

Virtual Volunteering Times

**A GREAT
PLACE TO
VOLUNTEER**

Volume 2 Issue 24

3 December 2021

Many congratulations Jack and Kayley!

Inside this issue:

CUH Arts	2
A huge help	2
Radio Addenbrooke's	2
Christmas volunteering	3
Christmas cracker joke & Where in the Trust?	4
Paws Corner	4
Get crafty!	4
Christmas Zoom & Photo Competition	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

Food Court Update

A segregated seating area for patients and visitors has been introduced in the Food Court.

These areas are clearly signposted and chairs have been placed in a way that maintains social distancing.

After a very long wait, we have finally been able to get married. Our wedding was originally planned for June 2020 and then again for December 2020 but due to the pandemic was cancelled on both of those occasions, so it was third time lucky!

The weather was not the greatest for the day, it was pretty windy and a bit rainy but we were very lucky and managed to not get rained on for any key points of the day. It was very funny when we went outside the church for confetti to be thrown as the wind was blowing strongly. I saw my brother try to throw his confetti into the wind and as he cheered it blew back straight into his mouth! I am hoping someone caught a photo of that moment.

We had a lovely service at St. Lawrence's church in Wicken near Ely which is the village where I grew up. We then had a ride in a beautiful old Cadillac to our reception which was held at The Old Hall at Ely. The venue is stunning and it was so great to have all of our friends and family together in one place after so long of not seeing everyone through the pandemic.

I am a huge fan of having a BBQ, even in the winter so that's exactly what we had for the wedding breakfast. This was quite high end BBQ compared to my sometimes burnt offerings at home! The food was enjoyed by all and then the speeches after the meal. I do really enjoy listening to a good speech at a wedding but much more challenging when the shoe is on the other foot! However I got through it ok and everyone tells me that there was not a dry eye in house so I'm taking that as a sign that it touched people and was good thank goodness, as I was a little worried about that part.

We later then cut our wedding cake and we very much enjoyed eating some of a bit later on. We then had our first dance and finished the day with a sparkler send off which looked very effective with everyone outside in the dark. I think over all we were just really glad to finally get married after such a long wait and two cancelations. Like everyone says in the run up to the day "take as much in as you can as the day is gone in a flash" and it certainly did fly by. We are now enjoying seeing all of the photographs that everyone is sending us and looking forward to seeing the footage from our videographer when its ready.



CUH Arts: Creative Workshops Inform Cambridge Children's Hospital Plans

What should the school at the new Cambridge Children's Hospital look and feel like? Here's a visual response from one of our creative engagement workshops led by artist Jacquie Campbell.

Participants from three age groups (young children, adolescents and parents/carers) were sent these fabulous boxes of art materials in advance of the sessions. They are using them to think through various aspects of hospital schooling, from the layout of the space right through to timetabling and transitioning.



We just love the way every sense has been considered! Using creative arts to facilitate these kind of future-planning discussions has allowed for rich, valuable feedback and for an alternative avenue of communication for those who might struggle with traditional forms.

A massive thank you to our volunteers

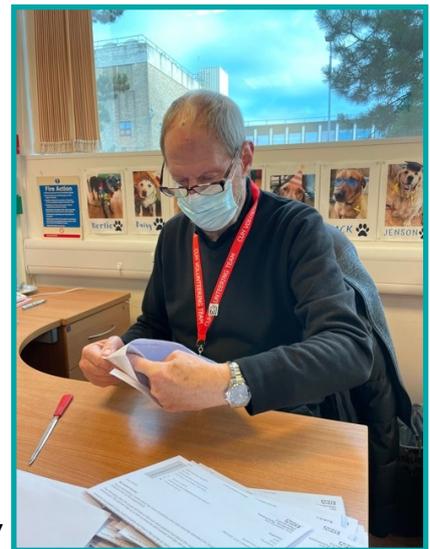
On Tuesday afternoon there was a call for help from our friends in the Patient Experience Team and true to form, some of our superhero volunteers sprang into action to save the day!

So thank you Yongqing, Veronica, Brian and Arthur, you really made a huge difference by doing a rather tedious task.

Thank you also to those volunteers who have stepped forward to help on Monday and Tuesday next week.



Arthur working away



Radio Addenbrooke's is back on air!

Since March 2020 the hospital airwaves have been starved of the wonderful sound Radio Addenbrooke's but we are absolutely delighted to announce they are now back on air!

With almost 2000 hours of volunteering in 2019, the Radio Addenbrooke's team provide an uplifting distraction from the ward environment, with a variety of music interspersed with amusing chat and some laughs.

