

**A GREAT  
PLACE TO  
VOLUNTEER**

# Adviser

ADdenbrookes Volunteers Information & Events Review

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## Of particular interest in this issue:

- Play it again Sam, Radio Addenbrooke's
- What is it like volunteering in a hospital overseas?
- Long Service Lunch
- Volunteer Opportunities

## Car Parking

We have been informed that in line with staff, all volunteers need to re-apply to park onsite by Wednesday 6 June. Unfortunately, if you do not apply, you will not be able to access the car park from 1 September onwards.

To apply, please go to the Transport Hub which is located next door to the Access Office, Level 1 of the Main Hospital. If you are not sure how to get there, please come to the Voluntary Services office and we will take you there.

## End PJ Paralysis 70 day challenge

By now, you've no doubt heard the term #EndPJparalysis, a global movement recognising the importance of patients being as active as possible in hospital.

twice as long as it does to deteriorate. Staying in bed also reduces bone mass and muscle strength and can cause multiple-organ system decline.

A national 70-day #EndPJparalysis campaign has been launched, ending on 26 June to tie in with the 70<sup>th</sup> anniversary of the NHS on 5 July.

### So why is it important?

Rather than a patient being in their pyjamas or gown, being in their day clothes while in hospital has a huge impact. It enhances dignity, autonomy and improves patient experience and in many cases can shorten their stay. For many, wearing pyjamas reinforces the feeling of being unwell and the psychological impact of this can prevent a speedy recovery.

There is not just a psychological impact of staying in pyjamas in bed. Many of our patients can be immobile for up to 90% and 10 days of bed rest in hospital is the equivalent of 10 years muscle ageing in people over 80 years old, and building this muscle strength back up takes



Sonia escorting a patient



Jacob, Bernadette & Julie off to wards with our boxes

## Welcome to our new volunteers!

On Tuesday 17 April we welcomed 5 new volunteers to our fabulous team.

As always, if you see them around the Trust, please give them a very warm welcome.

Left to right: Gavin, Iain, Anthony, Charles & Garry



## End PJ Paralysis 70 day challenge (cont)



Paula and PAT dog Lola

### #endpjparalysis but what can volunteers do to help?

The good news is that any volunteers who go onto wards can help play a part in helping #endpjparalysis. Ward volunteers can escort patients, who are able, to walk along the ward or to the window and encourage patients to use the day room. We now have 6 activity boxes which can be used in the day room, you maybe able to encourage a group of patients to use the day room together and begin socialising amongst themselves. Or patients can be encouraged to mobilise themselves to get out the 'wrong' side of the bed and walk around the bed to the chair and engage in activities at their table.

PAT dog volunteers can encourage patients who can mobilise to have a

little walk to the day room, the window or around the bed to the chair. Survey volunteers can also make a difference by encouraging patients to sit in their chairs when undertaking the surveys.

If you are able to encourage such activity please feed back to the nurse in charge which patients you saw and what they did, for example whether patient interacted used the activity box, day room or moved to chair. This will help them to show how well their ward is doing in the national campaign to EndPJparalysis.

Sue Wilkinson, Assistant Director of Nursing talks about the impact volunteers have by continuing to do the excellent work they do, helping the support the patients in doing meaningful activities.

## Radio Addenbrooke's brightens the airways

We all have our favorite songs and know that music has the power to change our emotions, cheering us up when perhaps we are feeling down.

Being an inpatient can be incredibly unsettling, upsetting and not to mention boring but listening to a favorite song can help pass the time and bring back happy memo-

Ward volunteers can help to get a patient's favourite song played by taking request slips with them up to the ward. Just fill in the details of the artist and song as well as the name (first name only), ward and bed number on the slip and bring the slips down with you to the Voluntary Services office at the end of your shift and we'll do the rest.



## Coming up.....

Here's what's coming up in May-June do let us know via email [volunteer@addenbrookes.nhs.uk](mailto:volunteer@addenbrookes.nhs.uk) if you are interested in attending:

- Tuesday 15 May Grief & Loss Training
- Monday 21 May Mentor Training
- Wednesday 23 May Be Disability Confident
- Tuesday 5 June Volunteer Celebration Lunch
- Tuesday 12 June Volunteer Forum
- Thursday 28 June Dementia Training





## Guest slot... Volunteer Andrea



**Andrea**

Have you ever wondered what it might be like volunteering in another country? In the first of our ad-hoc series learning more about our volunteers, we hear from ward volunteer Andrea who tells us her experience of this.

Volunteering in a hospital in Canada, surprisingly or not, is similar to volunteering at Addenbrooke's. In Canada, I volunteered for 5 and a half years on the Acquired Brain Injury unit of Toronto Rehabilitation Institute. Unlike Addenbrooke's, Toronto Rehab is a hospital dedicated to rehabilitation specifically, so patients are in the subacute or chronic stages of their injury. Addenbrooke's, being an acute care hospital, is a bit more intensive in this sense. Many patients here are still waiting to hear back from their health care team about critical aspects of their health, or are still dealing with the initial stress.

My volunteer role at Toronto Rehab was similar to what I do here. A lot of my role is about socialising with patients, seeing if they need help with anything in particular (usually they'd like a cup of tea!), and assisting the staff with things like serving meals.

A big difference is that since Toronto Rehab is a rehabilitation hospital, many patients stay for at least a few weeks so you get to know the patients. Because of this, every week at Toronto Rehab I would meet with a rehabilitation therapist to discuss any specific difficulties a patient had (e.g., anxiety about their future) and get helpful tips for when I socialise with them. At Addenbrooke's, there tends to be a faster turnover so you usually see lots of new faces every week, so in a sense you need to be able to pick up right away how best to help someone (and of course, never be shy to ask for help!).

