saturday, strictly following all the guidelines with only 30 guests, but the bride wanted flowers. It felt like normality had returned!!

Planning the flowers was really exciting with the emphasis being on the porch. The style of wedding flowers has changed tremendously over the last year or so, everything is so much more casual and country style so whilst we may not have quite achieved the stunning affect of Princess



Beatrice's wedding we all felt mighty pleased with ourselves. Here's to the next time.

Armchair Adventures

Over the past 10 to 15 years Croatia has gradually emerged from the turmoil of civil wars and the breakup of the old state of Yugoslavia. From the large cities of Rijeka in the north to Split and Dubrovnik in the south it has become a firm holiday destination.

Rebuilt after the devastation of war Dubrovnik is a real tourist hotspot and a firm favourite of large cruise ships; it is more congested than Cambridge in July and August. The many islands of Croatia are hidden gems of bays and small villages and are extremely popular. The island of Brac is home to one of the most famous stone carving schools in Europe and stone from there has graced many public buildings throughout the world.

The best way to enjoy the Croatian coast is by joining one of the many small boats that are available for charter. You can visit unspoilt islands and swim in crystal clear water. They usually moor overnight in a small harbour and occasionally in larger cities such as Split and Dubrovnik.

Arthur



♥ Croatia ♥

