



NEWS FLASH

A GREAT PLACE TO VOLUNTEER

12th January 2018

Cambridge University Hospitals 
NHS Foundation Trust

Thank you

We would like to say a big thank you to everyone that made the time to come into the hospital at the weekend to help give out meals to people that were waiting the Emergency Department. The Trust has seen an improvement in ED performance after fewer attendances and admissions over the weekend.

Ward Audits

From the 8th to the 31st January we are running ward audits for all ward volunteers. We only need you to complete the form once so we can gather information on the wards and their volunteers. I have attached a copy of the form for you to look at but we will have them in the office for you to complete after your shift on the ward.

Winter Flu

As we continue to see significant numbers of patients with flu, please keep in mind when you are volunteering at the hospital that there may be barrier nursing on the wards and greater pressure on hospital. To help protect the spread of the flu to the vulnerable patients on the ward, you can still visit a local vaccination clinic to have a vaccination.

If you are feeling unwell on your volunteering day, please let us know as it's important for you to stay at home, rest and recuperate.

Use new activity box and help #End PJ Paralysis

Sitting in a chair to eat a meal, taking a stroll down the ward, or spending time in the ward day room can all help #EndPJParalysis. The #EndPJParalysis campaign aims to keep patients more active and independent as there is danger of the deconditioning of elderly and frail patients who stay in a bed for a long period of time. Statistically, in patients over 80, lack of mobilisation for just 10 days will result in the equivalent of 10 years of muscle aging.

Our new activity box is a fantastic resource for ward volunteers and can be used to encourage patients to get up and about. There are lots of things for patients to do ranging from quizzes and word searches, jigsaw puzzles, and some 'brain teasers' 3D puzzles. To provide a little escapism, there is a personal CD player and comedy, plays, short stories, poetry plus of course some music CDs. In addition there are 2 reminiscence books which our patients with dementia area likely to find particularly appealing. Just ask one of the office team and we'll explain what you need to do e.g. sign the box out etc.



There will be a book sale held in the Concourse from 10.00 to 15.00 on Thursday 8th February. All books available are in good condition and proceeds from the sale will enable new books to be purchased for inpatients to borrow and to improve patient experience.

Dates for the Diary – Coming up.....

Dementia Training

Thursday 22 February 10:00 – 12:00

Be Disability Confident Training

Wednesday 28 February 09:00 – 15:00

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

Volunteering Opportunities

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

- Clinics and Units
- Guiding
- Rosie