

A GREAT PLACE TO VOLUNTEER

Adviser

ADdenbrookes Volunteers Information & Events Review

**Volume 2,
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September 2018

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Of particular interest in this issue:

- Meet Jennifer & Caroline
- What it is like being an Anglesey Abbey volunteer
- Volunteer for Cambridge
- New volunteering opportunities

Spread the word....

We're really keen to recruit more volunteers to help improve our patients' and visitors' experience and we need your help please. We have A4 and A5 colour flyers in our office which we'd love you to put up in your GP surgery, village hall, or perhaps at the golf club, U3A group or WI. Just pick up some flyers when you're next in the office, or even some of our glossy "Guide to Volunteering" to spread the word. Many thanks!

91 new young people start making a difference at CUH

Throughout the first week in September we welcomed the seventh cohort of our Young Person's Programme. Aged between 16 and 19, these caring young people will be spend from 16.30-18.30 one day a week for 15 weeks volunteering on our wards, fitting this commitment into their school/college work and other activities.

Having completed the induction training, they have spent 2 weeks being mentored by experienced volunteers, the majority of whom have been on previous YPP cohorts.

Spending their time on the wards socialising with patients and helping with the evening meal, these dedicated young people really help improve patients' experience here, providing a listening ear, a smile, and perhaps a crossword, word search or colouring-in to help pass the time.

After only 2 weeks' volunteering, Varshana explained "... I'm really enjoying being on the wards. I want to study medicine and this is building a really good foundation of communicating with patients"



Varshana, Charlotte (mentor) & Ta-Ha



Juliette (mentor), Xavier & James

Welcome to our new volunteers!

We were proud to welcome 10 more volunteers to our amazing team on Tuesday 11 September.

They will be making a difference to patients as ward volunteers, volunteer guides, Radio Addenbrooke's, our library, as well as a specialist role in Children's Services so please give them a cheery hello when you see them.



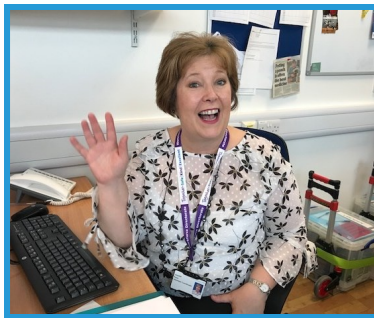
Back row: Alex, Ellen, Frances, Sefanit, Maggie, Veronica, Julia
Front row: Steven, Sarah, Charlotte

Say hello, wave goodbye.....

September has been a time of change in the Voluntary Services office with us welcoming new recruits Caroline and Jennifer and bidding farewell to Rachael. We thought you'd like to get to know Caroline and Jennifer a little better...



Caroline, Weekend Young Person Programme Coordinator



Jennifer, Volunteer Coordinator



Rachael and some of her gifts

What were you doing prior coming to CUH?

I was working as a health care assistant at the sexual health clinic in Cambridge, this consisted of assisting the doctors with both sexual health clinics, including diagnosing using microscopy and taking bloods and assisting with procedures such as coil fittings. As well as admin tasks.

What are you looking forward to in your new role?

I'm looking forward to the challenge of learning new skills and meeting new people, and getting my teeth into this new project to make it as successful as possible.

Any hobbies or interests?

I have a few hobbies and interests, mostly based around performance, I am involved in local musical theatre groups and perform most years with them. I also run my own freelance make-up artist business in my 'spare' time, completing peoples make up for weddings and events.

What were you doing prior coming to CUH?

I was the leading expert on digital safeguarding for domestic abuse victims. I worked with Women's refuge and police to develop safeguarding policies and procedures around digital safety, particularly mobile phones. Mobile apps can be used to track, monitor and intimidate abuse victims. My role was to work with victims, volunteers and colleagues to make women digitally safe.

What are you looking forward to in your new role?

I'm looking forward to continuing to help people, particularly those in my local community. Working in an area that brings a smile to patients and hoping that I can help bring a smile to our volunteers.

Any hobbies or interests?

I'm interested in digital technology using new apps, digital tools and learning new techniques. Yes I am a nerd!

Farewell to Rachael

On Friday 14 September we celebrated all that Rachael in Voluntary Services has achieved with tea and cake and a good old natter!

Rachael was absolutely thrilled to see so many volunteer friends there, both human and furry, and she was delighted with her gifts which included beautiful flowers, posh chocolates, vouchers from John Lewis, as well as a book about National Trust gardens which she has been coveting for a while.

Thank you to everyone who helped make the tea party such a success, especially ward volunteer Kerry who made a very delicious strawberries and cream sponge and Taite's mum for the amazing carrot cake.

We wish Rachael all the very best in her future adventures back home in Yorkshire.

Coming up.....

