

Virtual Volunteering Times

A GREAT PLACE TO VOLUNTEER

Volume 2 Issue 18

27 August 2021

Meet the Marmosets on Tuesday 14 September 2021 (virtually)



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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 remains limited.

Following on from the popularity of meeting the aardvarks and tigers another virtual 'meet the animal' encounter with Shepreth Wildlife Park has been scheduled. This time we'll be meeting the marmoset monkeys!



Meet the marmoset monkeys – Tuesday 14 September at 16:00

<https://us06web.zoom.us/j/88964772089?pwd=anNkOG9MWEZiL0NtcGVjd0c1YTFFZz09>

Meeting ID: 889 6477 2089

Passcode: 485171

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

“Bring me sunshine...”

We know that some of you are keen to come back to volunteering but just don't quite feel confident enough to be on site just yet. If this is you, we have just the thing for you: Newmarket Park and Ride Phlebotomy Marshall as well as the Gog Magog Pre-Procedure Marshall. These are great roles if you like being outside and the feedback from volunteers in those roles is very positive. Don't worry, you'll be provided with PPE as well as a waterproofs and warm coats if they're needed.

If you think this role might be for you, please let us know by emailing volunteer@addenbrookes.nhs.uk



Frank giving directions

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.



Where in the Trust? Riddle

I can fly but have no wings. I can cry but I have no eyes. Wherever I go, darkness follows me. What am I?

Answer's to last week's puzzles:

Riddle: Mercury

Where in the Trust? Shakespeare corridor

CUH Arts: Addenbrooke's Art Gallery: Cambridge Drawing Society

31st July – 17th October 2021

We are delighted to welcome the Cambridge Drawing Society to our hospital walls! This display showcases the work of 22 local artists, all responding to the theme of Nature.

One of the oldest drawing societies in the UK, The Cambridge Drawing Society was founded in 1882. The Society currently has 190 members including both amateur and professional artists. Despite its name, The Society is not restricted to drawings; exhibitions encompass a wide range of original artworks of different media, and the rich variety of works on display in our hospital gallery is truly inspiring!



All artwork are for sale, with 25% of proceeds going to CUH Arts.

The exhibition is installed on the Level 2 Gallery between the Concourse and the Rosie and will be up until 17 October. Enjoy if you are passing and we'll be sharing highlights online in the coming weeks. Follow CUH Arts on Facebook to stay updated!

Artist Tracey Ashman's piece drawing the attention from staff passing by

Travel Log Japan and Rugby World Cup 2019

You will of course be well aware that the Paralympics in Tokyo started this week and will no doubt be glued to your TV to find out how our amazing athletes are getting on. Below Survey Volunteer, Peter, kindly shares his experience of his visit to this fascinating country.

When the world was normal we travelled to Japan for a holiday taking in the Rugby World Cup! This was a memorable & exciting trip, experiencing the many faces of Japanese culture staying in Tokyo, Kyoto, Hakone, Hiroshima & having a front row seat for the typhoon that came our way & which was reported widely on world news at the time.

Temples, shrines & gardens are everywhere & you don't have to look too hard! In Kyoto you are spoilt for choice with The Golden Temple probably the stand out attraction but there really is plenty to choose from & longer than the three days here is necessary to scratch below the surface. We spent most of one day following 'The Philosophers Walk' which encapsulates the 'old' Japan & takes in many extraordinary temples & peaceful gardens which was extremely rewarding. Life in the Slow lane indeed well away from the bustle of Tokyo such as riding the metro or crossing the street!



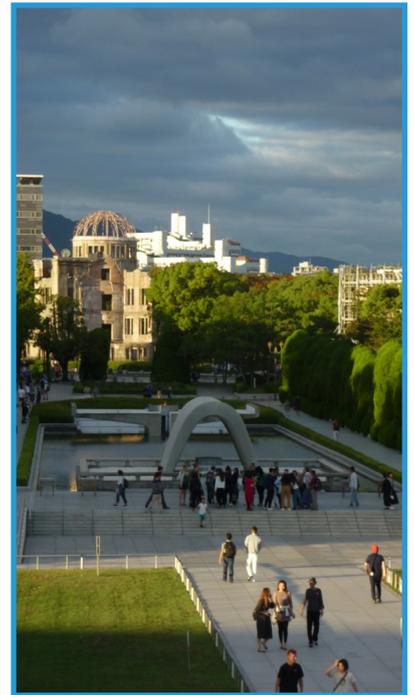
The Golden Temple, Kyoto

Miyajima was another highlight with its red temple & access across open water. The peace park in Hiroshima is sobering but an educational experience and should not be missed. We travelled about Japan on the Shinkansen (referred to as The Bullet Train) Travelling smoothly at 200 kph was a stark contrast to the jolting ride from Cambridge to Kings Cross!