I've volunteered on a few wards here at Addenbrooke's, but I'm currently on J2, the Neurotrauma ward. I really like it because working with people with a brain injury has been a long

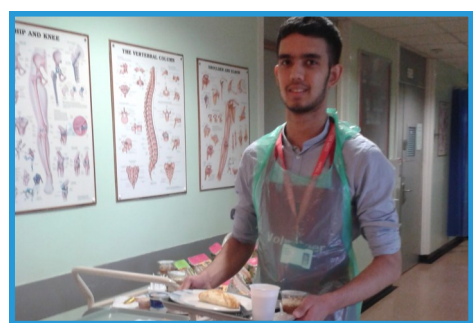
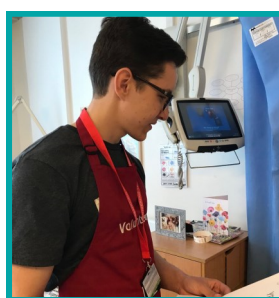
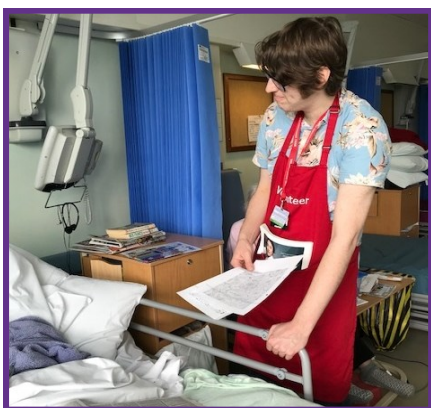
time passion of mine.

I came to Cambridge initially to complete a PhD in ways to improve neuropsychological rehabilitation. What I've always found intriguing about brain injury is that every injury is different – it can be unpredictable how a brain injury will affect someone's life. A lot of people face incredible amounts of uncertainty in relation to what their brain injury means for their future, so sometimes just being able to express that to someone can help. Importantly, I get to learn what the day-to-day care is like for those with a brain injury and learn about what issues still need to be addressed.

Being a volunteer is great not only because of the insight gained, but having a simple conversation with someone can really make them feel better about where they are. I'm planning to keep volunteering for the rest of my life!

*If you'd like to share your story of volunteering elsewhere, please let us know.*

## Monthly Montage



**April**



## 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](mailto:volunteer@addenbrookes.nhs.uk)  
[www.volunteering.cuh.org.uk](http://www.volunteering.cuh.org.uk)

## CUH VOLUNTEERS

Follow us:  
**@CUH\_Volunteers**

We're on the web!  
[www.volunteering.cuh.org.uk](http://www.volunteering.cuh.org.uk)

## Other news.....

### Signing in & signing out

Don't forget to sign both in and out of your volunteer shift. This is so we know you have left the premises and should there be an incident such as a fire, our fire teams will look for you if they think you are still here.

If you haven't signed out following your volunteer shift we will give you a call to ensure everything is okay.

### Volunteers Forum

Our next Volunteer Forum will be on **Tuesday 12 June from 10.00-12.00**. This forum the topics will be Age UK and Maggies .

### Volunteer Celebration Lunch

It's our volunteer long service celebration lunch on **Tuesday 5 June** and we're really looking forward to it. We will soon be sending out invitations, initially to those we think are at a milestone year having completed 5, 10, 15, 20, 25.... years volunteering with CUH. If you think you are due one, please do email us and let us know.

## Volunteering in Numbers - March 2018

2592 hours  
volunteered  
in March



947 hours  
on Wards



54.50 hours  
Trolley  
Services



56.50 hours  
Survey Team



Guides  
646 hours



PAT dogs  
63.5 hours



Clinics & Units  
241.5 hours



Courtesy Bus &  
Wheelchair Team  
38 hours



New volunteers  
started in March = 5



Total number of hours  
volunteered so far in 2018  
8228



In 343 days you could climb  
Everest 5.7 times



If calculated using the  
National Living Wage,  
volunteer hours saved the  
Trust approximately  
£64,425.24 in  
2018



## A little reminder....

- As we've hopefully not seen the back of the hot weather, just a quick reminder regarding what to wear with your uniform when volunteering:
  - Shoes must be closed
  - No spaghetti straps on tops
  - Clothes must be appropriate so as not to cause embarrassment to self or patients. In effect, no shorts, short skirts or low cut tops. Many thanks.



### Outpatients Hall

The Travel Claims desk will be closed on Monday 8 May for 4 weeks.

- HC5 forms will be available in the Outpatient Hall for eligible patients to claim back their travel expenses
- Should any patients need urgent assistance then they should call 216357
- Sue will be in Clinic 5 if patients really don't have any money to get home in an emergency situation
- The Ambulance desk is to be relocated further along the Outpatients Hall.

### Ward closures

J3 will be closed from 23 April.  
C3 will move into J3 on 15 May  
PICU will move into J3 on 16 May

### Volunteer Spring Survey

Please take the opportunity to have your say in our spring volunteer satisfaction survey - just follow the link:  
<https://addenbrookes.onlinesurveys.ac.uk/volunteer-satisfaction-survey-spring-2018>

### Locker keys

If you use the lockers in the office, please check your pockets as one of the keys has wandered. Many thanks!

### Volunteering Opportunities

We're on the look-out for a **Lewin Garden Club Volunteer** as well as ward volunteers

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.

For any of these roles, please contact us at [volunteer@addenbrookes.nhs.uk](mailto:volunteer@addenbrookes.nhs.uk) to express your interest.



THANKS!