If you're a ward volunteer, let the patients know about this wonderful service and suggest they put in a request for their favourite song or artist to be played. If you know someone who is coming into hospital, why not spread the word to them too? Although the schedule is limited at the moment, as more Radio Addenbrooke's volunteers return to us, the schedule will of course increase.



Volunteering over the Christmas period

With the festive season fast approaching, we wanted to let you know of the Voluntary Services plans are over Christmas. As you of course know, with last minute changes to covid rules Christmas 2020 was very different affair to what most of us had planned, particularly after such a tough year. This year, we are hoping things will be better and so are keen for you, our wonderful volunteers, to make the most of seeing your friends and family. With this in mind, due to infection control and Track and Trace requirements the last day for volunteering each role is as follows:

Wards, Guides and Wheelchair volunteers

Friday 17 December

	Newmarket Park and Ride Phlebotomy Marshalls	Pre-procedure Marshalls
Wednesday 22nd Dec	9.30—16.30	Closed
Thursday 23rd Dec	9.30—16.30	Closed
Christmas Eve	9:30-13:00	Closed
Christmas Day	Closed	Closed
Boxing Day	Closed	Open
Monday 27 th Dec	Closed	Open
Tuesday 28 th Dec	Closed	Open
Wednesday 29 th Dec	9.30—16.30	Open
Thursday 30 th Dec	9.30—16.30	Open
New Years Eve	9.30—16.30	Closed
Monday 3rd January	Closed	TBC
Tuesday 4th January	9.30—16.20	Open

During the Christmas period the Voluntary Services office will be closed so as always please ensure you make contact to confirm you have arrived safely home:

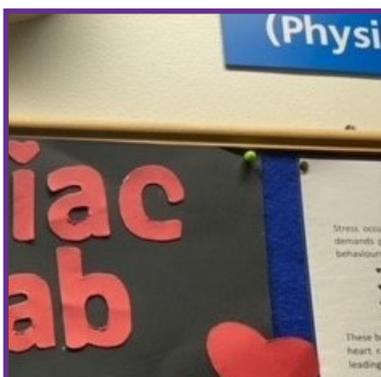
Phlebotomy Marshalls:
Contact the phlebotomy marshall WhatsApp group

Pre-procedure Marshalls:
Contact Annie on the WhatsApp group

If you have already returned to volunteering and particularly want to volunteer in your role over the festive season, please get in touch with Voluntary Services asap. The Voluntary Services Office will be closed from Thursday 23 December to Tuesday 4 January.



Where in the Trust? Christmas Cracker Joke



Why does Santa have three gardens?

Answer's to last week's puzzles:

Riddle: Needle

Where in the Trust? Sign at crossroads near concourse



**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

"Its got to be in here somewhere!"

Lola, Sylvie and Maisie have smelt something very interesting in the leaves....



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



Make Time: for Festive Origami Festive Fun!

CUH Arts have invited creative scientist Dr Lizzie Burns from UCLH to guide us through a free Festive Origami session for CUH staff, volunteers, and their households. No experience necessary, just some paper, scissors and pens.

This will take place on Thursday 09 December 18:00-19:00 via Zoom.

Booking is not essential, but please contact art@addenbrookes.nhs.uk to help us get an idea of numbers, and to be sent the Zoom link in a reminder email on the morning of the event.

Thursday 09 December 2021 18:00-19:00

Join Zoom Meeting: <https://zoom.us/j/92570482341?pwd=cUO4SVJlTVRlVWkg4M0FjZy9tUEVvQT09>

Meeting ID: 925 7048 2341
Passcode: 002064



There are only 22 shopping/delivery days until Christmas, so we're really starting to get into the Christmas spirit here in Voluntary Services. As always we'd love to celebrate with you so if you'd like to join us for one of our Festive Zoom sessions please let us know as soon as you can.

Wednesday 8 December 10.00-10.30 RSVP by 3 December

Thursday 16 December 15.00-15.30 RSVP by 10 December

Get Snappy! 2021

There's still time to enter our 'Winter' themed 2021 photography competition and with the weather having been so very cold this week, we're sure you'll have some snaps you'd like to enter! Don't worry if you're not a photo fiend but just have a snap you'd like to share, we'd love to see them.

Once again our friends in CUH Arts will be our judges and there will be a prize for the winner and runner up.

The closing date is midnight on Sunday 12 December and the winner will be announced in Virtual Volunteering Times on Friday 17 December 2021. Please send entries via email to volunteer@addenbrookes.nhs.uk.

