

# Virtual Volunteering Times

**A GREAT PLACE TO VOLUNTEER**

Volume 2 Issue 17

13 August 2021

## Welcome back to 'Pawsome' PAT Dogs

This week it was the turn of our furry volunteers to return to volunteering here at CUH. Running as a pilot, Paula with Lola and Charles with Pablo spent a couple of hours cheering up members of staff who had nipped out during their lunchbreak. One member of staff commented "It's so lovely to have them back, I've really missed seeing the dogs" and another "this is such a lovely way to spend some of my lunch break"



Based outside, the sessions are of course weather-dependent and only for staff but this is definitely a step in the right direction towards getting our cuddliest volunteers back to visiting patients.

### Inside this issue:

CUH Arts	2
Keeping safe	2
A head of steam	3
Get crafty	3
Paws Corner	4
Top 5 Holiday	4

### Travel Expenses

When you return to volunteer with us, please remember to claim your travel expenses by **25th of EACH MONTH**.

We will only keep a volunteer's last 2 claims on the system so please ensure you keep your own records.

Many thanks

### Mandatory Training

To be able to return to volunteering at CUH your mandatory training needs to be up to date. Login to DOT <https://learning.addenbrookes.nhs.uk/login/index.php> to access it but if you have problems logging in, please email the DOT team: [DOT@addenbrookes.nhs.uk](mailto:DOT@addenbrookes.nhs.uk)

Many thanks.



**PAT volunteer Paula looks on as Lola provides some comfort to a staff member**



**Pablo is eagerly awaiting his next cuddle**

## Where in the Trust? Riddle



I am a god, a planet and I measure heat  
What am I?

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

Riddle: A bar of soap

Where in the Trust? GSK light

## CUH Arts: Hot off the LetterPress

We are so proud to reveal that poetry by four of our talented **Beyond the Mask** contributors is featuring in not one but TWO exhibitions this summer!

Sculptor Rae Stevens took inspiration from the powerful words of CUH staff Sukhpreet Singh Dubb, Penny Fisher, Jo Franklin and Joanna Rowley for her latest piece (pictured below). Accompanying the sculpture is a limited edition run of beautiful letterpress prints that are available to buy.

Rae trained as a nurse at Addenbrooke's in the 1980's and worked for 30 years as a clinician and manager until retraining as a professional artist. Our Beyond the Mask poetry collection sparked memories from her time working as an Infectious Diseases unit during the Aids epidemic.



**Rae Stevens, Anamnesis**  
Powder coated aluminium, installed at Canwood Gallery, 2021



The letterpress prints and poetry are currently on display as part of the "NHS" exhibition at [Paradise Works](https://www.paradise-works.com/exhibitions-landing) gallery in Salford <https://www.paradise-works.com/exhibitions-landing>

Prints can be purchased for £28 from Rae's website, with 20% profits donated to Addenbrooke's Charitable Trust. <https://www.raestevens.com/nhs-behind-the-mask-collaboration>

*"Such an honour when somebody is inspired by another's words. Thank you so much to Rae for the letterpress print, I received mine on Friday, numbered 1/40 no less! Such a beautiful print, the colours you chose for my words remind me of a sunrise - just perfect!"*

Penny Fisher, staff poet

## Keeping us all safe

As a hospital we all have a duty to our volunteers, staff and patients to do what we can to minimise the spread of Covid. With national guidance relaxing we have seen a lapse in the strict measures we are taking within the hospital, which puts our vulnerable patients and our staff at greater risk.

We will always take a more cautious approach than the wider population to the easing of restrictions. We have an important role to play in fighting this virus – we must do all we can to avoid putting ourselves at risk and we must protect our patients. This means that all of our Covid secure measures remain in place and did not change when government guidance changed in July. We will review our position again in a few weeks.

Please continue to follow COVID secure environment guidance and remember:

- Facemasks must be worn at all times (with the exception of eating or drinking)
- Maintain a 2-metre distance
- Social distancing must be maintained in staff rooms and during breaks
- No social gatherings in the workplace
- Visiting continues to be restricted and we are asking patients to attend appointments alone
- The Food Court remains a staff only area.



## Roger's steam train adventure

I must tell you of a trip we made a couple of weeks ago.

The Christmas before last, i.e. 2019, my son gave us a Virgin Experience voucher as a Christmas present. It was for a journey on the Grand Central Railway, and an afternoon tea. The Grand Central Railway runs from Loughborough to Leicester, and we had the choice of two stations to have the afternoon tea. We chose the Butler Henderson Cafe at Quorn station. Quorn station is one stop from Loughborough.