There are a few things in September, October and November which you may be interested in attending:

October

- Tuesday 16th: Volunteer Forum
- Thursday 18th: Dementia Training
- Saturday 20th: Volunteer for Cambridge (**help needed please**)

November

- Tuesday 20th: Grief and Loss course



Guest slot.... Rose, Ward Volunteer



Rose working hard

In the next of our sporadic series about volunteering, Rose tells us how she spends her Tuesday mornings.

In 2004 I started working for the National Trust at Anglesey Abbey Gardens and Mill, in Lode and immediately fell in love with the wonderful gardens. In those days the property was closed on Mondays and Tuesdays and I started volunteering on a Tuesday morning as a garden volunteer, to increase my horticultural knowledge. I'm still volunteering there today, in the garden and as a steward

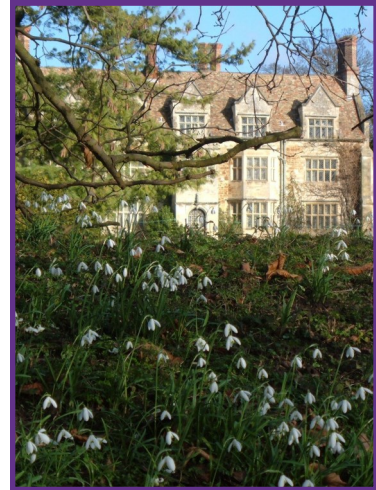
during the The Winter Lights season. As a garden volunteer, it's a real pleasure to garden on such a grand scale (114 acres). I never know where I will be working until I get there, but it is always with another gardener. It could be weeding in The Winter Walk, dead-heading in The Rose Garden or working in the potting shed taking Dahlia cuttings. I love meeting people, so the social side of volunteering, working with the garden team and talking to visitors is a great pleasure.

There is something very special about Anglesey Abbey, it is a peaceful, spiritual garden. This may be due to it's history, it was an Augustinian Priory from 1153 until 1536. Although it was Lord Fairhaven who bought the property in 1926, who transformed it into a garden for all seasons and a cosy country house.

Anglesey Abbey currently has 371 volunteers, working in the House, Mill, Restaurant, Bookshop, Reception, Shop and Gardens. Their yearly contribution to Anglesey Abbey is

30,000 hours. The benefits of volunteering for the National Trust include free entry & car parking to NT properties and discount in National Trust shops and restaurants.

If you volunteer or have volunteered elsewhere and would like to share your story, please email Jane, jane.robison1@addenbrookes.nhs.uk



Anglesey Abbey

Monthly Montage



August



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

Other news.....



It's early autumn and that can only mean one thing here at CUH and that's our flu fighter campaign!

We're delighted that once again we're all being encouraged to have a flu jab, and what could be easier than having it done here when you're on your shift?

With strong evidence supporting the benefits of having the flu jab, we really would encourage our volunteers to take up this offer. Having the flu jab is associated with reduction of flu-related hospitalization by 71% in all adults and 77% reduction among adults 50 years or over.

Flu clinics will be running 07:00-18:00, Monday-Friday from 1 October to 9 November as

Volunteering in Numbers - August 2018



Volunteer for Cambridge

- On Saturday 20 October we'll be in the Guildhall, Cambridge to spread the word about what a great place CUH is to volunteer.

- Previously we've had a good recruitment response from the event, not least because you, our amazing volunteers, come along and talk to the public about how much you enjoy and get out of volunteering here. If you are available on 20 October and would like to help out for 2-3 hours, please email Jennifer.perry@addenbrookes.nhs.uk to let her know your availability. Thank you we really appreciate your help and support.



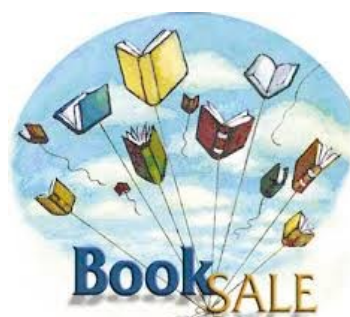
follows:

Monday 1 October—Friday 12 October

F&G 6 seminar room

Monday 15—Friday 26 October

ATC Atrium & opposite M&S



Autumn is here so why not pop along to our book sale on **Friday 12 October in the concourse** and buy some books and perhaps a jigsaw puzzle or two to help pass the time? What better way to spend a cold blustery evening than curled up on the sofa reading a good book?

Volunteering Opportunities

We are on the look-out for some more **Dance and Movement volunteers** to assist with regular dance workshops held on some wards.

We're also on the look-out for some more **Clinic and Unit Volunteers, Ward Volunteers and Ward Visitors** as well as **Courtesy Bus and Wheelchair Volunteers**.

For any of these roles, please contact us at volunteer@addenbrookes.nhs.uk to express your interest.

