

ADdenbrookes Volunteers Information & Events Review

November 2017[illegible]

#End PJ Paralysis (continued)



Pat Dog Lola and owner Paula

So how can volunteers help?

We want to prevent deconditioning hence the End PJParlysis campaign. We want to enable hospitalised

patients to get up, dressed and moving in order to prevent deconditioning. But what can volunteers do if they cannot physically get patients out of bed, wash or dress them or assist them with walking. Do not underestimate the enormous difference and impact your presence can have by encouraging this to take place. By socialising with patients , suggesting you accompany them on a short walk to the day room or perhaps a nearby garden. Perhaps suggesting an activity with them , will give them a reason to get up out of bed.

By getting patients into their own clothes, building their strength as well as improving their mental outlook patients take greater responsibility for their own health and become active participants in their personal health journey, they recover faster, it changes the way they are viewed by their family and it can help to improve discharge time by reducing the patients length of stay allowing more timely admissions for other patients.

So have a chat with the sister/nurse-in-charge on your ward to ask which patients would most benefit from your help. Working with staff capacity :

- encourage patients to get dressed , even if just putting a cardigan on over their pj's.

- Encourage patients to sit in a chair for meals Play a board game , jigsaw puzzle with the patient preferable in the day room or at least in a chair.

(After checking with the ward) ask if they would like a PAT dog visit - Pets As Therapy dogs along with their owners visit the wards . all have passed a temperament test and received a certificate from PAT. this can bring joy and comfort to many patients and speed recovery. We have nine PAT dogs.

So please help us on our campaign to end PJ Parlysis. Volunteers working alongside staff can help to combat this.

If you are unsure or would like any further information please do not hesitate to contact the Volunteer services office.

It could mean the difference between independence and dependence



Kerry doing her bit to help a patient feel better

Coming up.....

Its annual review and Christmas party time so please let us know by email volunteer@addenbrookes.nhs.uk or in the office if you will/will not be attending as we're just organizing the catering.

- Friday 1 December Ward Volunteer Review & Christmas Party
- Monday 4 December Clinics & Units Review & Christmas Party
- Friday 5 December Volunteer Forum
- Tuesday 5 December Guides & Courtesy Bus Review & Christmas Party
- Wednesday 6 December PAT Dog Review & Christmas Party
- Friday 15 December Survey Volunteers/Rosie Review & Christmas Party



Guest slot...Nina & Carol, Lady Mary Ward



Nina & Carol outside Lady Mary Ward

This month we've two people in our guest slot, ward clerks Nina and Carol. Based on Lady Mary Ward, they play a vital role in ensuring the ward runs smoothly, and is a safe and welcoming environment for their patients.

Staffed mainly by midwives and maternity support workers, Lady Mary Ward is a postnatal ward, offering support and care to new parents, including learning to care for their new baby. Medical care is provided by

obstetric and neonatal staff. The ward has a calm atmosphere, perhaps enhanced by the knowledge that the main entrance doors are locked at all times. Nina and Carol, with the support of the 'floating' ward clerk Hannah, ensure everything there is someone providing this key support 365 days a year.

With a background as a legal secretary, Nina has worked at CUH for 20 years, 15 of which have been on Lady Mary Ward and its clear she loves her job. Not surprisingly, there have been a few changes during her time including the introduction of the Epic e-hospital system as well as a rise in the number of births from approximately 2000 a year to around 6000 a year. Carol's previous role was as a civil servant but she has been working on the ward for the last 3½ years.

Both Carol and Nina really enjoy their roles and describe how no two days are the same with different patients, staff and a variety in the number of beds occupied. The role is varied – one moment they could be meeting and greeting visitors to

the ward, then taking calls from midwives or mums, updating the admissions and discharges data, then organising some maintenance for the ward and this certainly makes their day go quickly. Days can be challenging and their shifts are long; it can start calm but then can change quickly but Carol describes how it is satisfying going home at the end of the day knowing that good care has been provided, with the sense of achievement that everything she needs to do has been completed.

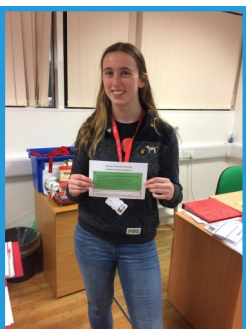
Having volunteers on the ward makes a big difference to their days. As the turnover of patients is usually very quick, having the volunteers take responsibility for the NHS Friends and Family survey conducted on iPads, this takes some of the pressure off the ward clerks. The midwives particularly appreciate the specially trained Breast Feeding Peer Support volunteers who work with new mothers by providing peer support and reassurance.

And the best part of Nina and Carol's day? Seeing a delighted couple walking down the corridor on their way home with their new born baby them.

Monthly Montage



November



A GREAT PLACE TO VOLUNTEER

Voluntary Services
Box 214
Cambridge University NHS Foundation
Trust
Hills Road

Phone: 01223 586616
E-mail: volunteer@addenbrookes.nhs.uk
www.volunteering.cuh.org.uk

CUH VOLUNTEERS

Follow us:
[@CUH_Volunteers](https://twitter.com/CUH_Volunteers)

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

Volunteering in Numbers - October 2017

2622.3 hours
volunteered
in October



1062.5 hours
on Wards



44.5 hours
Trolley
Services



68.5 hours
Survey Team



Guides
643 hours



PAT dogs
49 hours



Clinics & Units
263.3 hours



Chaplaincy
491.5 hours



New volunteers
start in October 2017
6



Total number of hours
volunteered in 2017
18,585.45



You could watch
3716 Children in
Need telethons



If calculated using the
National Living Wage,
volunteer hours saved the
Trust approximately
£139,375.87



Workshops & forums... 2018

- With 2018 fast approaching, next year's holidays are probably being planned, a New Year's resolution or 2 thought about, and maybe you're wondering when our Voluntary Services forums and training events might be?

- As we heard from Jane in our July magazine, the workshops are a great opportunity to learn new skills which could be beneficial within a volunteer role as well as in day to day life.

With this in mind, we've attached a copy of our calendar and to attend all you need to do is email volunteer@addenbrookes.nhs.uk



Other news.....

Volunteers Forum

Our next Volunteer Forum will be on **Tuesday 5 December from 16.00-17.00.**

J3 is on the move

Ward J3 is due to move permanently to the ATC Day Unit on 18 December. We will keep you posted on the progress of this as we find it out.

Sing! Sing! Sing!

Campus Sound (previously Addenbrooke's choir) are looking for new members and no experience needed. It is an a cappella choir, there is no need to be able to read music as everything is taught by ear. There are many benefits of singing in a choir including improved well-being, lowering stress, as well as building confidence. The choir meets on a Monday evening at the Alice Fisher lecture theatre from 7.30-9.30

pm. There is a £10 registration fee then £5 cost to attend each rehearsal. Contact addenbrookeschoir@gmail.com for more information.



Volunteering Opportunities

Do you enjoy walking? Ever thought about walking and way finding? With some **Guides** walking between 3 and 5 miles per shift, sometimes more, it's a good way to maintain or perhaps increase your fitness levels while helping our patients and visitors.

We're on the look-out for some more **Clinic and Unit Volunteers** including in Clinic 1a on Tuesday mornings as well as volunteer guides and outpatient check-in champions.

There is still the opportunity to be a **Courtesy Bus and Wheelchair Volunteer** but please bear in mind this is probably our most physically demanding role. We

For any of these roles, please contact us at volunteer@addenbrookes.nhs.uk to express your interest.