All this & rugby too! We were scheduled to watch England play Argentina & France, but the latter game was cancelled & we were locked down in our hotel as a powerful Typhoon called Hagibis struck the mainland. Sitting in our hotel room we could feel the building moving in the powerful winds which was quite unsettling at the time as we were on the twelfth floor! This apart, the whole rugby experience was brilliant with the Japanese people gripped by the competition so bars, hotels & outdoor spaces were vibrant with colour noise & exuberance. In fact, it was so good we were booked to have a similar experience watching The British Lions in South Africa this year, that is until Covid appeared on the scene...

If you haven't been before, Japan is most certainly a rewarding place to visit when you next can!

Hiroshima Peace Memorial Park



Iconic bullet trains



Miyajima

Rosie in Stitches

We hope all our customers have enjoyed another unusual summer and remain well.

The Friends of the Rosie are enthusiastic volunteers whose aim is to improve the services the hospital provides by raising money for items that the NHS does not buy.

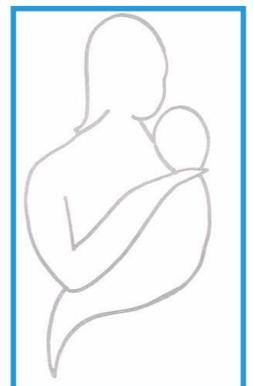
We are selling new items on our rosieinstitches.org.uk website and facebook marketplaces and second hand items in our rosieinstitches2010 charity store on eBay. Please email avril@rosieinstitches.org.uk to make an appointment to view a selection in person.

If you have been tidying another cupboard, we are still welcoming donations of craft materials.

We need to find alternative storage space for the items we have for sale. If you have a garage or a shed that you are not making full use of would you consider letting it out to our charity.

The Rosie Hospital are now accepting donations of knitwear, please telephone Rosie Hospital reception 01223 217617 to arrange a time to deliver your donation.

We are still unable to run our Friends of the Rosie tea bar in Clinic 21 due to Covid19. We are unable to say when our tea bar will be able to open again as most of our volunteers



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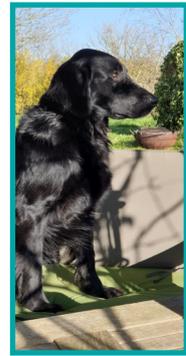
Voluntary Services
Box 214
Cambridge University NHS Foundation Trust
Hills Road
Cambridge CB2 0QQ
Phone: 01223 586616
E-mail: volunteer@addenbrookes.nhs.uk
www.volunteering.cuh.org.uk

CUH Volunteers

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

Paws Corner

The super handsome PAT dog Baloo has a very shiny coat following a long bath and a very good brush. He's ready to bring comfort and cheer up staff on a very grey Monday lunchtime.



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. This time, Issy, our Young Person's Programme Coordinator, tells us her favourite UK holiday destinations:

Norfolk: Norfolk is somewhere I have holidayed my whole life, from staying in our friends' caravan in Brancaster to hiring cottages along the Old Hunstanton coastline.

Norfolk will always be close to my heart and a familiar home from home. I love the stone brick walls that line the windy roads, and the quirky houses that set back from them. I have fond memories of eating calamari and drinking Pimms in an old boat house next to our cottage.



Lake Windermere: For around four summers in a row, we were lucky enough to be able to stay in an incredible house which is located at the top of Cringmyre looking down on the beautiful Lake Windermere.



The house had acres of garden, with paths leading to stairs which led to mysterious outhouses. As children, my siblings along with my cousins and I would spend hours exploring around, then returning back home for spaghetti bolognese big enough to feed 15 people! As a thank you to the owners, each year my grandfather would put us to work in cleaning the pond out. Which entailed sludging leaves and various foliage until we could see the bottom. We have fond memories of this stately home, and often reminisce stories of our excursions.

Cornwall: I have visited Cornwall a few times, and each time fell more in love with its beauty and rawness. The sea is astonishingly clear and surrounded with rock pools which many used as swimming pools to relax in. We stayed in a place called Watergate Bay, which is 3 miles from Newquay. Famous for its incredible hotel, which we were lucky enough to stay in. The whole of the front of the hotel is glass windows, so you are able to sit and dine whilst watching the wave's crash into the sunset. Bliss



Bournemouth: My godparents have lived in Bournemouth my whole life so naturally I have spent many long weekends there. They have a small beach hut along the coastline which has a collection of deck chairs, towels and various apparatus in order to make a cup of tea. We often walk down and spend the day relaxing outside the hut, drinking cups of tea and having sandy sandwiches. I learnt how to surf whilst being in Bournemouth and feel very much at home by the beach there.



Wales: I have only ever been to Wales once, it was on a girls holiday for a week to an old farmhouse in which we all spent eating drinking, walking and of course laughing. We were surrounded by hilly fields filled with sheep. We would go and watch the sunset in the back garden every night with a glass of wine and some music. We ventured down to the only pub for miles, where we subsequently made friends with all the lovely welsh villagers who were extremely interested into why a group of 23 year old girls were holiday-ing in their small home town. Wales is beautiful, and the locals had hearts of gold.