

**A GREAT
PLACE TO
VOLUNTEER**

Adviser

ADdenbrookes Volunteers Information & Events Review

**Volume 1
Issue 15**

June 2018

INSIDE THIS ISSUE:

Long Service Lunch	2
Guest slot: Mike Brown	2
Monthly Montage	3
Volunteering in Numbers	4
Pets As Therapy Team	4
Other news...	4

Of particular interest in this issue:

- Our longest serving volunteer
- Update on Lewin Garden Volunteer
- New volunteering opportunities

During this hot weather:

It's very hot in some areas of the hospital so please ensure you drink plenty of water

StayHydrated



Wonderful Volunteer Week Celebrations

The first week in June saw the nation celebrating all things volunteering so of course we also had lots of events to celebrate you, our fabulous volunteers. As always, the biggest celebration of volunteers was the Annual Volunteer lunch held on Tuesday 5 June.

It was a really lovely occasion with delicious food, plenty of wine and conversation with new volunteer friends as well as longer standing. This year's quiz, put together by Ian and Kal, proved quite a challenge but won by the magnificent Table 8 – congratulations to you all.

Continued on page 3

Mike More, Chair of CUH, welcomed everyone speaking about the amazing impact volunteering has, followed by Roland Sinker, Chief Executive. As always, the highlight of the lunch was the presentation of Volunteer Long Service Awards, with Mike Brown completing an amazing 45 years service with Radio Addenbrooke's. In total, an astonishing 370 years of service has been completed by all our volunteers due an award, a huge thank you to all of you for your time, skill and dedication to volunteering here.



Welcome to our new volunteers!

On Thursday 14 June we were proud to welcome 5 more amazing volunteers who will be joining us in a variety of roles including Radio Addenbrooke's, Ward Volunteers and Clinic Volunteers

Please give them a cheery hello if you see them!



Penelope, Ben, Alexi, Catherine and Tom

Wonderful Volunteer Week Celebrationscontinued

Particular thanks to Karen who excelled herself once again with the beautiful flowers and to Tina and Margaret for meeting and greeting everyone at the door.

Throughout the week, we displayed posters around the hospital to give patients, visitors and staff the opportunity to write their feedback about the wonderful work undertaken

by our volunteers. It was clear that you're all really appreciated, making a real difference to our patients' experience as we received over 140 fabulous comments!

The final event of the week was the Volunteer Partner Organisation event. The main hospital corridor from the Museum to K2 was jam-packed with organisations who work to support

patients at Addenbrooke's and the Rosie including SSAFA, ACT, and Radio Addenbrooke's. Feedback from stall holders indicated a good response from patients and visitors, although Pets as Therapy dog Mylo perhaps had the best response!

Guest slot..... Mike, our longest serving volunteer!



Mike receiving his award from

It was 1973, Pink Floyd release their album Dark Side of the Moon, the Queen opens the modern London Bridge and Mike begins volunteering for Radio Addenbrooke's when he joined.

When Mike applied for a job with Cambridge University he was asked to join Radio Addenbrooke's as they knew about his experience with Pye TVT but little did they know he was no stranger to it. It could be said that volunteering is in Mike's blood, his grandfather being on an advisory committee to the hospital executive, and his father helping raise funds for

the patients' access to radio through an appeal on behalf of Cambridge Daily News in 1952.

Over the years, Mike's engineering background has been instrumental in the on-going development of the station. Amongst other projects, in the mid-1980s he built and developed the electronics which allowed the station to broadcast 24 hours a day by automatically switching to recordings and other radio stations. Mike's current project is putting all the music onto a computer hard drive providing instant access to the station's recordings in Radio Addenbrooke's vast collection and making things much easier for all the presenters.

"Radio Addenbrooke's
is in my blood"

Describing Radio Addenbrooke's as a full-time hobby, sometimes spending up to 80 hours a week on it, Mike's passion and enthusiasm for the station

is infectious. So what has kept Mike volunteering for Radio Addenbrooke's so long? It's the community feel of the station and the pleasure of entertaining people, putting a smile on people's faces during hard times.

Mike believes the biggest change has been the introduction of Hospedia as the receiving equipment is better maintained for patients and there is also a wider choice of entertainment available. The biggest challenge, he believes is keeping up with fast changing technology.

Mike broadcasts from 17.00-19.00 on Wednesdays with plenty to keep patients entertained. There's much variety including comedy, comic opera such as Gilbert and Sullivan, folk and jazz and always finishes on Mike's favourite music genre, high energy disco music, often with Gloria Gaynor's 'I will survive!'

If you're interested in volunteering with Radio Addenbrooke's, take a look at the website www.radioaddenbrookes.co.uk

Coming up.....

Here's what's coming up in July and August, do let us know if you'd like to attend by emailing volunteer@addenbrooke.nhs.uk:

- Wednesday 11 July Medicine for Members lecture
- Thursday 19 July Nutrition Training
- Tuesday 14 August Volunteer Forum/Consultation Group
- Friday 17 August Heart Start Training

Monthly Montage



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

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

Volunteering in Numbers - May 2018

1684 hours
volunteered
in May



570 hours
on Wards



38 hours
Trolley
Services



74 hours
Survey Team



Guides
636 hours



PAT dogs
30 hours



Clinics & Units
218 hours



Courtesy Bus &
Wheelchair Team
59.5 hours



New volunteers
started in April = 8



Total number of hours
volunteered so far in
2018
11,189



In 466 days the football world
cup could be held 15 times



If calculated using the
National Living Wage,
volunteer hours saved the
Trust approximately
£87,609.87 in
2018



Congratulations to Pets as Therapy Team

- We were delighted to be informed that our amazing Pets as Therapy team have been nominated for a You Made a Difference team award in June.
- Nominations for this award are received from patients, staff and visitors, recognising how the individual or team have made a huge difference to them. Well done to you all.



Other news.....

Lewin Garden Club volunteer

We are delighted to say we have now filled the Garden Club volunteer role. Coffee club volunteer Marie stepped in to role but had sadly had to step down when the day changed. Luckily, Maria, who is also a ward volunteer, started in the role in mid-June and is already making a huge difference to the group by providing support and encouragement to patients, identifying tasks to be carried out as well as items which can be recycled rather than buying new.



Volunteering Opportunities

Do you have a passion for reading or spreading your love of books? We are in need of some **library volunteers** to visit the wards with our books.

We're on the look-out for some more **Clinic and Unit Volunteers** including Endoscopy, Breast Unit, Haematology Day Unit, and Clinic 10.

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 to express your interest.

Volunteers Forum & Volunteer Consultant Group

Our next Volunteer Forum is on Tuesday 14 August from 16.00. Sinead Wareham, Contact Centre Manager, will speak about the work of the Contact Centre.

We look forward to seeing as many of you there as possible!

