



NEWS FLASH

A GREAT PLACE TO VOLUNTEER

10th November 2017

Cambridge University Hospitals 
NHS Foundation Trust

#End PJ Paralysis

Our hospital has joined the campaign 'End PJ Paralysis' which uses the simple idea of getting people out of bed and more active if they are able to. This is particularly important for our more elderly patients as 10 days of bed rest in hospital is the equivalent of 10 years muscle ageing and this loss of strength can make the difference between dependence and independence. Ward volunteers can really help by encouraging patients to be mobile and also by engaging in activities on the ward, ideally ones that move patients into the ward day rooms or out of bed and into a chair. More information will be included in the monthly 'Adviser' magazine and there is also a poster up on our office noticeboard or just ask a member of the team.



Remembrance Sunday

To mark Remembrance Sunday there will be a service in the Chapel this Sunday (12 November), starting at 10:50. A minute's silence will be held at 11:00 led by Reverend Coles.

The Lewin Fundraiser

On Wednesday 13th December 2017 the Lewin ward will be holding a fundraising event from 15:00 – 16:00 to raise funds for the ward. Attractions at the event include a Christmas-style market, a bake-off and also a talent contest called 'The Lewin Factor'!! Pop down to the ward on 13th to see what's going and help to support the Lewin ward.



As mentioned last week, we will be running a stall in the marquee on Ditchburn place from 10.30 – 16.30 for the Mill Road Winter Fair and would be most grateful for any volunteer support on the day, particularly in the afternoon from 1pm. If you think you will be able to help at this time please get in touch with us at volunteer@addenbrookes.nhs.uk. Many thanks.

Winter Bugs

At this time of year we start to see winter bugs arriving at the hospital. Please be extra conscientious with hand hygiene especially when going onto wards to help reduce the risk of infection. If you are unwell please stay at home and concentrate on getting better rather than come in to volunteer.

Flu Jabs

The Trust has confirmed this week that 75 per cent of staff have now been vaccinated against flu! Next week is the last week that the flu campaign will be running, so if you are looking to have a free flu jab you will need to visit the pop up clinic opposite M&S. The clinic will be open Monday to Friday 17th November 10 am to 4pm.

Volunteering Opportunities

Please let us know if you'd like more information by emailing volunteer@addenbrookes.nhs.uk

- Macmillan volunteers
- Courtesy Bus and wheelchair volunteers

Dates for the Diary – Coming up.....

Volunteer Forum

Tuesday 5 December 16.00 – 17.00

Please let us know if you'd like to attend or more information by emailing volunteer@addenbrookes.nhs.uk