

Virtual Volunteering Times

Volume 2 Issue 4

26 February 2021

**A GREAT
PLACE TO
VOLUNTEER**

Staff Governor Elections 2021

Governors are the interface between the Trust membership – patients, public and staff – and the Board of Directors who have operational responsibility for running our hospitals. The Governors provide a valuable outside perspective on projects and performance, and hold the Non-Executive Directors to account for the performance of the Board, as well as ensuring that the membership's views are well represented.

As a volunteer, you are automatically a staff member of CUH's Foundation Trust membership body and entitled to stand for election and vote in the upcoming Council of Governor elections for the staff constituency.

This spring there will be three Staff Governor vacancies arising: two with three-year terms of office and one with a two-year term. The elections will be run by Civica Election Service (CES), our independent electoral scrutineers, who will be providing nomination forms and official guidance from Tuesday 16 March.

The voting process will begin from Friday 7 May, where CES will begin distributing ballot papers to your email or home address (if you are not on email). Please be assured that your data is secure and is being passed to our independent election administrators under the strictest of information governance rules in order that they may send you your ballot papers. If you would like to opt out of the balloting process please contact the Volunteer Office immediately volunteer@addenbrookes.nhs.uk.

For more information and nomination forms please visit: www.cesvotes.com/cuh2021 or contact the Membership Office: foundation@addenbrookes.nhs.uk.



Inside this issue:

Keeping busy	2
Tea with a tiger?	
CUH Arts	3
From Nostell to Nostell	3
Paws Corner	3
Vaccination 2nd dose	4
Armchair Adventure	4



Keeping boredom at bay

We're all looking forward to a time when we can meet up with friends and family, eat and drink in pubs and restaurants, making the most of the lifting of restrictions. Although the number of Covid infections continue to reduce, for those who need hospital admission, on average the stay is almost 7 days, but for those particularly ill, it is almost 34 days.

Even in pre-Covid times, minutes and hours pass very slowly as an inpatient. As you know we are taking activity packs up to our wards each week, but we'd love some new content. We have had some great ideas of items to be included in activity packs, but we really need some more ideas please. Items that can be wiped down and used again or printed are most appropriate. We know you'll come up with some absolutely cracking ideas so its over to you! Any ideas, just email us at volunteer@addenbrookes.nhs.uk

Keeping in Contact

The Voluntary Services Team are in the office if you would like to contact us.

**Office hours (& out of hours answerphone)
01223 586616**

Where in the Trust? Riddle



The more you take, the more you leave behind. What am I?

Answer's to last week's puzzles:

Where in the Trust? Metalwork by Main Reception
Riddle: Chocolate

Keeping busy.... Christine, Volunteer Guide

Christine has been keeping herself busy 'attending' lots of different talks and tours. Here are her top choices:

There are Mirthy talks which take place on a Tuesday for a nominal fee and the audience can ask questions and converse with the speaker after the talk and perhaps get it again at a later time, and on Thursdays at 2pm there are free talks and, in this instance, it is not possible to ask questions or converse with the speaker or get the talk at a later time.

There are a variety of subject which are covered. Last Thursdays was about What we do not Say and this was about body language. The previous week was Poisons and Medicines and how years ago cocaine and heroin were used in medicines. There were some excellent photographs shown. Last year a multitude of subjects and then they were all free. All one does is go into the website www.Mirthytalks.

There are also talks from Jesus College. This week just gone there was a talk about the USA and the transition which is taking place. A few weeks ago a talk was given by the producer of the Simpsons - which was as you can imagine. The talks are really interesting and it is just a case of going into Jesus College for the forum.

Robert Kellerman has a YouTube video where the Virtual Tour of the Van Gogh museum in Amsterdam can be found and which lasts almost 2 hours. It is very interesting. From that YouTube video, you can find other tours which Robert Kellerman organises.

There really is so much on line to do and I am just off now to do a Walking Tour of London again with Robert Kellerman, virtually of course!!



Exclusive animal experiences with Shepreth Wildlife Park

We know that connecting with others is an important part of improving our mental health and wellbeing, but our ability to do that at the moment is limited. There is a fantastic opportunity to meet the team at [Shepreth Wildlife Park](#) and ask their keepers questions about the animals in their care. The keepers will give a personal tour of the animal's habitat, telling you everything they know about the species, its life in the wild and how they care for them at the wildlife park:

Meet the tiger and aardvark – Wednesday 03 March, 15:15-15:45

<https://zoom.us/j/97142390698?pwd=ZE1WSTMrK0tramE3WWJDSFcxMDJRdz09>

Meeting ID: 971 4239 0698

Passcode: tiger

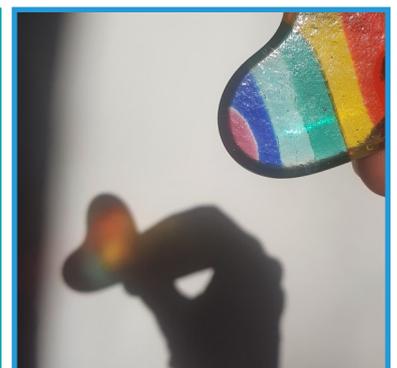
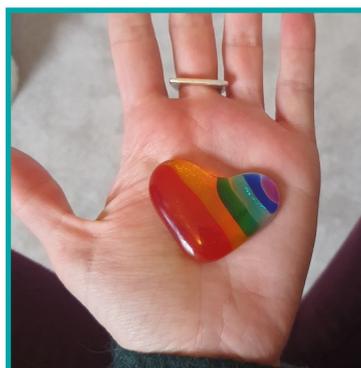


