

THE FRIDAY BULLETIN 10th March 2017

NEWS ARTICLES AND INFORMATION

VOLUNTEER VISITS

So now we have our team all settled in we want to be able to come and visit you when you are volunteering. With the office getting very busy at times we don't always get a chance to catch up with you all. So with us coming to you we can have a catch up and see what's going well, is there any more support you need or has anything special happened that shift. We really care about our volunteers and want to make sure you are supported in your roles.

YOU SEEK THEM HERE, YOU SEEK THEM THERE....

Yes, we're talking about wheelchairs. We recently received a complaint about the lack of wheelchairs and so we just wanted to reassure you that we do take this seriously and also update you. We have been liaising with the, Logistics Manager, in Estates and Facilities in relation to wheelchairs and trying to be creative in finding solutions. The porters are aware of the need to collect wheelchairs, however, they are short staffed and of course inpatient clinical needs have to take priority. As you will be aware, we are now recruiting to the new Courtesy Bus and Wheelchair role so are optimistic the wheelchair situation will improve in due course.

HANGING BASKET CAKE SALE

The estates and facilities team are holding a cake sale to raise money for hanging baskets that make the hospital a lovely place for patients, staff and visitors. The cake sale will be held between 10:00-14:00 on Wednesday 29 March in the estates management office.



VOLUNTEER FORUM DATE CHANGE

The next volunteer forum will be on **Tuesday 18th April 16:00-17:00 in N3** not in March as was previously booked.

VOLUNTEER ROLES AT MACMILLAN

**WE ARE
MACMILLAN.
CANCER SUPPORT**

The MacMillan team are looking for Welcome Guides and Information and Support Service Volunteers. If you are interested in either of these very rewarding roles, please contact Leah Melabianaki at leah.melabianaki@addenbrookes.nhs.uk

VOLUNTEERS NEEDED



The Brainbow service is a charitably funded service at Addenbrooke's which provides rehabilitation to children with brain tumours.



Brainbow is hosting an exciting Easter Event for the brain tumour children on **Thursday 13 April 2017** from 14:00 – 16:30, and is looking for 2 – 3 volunteers to help with manning some of the stalls (food/drink/activities) and the car park arrangements. This will be a fun event with an Easter Egg Hunt and activities for the children to take part in.

The event is taking place at Anstey Hall, Trumpington, Cambridge CB2 9LG. Any volunteers would be greatly appreciated to help us run the event on the day! Please contact Elisabeth Kerley, Project Coordinator on 01223 596292 or



elisabeth.kerley@addenbrookes.nhs.uk if you would be interested.

NOTIFICATION OF WORKS

There is going to be some work carried out surveying water valves which will affect the following areas;

Level 2: Oncology, Radiotherapy, Radiology, X-ray, CT scanning departments

Level 3: Radiology, Dexa scanning, Ultrasound departments

Level 4: Radiology body/Neuro Angio, Vascular access

Level 5: University and Oncology offices, clinical engineering etc

The works will begin on Monday 6th March 6pm and finish Sunday 23rd April 4am. It could cause disruption to corridor access so barriers and alternative signage will be put up.

COMING SOON: ADVISER MAGAZINE!

If you've got any ideas for content for our new look magazine, just drop us a line. Are there any regular features you'd like to see? Any topics you'd like covered?

NAMES AND FACES

Thank you to everyone who has sent in their consent for their ID photo to be used in the 'Volunteer Faces Book' so far. The more people who send in their consent, the more effective the 'book' will be. Further information is available below but if you'd like to discuss the Volunteer Faces Book with one of the team, please do not hesitate to get in touch.

As mentioned last week, we're delighted to have so many volunteers and with more joining us, we're struggling to put faces to all the 450+ names! Additionally, we're such a new team here in the office, Kal being the only one who has been here longer than a year, we suggested at the recent Volunteer Forum that we create a 'volunteer faces book' and feedback to the suggestion was very positive.

With this in mind, please would you reply by email to volunteer@addenbrookes.nhs.uk that you consent for the Access office to release your ID photo to us to be held securely in a 'Volunteer faces book.' This is for Volunteer staff eyes only. If you prefer, just complete a very short consent form in the office.

VOLUNTEER OPPORTUNITY

Volunteer Roles Cambridge Dialysis Centre

Cambridge Dialysis Centre which is part of Cambridge University Hospital NHS Foundation Trust is situated at:

**Unit E, Beadle Industrial Estate
Ditton Walk
Cambridge, CB5 8PD**

We are seeking to recruit volunteers to work in the Cambridge Dialysis Centre. The work involves:

- helping to serve drinks and refreshments to patients receiving haemodialysis;
- spending time listening to patients and chatting;
- reading for patients;
- engaging in other activities which may be organised within the Centre eg art project, jigsaw, open days;
- answering the door buzzer;
- escorting visitors to the appropriate part of the Centre;
- keeping magazines and other information material tidy and well stocked.

We are looking for sensitive people who can offer a few hours between the times of 9.30am to 4pm on Tuesday, Thursday and Saturday, or between 9.30am and 9pm on Monday, Wednesday and Friday. We are happy to have people for a few hours one day a week or more than one day a week.

For an informal discussion about the role please contact:

Gerrie Millar, Counsellor/Psychotherapist, telephone: 01223 400186 or 01223 274544, or email: gerrie.millar@addenbrookes.nhs.uk or
Claire Joyce, Renal Social Care Practitioner, telephone: 01223 400186, or
Email: claire.joyce@addenbrookes.nhs.uk.

Applications for these roles need to be made on line via www.cuh.org.uk/addenbrookes-hospital. Click on "working for us" and then "volunteering".