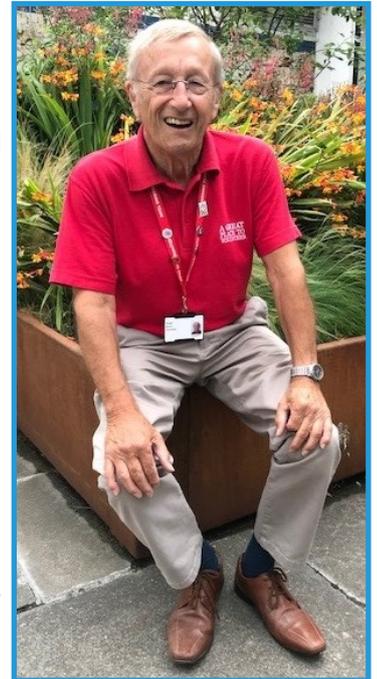
The platform at Quorn station is full of memorabilia of the second world war. The decor, the Waiting Room for Ladies and Waiting Room for Gentleman, the uniform of the staff, the Stationmaster, porters, Booking office for tickets using an old ticket printing machine. On the platform was an old pram painted Battleship Grey, with painted on the side the words "Up you Adolf" In the station yard there is a car park and several old steam engines, some of which were being worked on by enthusiasts.

There was a choice of Diesel or Steam trains to travel on, we chose a steam train. The carriages have been renovated and are clean and comfortable. You can hop on and off at any of the four or five stations between Loughborough and Leicester. At Leicester the engine is turned around on a turntable for the return to Loughborough.

On the journey back we got on the train in carriages which were at the back of the train, and when we reached Quorn, unbeknown to us the train was longer than the platform. When I opened the door to get out, I stepped on the step of the carriage and suddenly realized we were over the slope of the platform and not over the flat part. But with the momentum of stepping on to the step, I could not stop myself and in an undignified way fell out of the carriage. Fortunately I didn't hurt myself, only grazing my hand when I put it down to break the fall and landed on my backside. My pride was hurt more.

I had to fill in an accident form with the Stationmaster, who told me normally when they have a long train, they have someone at the front of the train on the platform, someone in the middle, and someone at the back of to make sure everyone gets off safely, but that day they were short staffed. So if anyone is going on that trip, make sure you get in a carriage in the middle of the train.

By the way, we did enjoy the tea!



## Pride Arts & Craft contest

To celebrate Pride in the NHS CUH's LGBT+ staff network invites staff members and their families to take part in a Pride themed arts and craft contest!

You can create in whatever materials or media you like, drawing, painting, knitting, textiles, sculpture from recycled materials, photography – think outside the box! For practical reasons, we will not be able to take your original artwork / creation so submissions will be photographs of your entries – more information on the contest and how to take part can be found [here](#).

This contest will run for the whole for August 2021 and we will accept submissions up until Sunday 05 September 2021.



**A GREAT PLACE TO VOLUNTEER**

Voluntary Services  
Box 214  
Cambridge University NHS Foundation Trust  
Hills Road  
Cambridge CB2 0QQ  
Phone: 01223 586616  
E-mail: [volunteer@addenbrookes.nhs.uk](mailto:volunteer@addenbrookes.nhs.uk)  
[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

Hugo had a lovely day at Brancaster Beach recently, cooling off in the sea.



## Support for you, 24 hours a day....

**Help is a call away**

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

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

## Take me to my happy place... favourite destinations in the UK

Holidays abroad have certainly been proving problematic so far this year but this is a great opportunity to explore our wonderful country. Below, Jack, Volunteer Coordinator, tells us his favourite UK holiday destinations:

**Isle of Wight** – I first visited the Isle of Wight in my last year of primary school on a week-long school trip which I thoroughly enjoyed. I had such a good time I asked my parents if that's where we could go for our family holiday and for around 6 or 7 years we always went back for a holiday there which I have many fond memories of.

**Peak District** – This was one of the first places my partner Kayley and I went and stayed at together for a weekend away. We had such fun exploring and enjoying ourselves we go back and visit every year. We very much enjoy wandering round the town, looking in the shops, sitting by the river and then finding somewhere nice to eat.

**St. Ives (Cornwall)** – I used to visit Cornwall quite a bit in my early 20's. Whilst there I would always pay a visit to St Ives, I love the small streets with old buildings and the quirky shops to look around. So many different things to see and do and just an interesting place.



**Jack & his partner Kayley in the Peak District**



**North Norfolk** – Not a place specifically but somewhere I always enjoy to go out walking and enjoying the scenery around that area. Some of my favourite places include; Brancaster, Blakeley, Wells where I enjoyed many hours doing things like playing on the beach and in the sea, crab fishing and just generally having an amazing time.

**Beach fun in Norfolk**

**Lowestoft** – Another place where I had many a childhood holiday. During the 1990's was such a fantastic place to visit with loads to do, campsite right next to the beach. Although these days the place seems to have very much lost its charm which is a great shame. One of my favourite things to do here was a bit of body boarding which I absolutely loved as a child. I would also enjoy playing with my toys in the sand on the beach, except from when I buried Luke Skywalker and never found him again!



**Lowestoft campsite**