

Virtual Volunteering Times

Volume 1 Issue 25

4 December 2020

A GREAT PLACE TO VOLUNTEER

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Keeping in Contact

The Voluntary Services Team are home so if you'd like to call us during office hours please call:

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

Now we are back in our office and using the 586616 number again, our calls may show up as withheld or private.

'Carers Champions' Training Success

Some volunteers attended an hour's training over Zoom in November in order to become "Carers' Champions": During the training, I explained that the Trust has a small group of people who meet for an hour every couple of months to discuss and progress the steps we are taking in the hospital to support unpaid, 'family' carers. Staff members from different areas in the hospital attend the meetings, together with representatives from Caring Together (a local organisation which supports carers) and carers. If any volunteers would like to come along to the meetings to join the discussion and offer a volunteer's perspective, please contact volunteers@addenbrookes.nhs.uk.

Here's what ward volunteer Simon had to say after attending the session:

"2020 has shown us all how much we depend on each other, and how those who care for others also need support. Carer's Champions is all about caring for the carers. It isn't a CUH volunteering role as such, rather awareness programme provided by CUH and Caring Together who help carers by providing a 'listening ear' - a buddy on the telephone. It's a very good programme and it can lead to volunteering for Caring Together. I'd recommend it."

More training sessions will be arranged next year if you are interested in becoming a Carers' Champion.

Nicola Hallows
Head of Patient Experience



72% of carers said they had suffered mental ill health as a result of caring.

61% said they had suffered physical ill health.

Carers providing round the clock care

A carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or, in addition, cannot cope without their support

1 in 4 carers report not feeling able to cope with the current COVID situation (this rises to 59% for young carers)

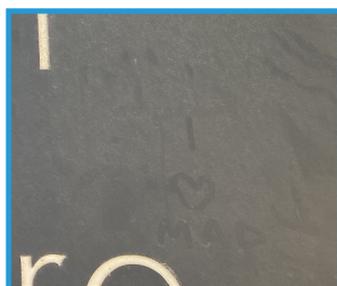
2.6 million carers have quit their job to care

8 in 10 people caring for loved ones

Young carers miss or cut short 48 days of school a year because of their caring responsibilities.

The biggest increase in the number of young carers is in the 5-8 year olds

Where in the Trust?



Riddle

It's shorter than the rest, but when you're happy, you raise it up like it's the best. What is it?

Answer's to last week's puzzles:
Where in the Trust? Mobile MRI scanner

Riddle: Windmill

Living in Jordan.... Diane, Clinic Volunteer

We arrived in Jordan in 1976, having being evacuated from Beirut, and spending four months back in England before the decision was made to move to Jordan. We arrived, with our three young girls, most of our luggage still lost in Beirut, but luckily we were given an apartment with small garden to move into straight away.

The girls went to the International School. There were twenty two different nationalities. They settled well after having had very little schooling in Beirut because of the war, and temporary schooling back in England.

We loved the peace and normality of Jordan. Amman was a very small city, surrounded by desert. Outside Amman time seemed to go back a thousand years, Bedouin women with tattoos on their faces, goats, and tents made of animal skins.

At weekends we used to drive through the desert to an oasis where we camped with several friends. We also visited desert castles, built in 7th & 8th C in Umayyad period, and had been used as hunting lodges. The waddies nearby were great for playing in.

We visited Madaba built in 542-570 AD. In the church there is an oldest-known mosaic which is a map of the Middle East.

One weekend we and two other families, drove over the border to Syria and Darla, a Roman city built of basalt. It has a wonderfully preserved amphitheatre. All the children aged from 6 to 9 years, decided that they would put on a play for us. We slept in a couple of rooms in the old city, children in one and adults in the other. The following day we adults sat in the amphitheater seating and the children performed on stage. Despite the vastness of it all we could hear everything so clearly.

Although our children were young they have remembered some of our travels and it has inspired them for future travel.



Camping by an oasis

CUH Arts: Patient Artwork

Who needs words when you've got colouring pens? This drawing was created by three-year-old Toby, with the help of brother Tommy, after a recent stay in Addenbrooke's. The rainbow over the ambulance says it all! Our staff love receiving art made by patients, and this has certainly lifted our spirits this week. We hope you enjoy it too :-)



Self Isolation Island Discs—Karen, Library Volunteer

How do you choose your favourite music? Is it the music or the memory or a combination of both. How long it has taken me to produce my list! But now I have enjoyed listening to my most favourite music and choosing my final five (or six as it just had to be!).

