



NEWS FLASH

13th July 2018

Volunteer Opportunity

The School of Clinical Medicine is looking for volunteers to help recruit patients from the Rosie Scanning Clinic. For more information please see the attached flyer.

Heart Start Course

Would you know what to do if someone collapsed at your home or in the street? Heartstart is the British Heart Foundation's initiative to teach emergency lifesaving skills to the British public. By attending the course, you're helping them create a nation of life savers – where everyone knows how to save a life. Attendees learn how to recognise a heart attack and a cardiac arrest, help an unconscious person, perform CPR, help someone choking and respond to serious bleeding.

There are still some places left for volunteers to go onto the heart start course on **Friday 17th August from 14:00-16:00**. If you would like to book a place please email volunteer@addenbrooke.nhs.uk.

Feeling hot, hot, hot...

With the hot weather continuing please remember to wear appropriate clothing and footwear when you come to volunteer. This includes wearing closed toe shoes, tops that cover your shoulders (no spaghetti strap vests) and no shorts. Please remember to stay well hydrated when on shift as some areas of the hospital can become very warm, particularly some of the wards. Feel free to come and fill up your water bottle in the Voluntary Services Office before your shift or pop back if necessary.

Volunteer Forum

We have a volunteer forum on Tuesday 14th August 16:00 – 17:00 in J3. Sinead from the Contact Centre will be coming to give a talk. This is a great opportunity to hear about any updates we have and to give your feedback. Please email volunteer@addenbrookes.nhs.uk if you would like to come.

Dates for the Diary – Coming up.....

If you are not sure where to go for training please contact the office.

Heart Start Training	Friday 17 th August	14:00 – 16:00
Be Disability Confident	Wednesday 26 th September	09:00 – 15:00
Volunteer Forum	Tuesday 14 th August	16:00 – 17:00

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

- Short-term university volunteer – see attachment
- ACTIVE volunteer
- Clinics and Units
- Library
- Ward volunteers

**A GREAT
PLACE TO
VOLUNTEER**