

FRIDAY BULLETIN 31st March 2017

****NEWS ARTICLES AND INFORMATION****

This will be our last Friday Bulletin as you know it. Next week you will receive the first of our weekly news flashes. For more details please read further.

This week we have photos from the Cambridge Science Festival and news about car parking charges that will affect patients and visitors. We also have some new training booked.

CAMBRIDGE SCIENCE FESTIVAL

We had a great time at the Science Festival on Sunday.



A big thank you to Sue, Robbie, Arthur, Carol, Charles and of course Jasmine who entertained many of our visitors at the festival on Sunday.

LIBRARY VOLUNTEERS

Do you have a love of books? Always fancied helping in a library? Then we have the role for you! We are currently in need of some volunteers to help with our mobile library. If you would like to join in please email volunteer@addenbrookes.nhs.uk

SELF-CHECK-IN KIOSKS

We hope there will be a chance for volunteers to get a sneak peak of the new self-check-in kiosks at the Volunteer Forum on Tuesday 18th April – arrangements to be confirmed and we will keep you posted on this.

When launched, the kiosks will be placed at all of the main entrances to help patients check-in for their appointments more quickly.

ADDENBROOKE'S MUSEUM TOURS

For all you history buffs out there you may be interested to know you can have a guided tour of Addenbrooke's museum. The next dates are Tuesday 4th April 12pm and Wednesday 17th May at 13:30pm. Spaces are limited so if you are interested please email Hilary Ritchie at Hilary.ritchie@addenbrookes.nhs.uk.

ART AT ADDENBROOKES

We have art work from two artists Jamie Ashman and Anna-Marie Stijelja. The exhibition runs from the 20th March till the 4th May. Jamie Ashman has painted fantastic pictures of some iconic women whereas Anna-Marie has created some amazing designs out of stamps from across the world.

THE VOLUNTEER NEWS FLASH IS COMING

This is our last Friday Bulletin. It will be replaced with a weekly news flash with essential pieces of information 3 times a month. The other week we will be sending out the Advisor (magazine) which will be a more comprehensive publication filling you in on what has been happening during the month. 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?

THANK YOU

We want to say a big thank you to volunteer Libby who looked after a visitor who was confused and lost and reunited her with her husband.

NEW PARKING CHARGES

There will be new car parking charges for staff and visitors from Saturday 1st April. This will not affect the volunteers carpark - car park H – which remains free for volunteers (using their access card). If you need access to car park H when you come in to volunteer please email volunteer@addenbrookes.nhs.uk

New visitor parking charges:

Mon-Sun

Up to 1 hour: £2.90

Up to 2 hours: £4.00

Up to 4 hours: £7.50

Up to 6 hours: £11.20

Up to 8 hours: £15.00

Over 8 hours: £18.50

Long-stay visitors: discount tickets

Weekly ticket £19.00 ticket valid for up to seven consecutive days

Day rate if used for 7 days = £2.71 per day

Used for 4 days = £ 4.75 per day

Fortnightly ticket £31.60.00 ticket valid for up to 14 consecutive days

Day rate if used for a 14 day = £2.25 per day

Used for 10 days = £3.16 per day

Patient parking

Outpatient appointments, A&E and day surgery: £3.60 for any length of stay per 24 hours

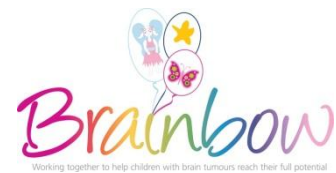
Weekly treatment ticket: £3.60 for Oncology, Rehabilitation, and those patients receiving regular treatment

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.



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.

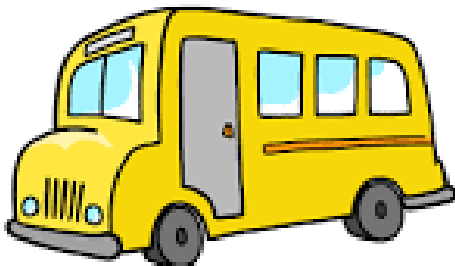
The aim of the session is to inform volunteers of the benefits of exercise to the patients and so help them when talking to patients who have been given the information by the physiotherapy team.

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

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.



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

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

**BE DISABILITY CONFIDENT COURSE – Thursday 4th May
09:00-13:00 Room 11 level 3 in the Deakin Centre.**

MENTORING COURSE – Monday 15th May 09:30-12:30 in the Council room in the Deakin Centre.



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