CUH Arts: Rainbow Glass Hearts

Since the beginning of the pandemic, local glass artist Debbie Burton has been gifting beautiful rainbow hearts to our hospital community at Addenbrooke's. Handcrafted to fit perfectly in the palm of a hand, these smooth hearts warm up quickly when held, and are a symbol of comfort and strength. The latest batch are with our Critical & Palliative Care team, who spend time with our sickest patients and their families.

Sometimes it is gestures like this which carry the most meaning.

#CUHProud #CreativeWellbeing



From Nostell to Nostell.... Robert, Ward Volunteer

Up to the age of eight or nine I was brought up just outside Pontefract in what was then (the 1950s) the West Riding of Yorkshire. On a good day you could vaguely make out from the upstairs windows the roof of a very large house. One day my parents took me to this large house. I little realised, nor did they, that it was to be an outing that would set me on course for a passion that has lasted for the rest of my life. The house, it turned out, was called Nostell Priory and had only recently been given to the National Trust and opened to the public. It is a Georgian mansion built by James Paine and the great Robert Adam, with one of the finest existing collections of Chippendale furniture. I can still remember the amazement when I went in as a youngster. It gave me my first glimpse of something that has been a major interest for the rest of my life: the British country house. Eventually the time came to go home and I am told that I cut up quite rough, refusing to get in the car and so on!



Nostell Park



Chatsworth House

Ever since then I have been visiting these houses, sometimes blitzing an area of the country and doing a house a day for a few days. To me it's never boring: the houses are all different and there are so many different aspects to them and so many things to learn about. There's obviously the house and its architecture. Its contents – great art sometimes, wonderful furniture, fantastic silver. I once had a lengthy conversation with a guide about the curtains in a room. If you're lucky there's a nice garden, and often a large park in which to go for a good country tramp. The variety is immense. Some are great treasure houses of art, such as the stunning Chatsworth in Derbyshire, with its window frames covered in gold leaf and a choice of Rembrandts to look at, or the relatively unknown but amazing Boughton just the Cambridge side of Kettering down the A14. Others are small manor houses from which you can learn about local squires and how they lived, such as Canons Ashby, again not far from Cambridge in Northamptonshire.



Canons Ashby

The more houses you do the more life becomes full of surprises. About 25 years ago I went round a small house in the Lake District that I had vaguely heard of, by the name of Mirehouse. It turned out that the Victorian poet Alfred, Lord Tennyson had been a regular house guest there and they had a recording of him reading his poem 'The Charge of the Light Brigade'. Absolutely amazing. Then some twenty years later I went round a house called Deene Park near Boughton, where I saw the stuffed head of Ronald, the horse that led the charge of the Light Brigade!

And what of Nostell? We moved into Pontefract and the view of Nostell's roof disappeared. I saw pictures of it in books, but did not go again until 2004 to take my Mum, then in her 90s, for a cup of tea. She did not feel up to going inside. The next visit was in 2018 when I did go in rather nervously. Had I exaggerated it in my memories? Was I about to have a massive let down? No! It was as wonderful as I remembered it, getting on for sixty years earlier!

P.S. And most of the houses have a café and seem to compete to make the perfect scene. Bliss!



Deene Park

A GREAT PLACE TO VOLUNTEER

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Phone: 01223 586616
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!

Digby knows that when his mum is making a lemon drizzle cake, there's nothing better than being allowed to lick the spoon!



COVID vaccination—2nd dose

For those volunteers who had their first dose of their Covid vaccination here at CUH, you will have recently received notification regarding signing up to MyChart.

A number of you have contacted us to say you haven't received your activation code for MyChart. We have spoken to the MyChart team and understand they are very busy processing the applications. If you do not receive the activation code shortly, please contact us and we will forward your query onto the team. If you would prefer to contact them directly, please email mychart@addenbrookes.nhs.uk



Armchair Adventures

♥ Antigua ♥

Antigua, also known as Waladli or Wadadli by the native population, is an island in the [Lesser Antilles](#). It is one of the [Leeward Islands](#) in the [Caribbean](#) region and the main island of the country of [Antigua and Barbuda](#). Antigua and Barbuda became an independent state within the [Commonwealth of Nations](#) on 1 November 1981.

Ringed with coral reefs, the island is known for its many sandy beaches. With 365 beaches it is a popular tourist destination for the one million who visit annually; three quarters of whom arrive by boat, the remaining making the journey by air.

On the south east coast is English Harbour, the restored site of Nelson's Dockyard, which Admiral Horatio Nelson made his base in the 1780s.

Arthur

