

# Virtual Volunteering Times

**A GREAT PLACE TO VOLUNTEER**

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## 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**

## Fundraising News



On 30 April, as part of the Captain Tom 100 Challenge, Ward & Clinic Volunteer Simon will be reciting 100 poems in aid of ACT.

[Simon Boyd is fundraising for Addenbrooke's Charitable Trust \(justgiving.com\)](https://www.justgiving.com)

## What's next for Stephen, Wheelchair Volunteer?

This is a photo of Hong Kong that I took four years ago with my drone. We were living in a flat in the Mid-Levels, right in the middle of the packed buildings, and we had a roof top. I could fly the drone from the roof and keep an eye on it as I flew sorties over central Hong Kong. The sheer density of buildings has always fascinated me ever since I first set eyes on it in 2006. It's a great city, full of energy and bustle, and I enjoyed my time there, but I have to say that I'm very happy to be back in Cambridge. It is much healthier and balanced and a far better environment for my daughters.



The photo is built up from hundreds of photos taken over about 20 minutes while I kept the drone hovering in the same position just changing the angle of the camera. The separate photos are then stitched together by a dedicated program which had to run for about an hour to line everything up - and that's on a PC with a 28 core processor! The same set of photos can be used to make a wraparound panorama, it just depends what projection you want to use to fit them together.

Now that my daughters are settled in their school I have been looking at what to do next. Volunteering at Addenbrookes has been a very satisfying experience and I really enjoyed the atmosphere while I was able to guide people from Outpatients. When that ended and we were all thrown into the strange

new world of lockdown I suddenly had to entertain – and try to teach – my daughters who were only 6 and 4 at the time. Their school hadn't really come up to speed with online teaching for the first week because it was such a sudden change. Inspired by all the rainbows popping up in support of the NHS we made some real rainbows with some water in the sunshine and shared a video with the girls' classmates. We had a great response so we made another video each day that week. It was great to get feedback from the children and their parents who I think appreciated a moment of distraction. One boy and his mum even made their own video in response and that made me feel fantastic. I began to think that maybe I should look at teaching as a new career. I joined the network of career switchers into teaching set up by the NowTeach charity which was very helpful in letting me know what I might be getting in to. They gave me advice on applications and I managed to get a place on the PGCE course at the University of Cambridge starting in September. Hopefully in less than a year and a half I will be a newly qualified physics teacher and starting a new job in a school nearby!



## Where in the Trust? Riddle



People buy me to eat, but never eat me.  
What am I?

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

*Where in the Trust?* Top of door at Main Reception  
*Riddle:* Pea

## CUH Arts: 'Buttery Rainbow' by Damien Hirst. Limited edition print

CUH Arts is delighted to have been gifted a special limited edition print of Damien Hirst's Butterfly Rainbow, created to support the efforts of NHS staff during the COVID-19 pandemic.

The work consists of bands of coloured butterfly wings, one of the artist's best known motifs. Profits totalling £1,508,172 from the sales of Butterfly Rainbow have been donated to NHS Charities Together, the organisation that supports official NHS charities working across the UK.

Damien Hirst said:

*"I wanted to do something to support the many people who are risking their lives to help those in need during this time of crisis. The rainbow is a sign of hope, and I'm so pleased to have released these prints to help fund the brilliant work being done by NHS staff across the country."*



On Tuesday 23 March, to mark the National Day of Reflection, the Butterfly Rainbow has been installed along Addenbrooke's Hospital's main corridor (between the Concourse at A&E).

## A journey in Nepal..... Paul, Wheelchair Volunteer

A panorama of the snow-capped Annapurna range, from Pokhara, a city nestled in the Himalayas, a medley of white and brown buildings fronting a blue lake--this was my first impression of Nepal, as I arrived on a tour with Travelsphere in 2007.

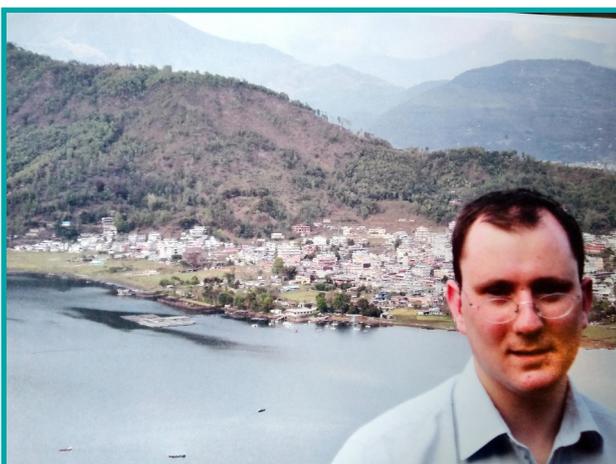
To western eyes the architecture of Kathmandu is a mixture of pristine white marble shrines, red pagodas and tiered constructions surrounding a large square. In urban areas there are street traders but outside the life is largely agricultural with terraced fields carved out of a barren mountainous landscape.

My visit included trips to such spectacular monuments as Boudhanath Stupa, built in the 14th Century A. D., in which the eyes of Buddha appear to be surveying the onlooker, enigmatically. In addition, our tour included a climb up to the World Peace Pagoda above the city of Pokhara. Visualizing pilgrims trekking up to the perilous site of the Pagoda evinced our admiration for their devotion. From the dizzying heights of the pagoda, there are spectacular views of the lake and the Himalayas.

