

Virtual Volunteering Times

Volume 2 Issue 16

30 July 2021

A GREAT PLACE TO VOLUNTEER

Welcome Back!!!

This week we were all absolutely delighted to welcome back the first volunteers returning in cohort one. Having completed the paperwork and training, it was brilliant to open our door on Monday to our first returning volunteers.

With a range of static guides, ward and PAT dog volunteers (returning for staff sessions) we are really getting the 'volunteer buzz' in the office. We're really looking forward to welcoming you back soon.

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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

Many thanks.

Health Assured counselling support

As L.R. Knost's poem tells us, "Life is amazing. And then its awful" Please don't wait until life its awful before getting support.

Help is a call away
Health Assured offer a free confidential advice and counselling service for CUH staff.
24/7 helpline: **0800 783 2808**

Where in the Trust? Riddle



I help you from your head to your toe. The more I work, the smaller I grow. What am I?

Answer's to last week's puzzles:

Riddle: A coin

Where in the Trust? Postbox in the Concourse

CUH Arts: We All Made A Difference—Sculpture by Liz Corteen, ITU

This fantastic sculpture was created by ITU nurse Liz Corteen to reflect on her experience working through the last peak of the pandemic. Her words below give insight into her motivations and the process of making the piece. The sculpture is on temporary display in the foyer of the chapel off the main concourse at CUH.

"Art is not only my passion, but my therapy. In creating this art piece it not only gave me an outlet for the intense workload we were faced with and the isolation between shifts, but a way to cope with the complex emotions I experienced nursing so many seriously critically ill patients."

"I wanted to include the experience of all front line staff, not just those who gave clinical care. Without our team working together, we would not have been able to win this fight! The idea to use visors came from the observation that there was a huge increase in landfill from PPE and a desire to recycle where possible. After the first wave, we were still using full PPE, so these visors were not exposed to Covid and could safely be recycled. I hope this piece goes some way to give both pride in what we achieved as a team and also the knowledge that everyone's contributions were vital. Thank You. Liz Corteen"



Guides Sue and Robbie's Cruise to Warwick - July 2021

We had decided it was time for us to have a mini cruise, so a couple of weeks ago we set off from our marina in the Midlands to Warwick along the Grand Union Canal. We took two leisurely days to reach the Saltisford Arm, off the GU, where we moored securely for three nights (the Arm is run by a charity).



We became tourists for two amazing days visiting Hill Close Gardens, the Lord Leycester Hospital and Warwick Castle. Hill Close Gardens are rare survivals of Victorian gardens once used by merchants of Warwick living above their businesses to escape from the crowded town. Owners and tenants came here after work or on Sundays to tend their flowers, fruit and vegetables or to relax.

These gardens are now lovingly restored and nationally recognised and are now cared for by the Hill Close Gardens Trust volunteers. We happily wandered from one garden to another until we had viewed all 16 gardens. Several have grade 2 listed summerhouses and I am so glad they have because we had to make a dash for one when the heavens opened!



In the afternoon we visited the Lord Leycester Hospital, one of the best preserved examples of medieval courtyard architecture in England and is now a charity supporting ex-servicemen.

This location is widely used by film crews so if you watch the detective series Shakespeare and Hathaway a new series will begin filming from this location during August.

The next day we set off to Warwick Castle having first purchased our tickets online. Yes, it is more expensive than the National Trust but there is so much to see and enjoy, it was so worth the money. For those who love large birds they have the Falconer's Quest story providing aerial displays at midday and 3pm. Such beautiful birds soaring above our heads included a huge condor, a Steller's sea eagle, a peregrine falcon, a bone crushing vulture as well as owls, black kites and other birds.

We had a reasonable trip back although most locks were against us. Here we are waiting for a lock above to be emptied. My final shot is what you do to try and retrieve a fork that has just plopped into the water after having had a delicious piece of cake with coffee. I regret to say the fork is still down there, even after Robbie's efforts! Sue.



Libraries and Wellbeing

Cambridgeshire Libraries have created new webpages under the banner of Libraries and Wellbeing. This new website explains how libraries can support people's health and wellbeing.



After a long year of managing our life around the pandemic, we and our community have emerged more resilient and health conscious. While we continue to keep ourselves and others safe from infections, we also want to find inspiration to support our health and wellbeing.

In 2008, the government think tank New Economics Foundation (NEF) highlighted Five Ways to Wellbeing. Evidence has shown that having strong social connections, being physically active, being involved in learning, the acts of giving, and becoming more aware or mindful can have positive impact on our sense of wellbeing.

These actions are nothing new. What we can do is to increase our time spent on such activities and live a more fulfilling life.

Public libraries provide a safe place for everyone to come and share resources. Visit our new webpages at www.cambridgeshire.gov.uk/LibraryAndWellbeing and you will find many ways libraries can support your health and wellbeing.

The health information directory contains links to resources and support, national as well as local. Browsing through trusted information, or just knowing where information is, can empower us when we need to make good decisions about our health and health care.

Please share the link with your service users, as well as your friends and family.

We will update the Libraries and Wellbeing site frequently and the health information directory remains a work in progress. Please share with us your thoughts about our new webpages. Your feedback will help us improve our services online and in libraries.

www.cambridgeshire.gov.uk/LibraryAndWellbeing Email: your.library@cambridgeshire.gov.uk

Telephone: 0345 045 5225

**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
www.volunteering.cuh.org.uk

CUH Volunteers

**We're on the web!
www.volunteering.cuh.org.uk**

Paws Corner

It was a gorgeous sunny day when Lola went to the beach recently.



On the wild side

Chaplaincy Volunteer Sheila's wildflowers are looking lovely and attracting lots of bees



Memorial Event for Guide Valerie

We sadly lost Valerie Benson in November 2020 and her family will be holding a memorial event in their garden on Sunday 8 August, her birthday. The CUH flag will be lowered to half mast in remembrance of Val.

Starting at approximately 14.00 with light refreshments, conviviality is mandatory! Her 10th and 15th year badges will be displayed as will the and piece she wrote for her long service award.

Malcolm, her husband recalls "She used to come home with usually hilarious — but sometimes awful — stories of the day's volunteering! Michelle was one of her most agreeable companions"

Please email us at volunteer@addenbrookes.nhs.uk for more details if you would like to attend.



Keeping our hospital safe...

Its almost two weeks since the restrictions in England were eased and many of us have mixed feelings about this; concern of people not wearing masks and getting too close versus the delight of being able to 'breathe easy' in the hot weather.

As a hospital, to protect our patients, staff, volunteers and visitors we will always need to take a more cautious approach than the wider population to the easing of restrictions. This means that all of our COVID secure measures will remain in place when government guidance changes on 19 July:

- Facemasks must be worn at all times
- Social distancing must be maintained - 2 metres
- Visiting continues to be restricted and we ask patients to attend appointments alone
- The Food Court remains a staff only area

A review of this is expected during the first week of August, but as you know, we are still working towards welcoming you all back to volunteering.



Cambridge Cancer Help Centre Needs You!



If you have a bit of spare time and want to make a difference to members of the Cambridge Cancer Help Centre, there are a number of different opportunities available. You may be a dab hand at admin, Comms and social media, or would prefer to be a tea and coffee assistant, these are just some of the ways you can help. For more information about the centre visit <https://www.cambridgecancerhelp.org/> and if you're interested in volunteering, please contact Claire Milbourne clairemilbourne@cambridgecancerhelp.onmicrosoft.com.