

**A GREAT
PLACE TO
VOLUNTEER**

Adviser

ADdenbrookes Volunteers Information & Events Review

**Volume 3,
Issue 1**

January 2019

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Of particular interest in this issue:

- What is the hospital doing to help #End PJ Paralysis
- Save the date!
- Get knitting!
- New volunteering opportunities

If you'd like to attend a training event....

Please let us know so we can book you a place if available.

Some courses run by the Trust have very limited places or may be cancelled if there are low numbers booked. If you arrive unexpectedly, there may not be sufficient space nor resources to accommodate you or the session may not be going ahead.

Email:
volunteer@addenbrookes.nhs.uk

2019 and a lot has happened already!

With Christmas already a distant memory, diet and fitness resolutions made and possibly abandoned, and snowdrops in flower, its definitely the end of January!

2019 is set to be another action-packed year and it has already got off to a flying start. We've welcomed another cohort of volunteers on our weekday Young Person's Programme and are delighted to have our first ever Weekend Young Person's Programme cohort.

All between the ages of 16-19, the volunteers on our programmes for young people balance their time between school/college, homework, part-time jobs and extra curricular activities. We would not be able run these programmes without the support of our mentors who have kindly stepped in to show them the ropes many of whom are previous YPP volunteers

themselves.

As always, we are looking to develop new volunteer roles in 2019 and will keep you posted through Friday News Flash and Adviser.

We hope you will be able to join us at the Volunteer Forums, the next one being at 16.00 – 17:00 on Tuesday 19 March. Many of you have taken up the training opportunities available including grief and loss, dementia awareness, Heartstart and Sage & Thyme and we hope many more of you will do so this year. They are helpful within your volunteer role but you may find them helpful within your life outside volunteering.

The first week of June is Volunteer Week where we celebrate all the amazing things, you, our volunteers do. Look out for future notifications in Friday News Flash as well as ADviser but a quick note for

your diary, The Annual Volunteer Awards Lunch will be on Thursday 6 June and we look forward to seeing you there.

As always, if you would like to attend any training or forums, please do let us know by emailing volunteering@addenbrookes.nhs.uk.



Lucy & Lia with mentor Charlotte

Welcome to our new volunteers!

On Wednesday 16 January we welcomed 9 fabulous new volunteers to the team. With future roles including Radio Addenbrooke's, ward visitors, guide and a PAT dog volunteer we know they'll make a huge positive difference to our patients' experience.

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

From left to right: Hanna, Wilson, Nick, Ingrid, Miranda, Elizabeth, Elizabeth, and Kelvin. Richard not pictured.



Focus on..... #EndPJParalysis



Tim Russell, Senior Improvement & Transformation Manager

This month we're focusing on ending PJ paralysis, so who better to catch-up with than Senior Improvement & Transformation Manager, Tim Russell on behalf of the Frailty Flagship Backdoor Group.

The Frailty Flagship Backdoor Group works together to improve the patient experience for frail people who are admitted to the hospital and is chaired by Dr Matthew Butler, Care of the Elderly Consultant with MDT representatives including from the Patient Experience Team, Voluntary Services as well as, Dementia Specialist team and Occupational Health to name a few.

Hopefully by now you will have already heard a little about PJ Paralysis, but what does it mean for our patients and the Trust and what is happening to combat it?

For elderly patients in particular, there is strong evidence that for those over 80 years old, 10 days of bed rest results in the equivalent of 10 years of muscle aging, there is an increase in heart rate, lowering of blood pressure as well as decrease in mental capacity. Whilst the condition an elderly patient came into hospital with improves, their overall condition deteriorates as a direct result of being in hospital and not mobilising enough. This leads to increased dependency and the need for more support and a more complex discharge which can lead to delays.

By getting patients up and moving there are many benefits, there is a decrease likelihood of falls and patient experience is improved. The patient's length of stay will also reduce by an average of 1.5 days.

For many patients, just being in their pyjamas and in bed reinforces their feeling unwell and so delay's their recovery. However, by wearing their day clothes, even if it is just a cardigan over their pyjamas, a patient's dignity, safety and their sense of identity is enhanced, a step towards them being ready to go home.

Being in pyjamas and in bed reinforces their feeling unwell

How does PJ paralysis impact on the hospital?

We often hear about the pressure in our Emergency Department (ED) with patients waiting to be admitted to a bed. A patient who is not mobilising is likely to deteriorate with increased chance of delirium, falls and infection, thus delaying their discharge and increasing their length of stay. This has a direct impact on the availability of beds for patients coming into hospital, through the ED or for planned surgery.