Discs

No. 1: The hymn “How Great Thou Art” sung by the Mormon Tabernacle Choir. More than 20 years ago my husband and I were in Salt Lake City for the International Barbershop Chorus Convention. This was a special place for me as one of my ancestors followed Brigham young to Utah in about 1850 and became one of Elders of the Church. The Sunday after the Convention we were at the service in the Tabernacle, broadcast across America, at which the winning chorus and the MTC sang. The organ in the Tabernacle has nearly 12,000 pipes and is spectacular. A blazing hot day all the doors were open and there were as many people outside as in. Literally hundreds and hundreds of singers. The final hymn was “How Great Thou Art” and the sound was something I shall never forget. Even to think about it makes the hairs on the back of my neck stand on end. An incredible memory.



Mormon Tabernacle Choir are in red and black and the winners of the International Barbershop

No. 2: Puccini’s “La Boheme”. I just love it and can probably hum it from beginning to end. I’ve seen it and listened to it and have the video and, just before lockdown, I was able to see it on the big screen in Saffron Walden. If I have to choose one part, it would be the duet in Act I between Rudolfo and Mimi. The most wonderful opera.

No.3: Adagio for Strings by the American, Samuel Barber. Just about the saddest music I’ve ever heard but incredibly beautiful and probably suiting my mood sometimes when I think about the year we are having.

No.4: I’d have to have something by “Queen”. Which to choose? In the end “Radio Ga Ga” was just beaten by “We Will Rock You”. Why did I never get to one of their concerts? I love playing my CDs and watching them on TV, particularly their Live Aid performance in 1985 which stole the show.

No.5: Having spent 30 years involved in amateur productions I would have to have something from a musical. This was the hardest category of all. Having got it down to about five shows I had to choose between dance and song, and having had a wonderful time listening to my many favourites “America” from West Side Story was my final choice as it ticked both boxes. It always makes me want to dance again.

But here I am with my five choices, and nothing by the wonderful Stephen Sondheim! So I’m sneaking in record No.6 because I cannot leave his music out. Again, so many choices but the incredibly romantic duet, “Too Many Mornings” from “Follies” just beat “Being Alive” from “Company”.

Book I'd have to say my favourite book is "We That Were Young" by Irene Rathbone. It's an autobiographical novel about a nurse in WWI. It's the book which sparked my interest in WWI and lead me to finding out about my own two grandfathers and ultimately to doing the WWI research about Whittlesford men.

Luxury item If I'm on a real desert island definitely insect repellent. If I'm at home self isolating - an everlasting supply of luxury handcream!!

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Voluntary Services
Box 214
Cambridge University NHS Foundation Trust
Hills Road
Cambridge CB2 0QQ
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!

A very cute Hattie enjoying some autumn sunshine.



Zoom Christmas Parties

Don't forget to let us know which Christmas party you'll be joining us for, we can't wait to see you all!

Monday 14 December: Wards, Survey, Snack Trolley, Rosie, Library, Dance & Movement, ALTA, Discharge Lounge

Tuesday 15 December: Guides, Transport, Courtesy Bus & Wheelchair, Clinics

Wednesday 16 December: Radio Addenbrooke's, Chaplaincy, MacMillan, PAT
Just email volunteer@addenbrookes.nhs.uk



A Night (in) at the Movies

With the nights drawing in, a lot more time at home and probably on the sofa, we've been thinking about our favourite films. We'd love to know what your choices would be - but to help inspire you, here are Anna's five favourite films:

The Help (2011) - This is one of my very favourite books, and when I heard they were making a film version with Emma Stone, I couldn't have been more excited. Luckily, the film lived up to my expectations and I have now watched it so many times, that even my husband can quote lines from it! The film explores the racism and discrimination experienced by African-American domestic workers in 1960s Mississippi, America.

Hidden Figures (2016) - This film is based on the true stories of three women Dorothy Vaughan, Mary Jackson, and Katharine Goble—mathematicians who worked for NASA on space launches during the time of the 'space race' with the Russians in the 1960s.

To Catch a Thief (1955) - I love this classic with Grace Kelly and Cary Grant. It's light-hearted and beautifully shot, and follows the efforts of the two leads to clear Cary Grant's name in a spate of burglaries. It was difficult to pick this as my favourite classic movie, as High Society (1956) comes a close second, also featuring Grace Kelly with Bing Crosby, Frank Sinatra and Louis Armstrong.

The Holiday (2006) - This cheerful, modern Christmas movie is a great pick-me-up! Despite it being set at Christmas, I will happily watch it all year round. Featuring Kate Winslet, Jude Law, Cameron Diaz and Jack Black the story follows each character's personal development and romantic entanglements—with a happy ending of course!

Rogue One (2016) - I've been a Star Wars fan since I was a child and have happy memories of playing 'lightsabers' with my brothers in our garden. Like many Star Wars fans, I was sceptical of the new set of films released recently. However, I absolutely loved the spin-off film 'Rogue One' which is set as a prequel just before the first ever star wars film A New Hope (episode 4). It captured my imagination and I think it fits really well with the original films.