As an extension of my tour I went to the mountain kingdom of Bhutan. At the time it was rarely visited, but had the reputation of being isolated from worldly tourism and with a people closely related to the Tibetans, who sustain livelihoods despite harsh living conditions. I was filled with admiration for the simplicity of their lifestyle using yaks to plough their fields. Since my visit there was a massive earthquake in 2015 in Nepal, which is a constant reminder of the fragility of human life.



Durbur Square



Paul



Annapurna

## Town Twinning.... Simon, Ward & Clinic Volunteer

Many know that Cambridge is linked to Heidelberg – fewer are aware that we’ve been twinned with Szeged in Hungary for over 30 years. It began in 1987 when Hungary was still communist. I was on the Council then and the reason was chiefly to offer a hand of friendship across political and ideological divides – and that remains the case.

Szeged is a beautiful city in southern Hungary, with the country’s oldest university, a broad river (the Tisza) and four dedicated music schools – in Hungary all children learn music at school. It has fascinating festivals – including Bridge Fair in May and the Fish Soup festival in September. Paprika features large in Hungarian cuisine.

Twinning has taken many forms – exchanges of mayors and councillors, and visits and exchanges between citizens. Cambridge Szeged Society leads on cultural exchanges, artistic visits, exhibitions and concerts. My wife Julia, whose parents were both Hungarian, has led the Society since 2005. She has helped lead choir exchanges – with five Cambridge choirs visiting Hungary so far, to perform English music and to learn Hungarian traditional song with their counterparts in Szeged. This has been followed by return visits from a Hungarian school ensemble and University choir performing at St Catharine’s College and Wolfson College and Ely Cathedral. We’ve had Hungarian film shows, displays of art, embroidery and medals and coins, and recently Zoom talks on history and literature. The Hungarian folk music foursome Mentés Másként has visited Cambridge each year from 2011 (sadly not in 2020), electrifying an audience of 700 at the Cambridge Botanical Gardens in 2017, and performing at the Cambridge Folk Club, the Big Day Out.

What of the future? Some feel that with Brexit and an increasingly divided and fractious world, relations between cities like Szeged and Cambridge are more important than ever. And we’re pleased to have support from across the board in Cambridge. [www.cambridge-szeged-society.org.uk](http://www.cambridge-szeged-society.org.uk)



**Town Hall**



**Mentés Másként at Botanic Gardens, Cambridge**



**The Reok Palace**



**Dom Church**

**Kamara Muhely performing in the Lady Chapel, Ely**



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**CUH Volunteers**

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

## Paws Corner!

Its not just us human's who have been dashing to the hairdressers and barbers this week. Here's PAT dog Pablo sporting his rock star good looks after a short back and sides.



## Vaccinations... 2nd dose at Deakin

The vaccination programme at the Deakin Centre will come to an end on Wednesday 28 April 2021.

If you received your first dose of the Pfizer vaccine at CUH and you haven't yet booked your second dose please do so now by emailing:

[OHCovidVacBookings@addenbrookes.nhs.uk](mailto:OHCovidVacBookings@addenbrookes.nhs.uk) with the following information:  
Your:

- NHS number
- the date of your first dose appointment
- a picture of your vaccination card from your first dose
- your contact telephone number

A member of the team will come back to you as soon as possible. We are experiencing a high level of enquiries at the moment, so please do be patient and only send your information through once. If we need to call you we will do so from an unknown number – please check voicemails and email regularly.

## What is the connection between art, cooking and cancer?

### Michael, Library Volunteer tells us more

In Spring 2020, just before the first lockdown, I joined a new art project called Flowcellular which was being organised by the Genome Gallery of the Wellcome Sanger Institute here in Cambridge.

This art project commissioned the artist Lucy Steggles, researchers from the Wellcome Sanger Institute and a number of public participants with experience of cancer to join together to explore the various avenues of research that were being followed at the Institute, and how these could be expressed in simple culinary ways that were easily understandable.

It was clear from the beginning that we could not meet face to face, and so for the next 6 months we all worked together over Zoom in our kitchens having conversations about cancer research and creating collaborative experiments that responded to key concepts within the research, such as DNA break and repair, somatic mutations and helpful and harmful mutations.

These conversations and experiments were playful, creative and insightful with researchers, artists and participants alike bringing valuable perspectives, knowledge, humour and creative ideas to the collaborative process. That's the official description, but it really was very enjoyable, and though none of us have ever met, we got to know each other well.

The outcome of it all is an online exhibition, a recipe book, and an accompanying public program for some future time when people will be able to mix again.

If you would like to see what we did over those months and how we explored the various concepts around ageing and DNA change, and how it all tied in with making cookies, please join us at the public presentation which is free and online. You just need to reserve a place in advance, using the following link:

[www.genome.gallery/event/flowcellular](http://www.genome.gallery/event/flowcellular)



### #flowcellular

2 Artists • 5 Researchers • 10 Public participants  
experimental recipes • conversations • visual creations

26 April 6.30pm  
Online launch event  
Register here: [genome.gallery/event/flowcellular](http://genome.gallery/event/flowcellular)

We invite you to join us to celebrate #flowcellular, a year-long collaboration between researchers from The Wellcome Sanger Institute, artists from The Saturday Museum and public participants. Together we have been exploring the science behind what happens in our DNA at a cellular level as we age, from scientific and personal perspectives.

We will be sharing stories from the project, showcasing our virtual exhibition and launching our printed recipe book.

Meet the people at the heart of the project, explore the science of ageing and find out what happens when lockdown baking inspired a new approach to dialogue across science and art.



The Genome Gallery is based at the Wellcome Genome Campus, and a general welcome concerning science.