Coming up.....

Here's what's coming up in February-March, do let us know by emailing volunteer@addenbrookes.nhs.uk if you are interested in attending:

- Friday 1 February Dementia Study Day (all day)
- Friday 8 February Volunteer Mandatory Training (full)
- Thursday 14 February Dementia Workshop (2 hours)
- Monday 25 February Volunteer Mandatory Training (full)
- Tuesday 26 February Nutrition Training
- Wednesday 27 February Sage and Thyme
- Friday 8 March Voluntary Mandatory Training
- Wednesday 13 March Be Disability Confident



#EndPJParalysis cont....

So what is the Trust doing about this to help #EndPJParalysis?

CUH has fully embraced the campaign, having taken part in both regional and national campaigns, recording data on who is up, dressed and mobile by midday. There are award winning posters around the trust to raise awareness to patients and visitors, it is included in the Patient Flow training for newly qualified nurses and therapists and healthcare support workers thus ensuring those with direct patient contact are fully aware.

For some patients, their circumstances mean there is no one to bring in clothes for them to get dressed into. The

Frailty Flagship Backdoor Group are in the process of procuring some loungewear clothes which can be used by these patients to enable them to get

dressed. They are also encouraging wards to have a 'social eating environment' but this is proving logistically tricky due to space.

Finally, what can volunteers do to help? down the ward, or even just to sit in the chair. By making use of the activity boxes, puzzle packs and magazines or just having a conversation, volunteers can help patients' be mentally active and relieve the boredom. If available, volunteers can encourage patients to eat their meals with others, or perhaps engage others in conversations or activities to hopefully encourage interaction between patients after the volunteer shift has ended.

So go on, do your bit to help #EndPJparalysis!



A GREAT PLACE TO VOLUNTEER

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www.volunteering.cuh.org.uk

CUH VOLUNTEERS

Follow us:
[@CUH_Volunteers](https://twitter.com/CUH_Volunteers)

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

Volunteering in Numbers - December 2018

2581 hours
volunteered
in December



779 hours
on Wards



41 hours
Trolley
Services



51.3 hours
Survey Team



Guides
379 hours



PAT dogs
30.4 hours



Clinics & Units
286 hours



45.5 hours
Courtesy Bus & Wheelchair



New volunteers = 6



Total number of hours
volunteered in 2019 = 31,423
(1309 days)



In 1309 days you could
attend the annual Celtic
Connections Festival over
72 times



If volunteers were paid at
the minimum Addenbrooke's
salary, in 2018 it would have
cost the Trust £280,607.39



Save the date!

- We'll be holding our annual long service awards celebration lunch on Thursday 6 June and we'd love to see you there.

- More details will follow in due course and we will be contacting those who celebrate a 5, 10, 15, 20 year etc anniversary in 2019 nearer the time.

We look forward to celebrating with you all!



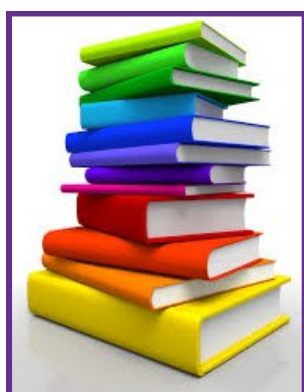
Other news.....

Volunteers Forum

Our next Volunteer Forum will be on **Tuesday 19 March from 16.00-18.00 in N3 Seminar Room.**

Free books

In the next few weeks you will see some books in the main eating areas which are free for you to take away and read. The books are ones which are not suitable for patient library (often too heavy) and have not been sold in a book sale.



Calling all knitters and crafters....!

You may have seen in the local news the call for more twiddlemuffs for our patients with dementia. They are just the ticket for helping calm an agitated patient and are relatively simple to knit. If you're not a knitter, how about making a twiddle apron instead? Drop your creations at the Voluntary Services office and we will pass them to Jacqueline Young, Dementia Specialist Nurse for distribution.



Volunteering Opportunities

Do you enjoy walking? Ever thought about walking and way finding? With some **Guides** walking between 3 and 5 miles per shift, sometimes more, it's a good way to maintain or perhaps increase your fitness levels while helping our patients and visitors.

We're on the look-out for some more **Survey Volunteers** to help gain feedback from patients using iPads to correct the national Friends and Family Test.

We are always on the lookout for **Ward Volunteers**, spending time chatting and interacting with patients.

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