EXERCISE AND CANCER TALK FOR VOLUNTEERS

Nicola Day who is one of the senior physiotherapists is going to be holding a talk on the benefits of exercise for cancer patients on **Tuesday 18th April 10:30 – 11:30**. It will be held in the large gym in Physiotherapy Outpatients which is located in Main Outpatients opposite to clinic 5.

Nicola will cover the role of physiotherapy in oncology, the benefits of exercise and remaining physically active during cancer treatment. Also Nicola will be promoting services available to our patients both here and in the community.

The aim of the session is to inform volunteers of the benefits of exercise to the patients and so help them when talking to patients who have been given the information by the physiotherapy team.

If you are interested in going on the course please email nicola.day@addenbrookes.nhs.uk.

CAMBRIDGE SCIENCE FESTIVAL

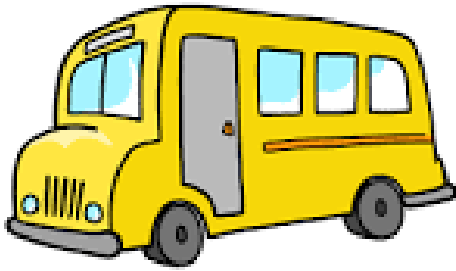
Thank you to those who have already come forward to offer their time. Just a reminder, the Cambridge Science Festival is holding events across the city from Monday 13th March to Sunday 26th March. There will be activities at Addenbrooke's on the 26th and we will be having a stall to promote volunteering to the public from 11:00-15:00. We are looking for volunteers to help us with the stall and engage with visitors in 2 hour slots, 11.00-13.00, 13.00-15.00. If you can help please email volunteer@addenbrookes.nhs.uk. Many thanks!

We have now been told that our stall will be based at ATC foyer – so even if you cant help please feel free to drop in and see what fun activities are going on that day. We look forward to seeing you.

VOLUNTEER OPPORTUNITIES

Courtesy Bus Assistant & Wheelchair Collector

This is a brand new role in response to your feedback regarding wheelchairs and the courtesy bus. The role is in 2 parts and tasks will include the following:



Collecting patients waiting for the courtesy bus from reception areas and assisting them to the bus, providing wheelchair assistance if required

Making sure the patient is seated safely including assisting with seat belt securing if required

Collecting and redistributing wheelchairs to fixed location points around the hospital, identifying unsafe wheelchairs and reporting this to the porters

If you are interested in this varied role, please email volunteer@addenbrookes.nhs.uk. Many thanks.



Active is a children and young people board and they are looking for people to get involved. Getting involved with Active means making a difference for children in hospital and past projects include producing child friendly information for children coming into the hospital and improving children's and young people's waiting areas.

They are looking for new volunteers to help with :

- co-ordinator planning meetings
- supporting the Active co-ordinator and the group by
 - registering arrival of members
 - assisting with setting up and clearing up
 - helping with activities and supervising young people as directed

If you are interested in becoming a volunteer please contact kirsty.lothian@addenbrookes.nhs.uk

Cambridge Cancer Help Centre are looking for new volunteers to help Monday – Wednesdays.



Volunteers needed to boost the small tea bar and meet & greet teams.
We are also looking for more volunteer complimentary therapists.
The Centre provides a drop in community feel as well as running classes, courses and offering complimentary therapies.

If you would like more information please contact Kathy Dixon (Manager)

01223 840205 manager.cchc@gmail.com
120 Cambridge Road, Great Shelford, CB22 5JT (on the Scotsdales Site)
Open Mon 10-1pm, Tues 10-4pm, Weds 10-4pm

Active are also looking for new volunteers in a fantastic role.

BOOK SALE

Karen from our mobile library team is very kindly organising a book sale on the 23rd March 10:00-13:00 at the out patients reception. Please come and check out the selection and tell your friends

VOLUNTEERS COMMENTS

We love to hear from you about how your shift went. Please feel free to write down your feedback or drop an email to us.

****UPCOMING VOLUNTEER TRAINING AND EVENTS FOR YOUR DIARY****



We're delighted to be able to offer you even more learning opportunities than ever before, including a range of personal development ones being run by our colleagues in Learning and Development. These include:

IT Skills Clinics: Are you trying to use one of the Microsoft programmes and it just doesn't seem to be working how you expect it to? Do you need to produce some labels and they're not coming out as expected? Are you wondering why the pictures in your newsletter seem to have a mind of their own? For answers to these and other Microsoft conundrums, we're delighted to offer some IT Skills Clinics. If you would like to attend, please email volunteer@addenbrookes.nhs.uk giving an indication of what you'd like to learn.



Confidence Building: This ½ day session provides participants with an understanding of what contributes towards our own self-confidence, and how we can improve upon it. It covers a wide range of skills, tools and suggestions.

Resilience & You: This course is for those who wish to learn about and help increase their personal resilience. It is run over 2 sessions and includes a pre-course task and completion of a reflective diary over 2 weeks. At the end of the course the participant will be able to:

- To define and explore what resilience is
- To discuss how resilience can help you deal with adversity
- To introduce the theory of ABC
- To encourage you to think differently about how you might tackle a future adverse event

If you would like to attend either the Confidence Building or Resilience & You sessions, please email volunteer@addenbrookes.nhs.uk and we will let you know the next availability of dates.

FOR ALL OF OUR TRAINING PLEASE EMAIL VOLUNTEER@ADDENBROOKES.NHS.UK TO BOOK A PLACE ONTO ANY OF THESE COURSES.

Thank you everyone
THE VOLUNTARY SERVICES TEAM