

A GREAT PLACE TO VOLUNTEER

Adviser

ADdenbrookes Volunteers Information & Events Review

Volume 3 Issue 4 April 2019

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Of particular interest in this issue:

- What is DOT?
- Why is a Ladybird floating along the river?
- Exciting new volunteering opportunities

Feeling under the weather?

We're still having bays closed due to norovirus

Although we really value the time you donate to volunteering here, if you're not feeling well we'd much rather you rested and got better than come in.

Just let us know by phoning 01223 586616 or emailing volunteer@addenbrookes.nhs.uk

Young people take the next step

As you know, we love to hear of our volunteers' achievements and this month we've been delighted to hear exciting news from some of our younger volunteers.

Many of the volunteers on our Young Person Programmes are thinking of a careers in healthcare and so want to check they like the hospital environment before going to university.

Noah was in the September 2017 YPP cohort but decided to continue as an evening volunteer, recently achieving his 100 hours badge. He has mentored new volunteers and has now been offered a place at the University of Plymouth to study medicine. He says of his time here "It has been a

great experience seeing people from all walks of life and in different stages in life. I wish to be a doctor and the insight into what a medical career would be like was vital in my application for medical school. The fun I have had on the ward talking to many of the older patients is infectious, they will always have a great story for you if you're brave enough to talk to them.

Sophie explains "the Young Person's Programme provides equal opportunities to everyone, and is so helpful to anyone who may be unsure of their career choice. It is a great addition to work experience, especially if you want to progress into the care profession. This programme has benefitted me in many ways, and strengthened

my application for the Nursing Apprenticeship, which I am so excited to start next month."

Alicia will be leaving Cambridge to study midwifery but she is still deciding which offer to accept.

Many congratulations to all our volunteers who have achieved the next step on the way to their healthcare careers!

If you know a young person aged 16-19 who may wish to volunteer here, the application process for the September cohorts for the YPP and WYPP will open from 6 - 26 May.



Noah



Sophie



Alicia

Welcome to our new volunteers!

We welcomed 8 fabulous new volunteers on Thursday 25 April so as always, if you see them around the Trust, please give them a very warm welcome. They will be joining the Courtesy bus & wheelchair, Guides, Ward and Chaplaincy volunteer teams.

Left to right: Andy, Sally, Charlotte, Jay, Richard, Chris, Estelle & Diane





Focus on... MacMillan



John Wortley, Macmillan Cancer Information Support Specialist

So what has he been working on so far?

The role is certainly varied with John giving input into the redesign of the external and internal website pages, with the aim of showcasing the CUH cancer services at their best as well as of course ensuring they provide relevant information in an easily accessible way. He is also involved in health and wellbeing such as Living with and Beyond Cancer which focus on issues including exercise, diet, fatigue – things that are not directly related to treatment but of course impact on a person’s overall wellbeing.

Volunteers are brilliant!

Coordinating the Macmillan pod, John ensures the right information is available to those who need it – whether through ensuring sufficient supply of relevant leaflets to coordinating the volunteers.

Other projects include piloting of a ‘Mini Macmillan Pod’ on Ward D9 on Wednesday from 12.30-14.00. Although early days, so far this has been successful as it enables patients to more easily access information without having to traipse down to the main Macmillan pod, quite a distance from the ward, particularly when feeling very unwell. Hopefully the pilot will prove successful and will be rolled out to other wards where there are patients with cancer.

An exciting development being coordinated by John’s colleague Jenny

are the four Macmillan Navigators. Focussing on a particular group of cancers – colorectal, prostate, haematology and breast cancer, they use the Macmillan electronic Holistic Needs Assessment tool (eHNA) to support enable appropriate support for patients. On a tablet device, the eHNA tool enables patients to ‘voice’ their concerns regarding living with cancer that they may not be able to do in a face to face conversation.

Going forward

“It’s a new start and I genuinely believe I can make a significant difference to oncology patients here and in the wider community with their health wellbeing. As more people are diagnosed with and survive cancer, getting the appropriate support has never been more needed.”

What about the volunteers?

John is of course also responsible for the local management of the volunteers in and around the Macmillan pod. So what did he say? “Volunteers are brilliant! They come from so many different backgrounds and when I see someone talk to a volunteer who has been through a similar experience, the patient visibly relaxes. All the volunteers are very welcoming and relaxed and the patients feel able to pop in for a chat, I think they’re an invaluable resource, I really do.”



Macmillan Information Pod

There are a few new faces in the Macmillan team so this month we meet John Wortley, the new Macmillan Cancer Information Support Specialist who tells us all the exciting news and plans for Macmillan.

Having joined the NHS in February, it’s been a busy few months for John but speaking to him it is clear he is really passionate about the role. With a background in health and fitness, latterly focusing on cardiac rehabilitation as well as public health, joining the Macmillan team at CUH has been a real fresh start for him. What’s even better is that the role is everything he wanted it to be with no 2 days being the same.



Coming up....

If you’d like to attend any of these sessions, please let us know by emailing volunteer@addenbrookes.nhs.uk to book a place.

Sage & Thyme	Friday 10 May	09:00—12:00
Volunteer Mandatory Training (supported session)	Tuesday 14 May	09:00—12:00
Volunteer Mandatory Training (face to face session)	Wednesday 15 May	09:30—11:30
Volunteer Forum (face to face session)	Thursday 16 May	16:00—17:00
Volunteer Mandatory Training (supported session)	Thursday 30 May	13:00—16:00



Guest slot... Gerry, Chaplaincy and Guide volunteer



Ahoy there Gerry!

In this month's ADviser, we continue our series hearing how our volunteers spend their time when not at CUH. Gerry, who volunteers in the Chaplaincy and as a Guide explains his role with the Ladybird Trust.

When I'm not guiding patients from the main entrance or pushing wheel chairs down to the chapel for Sunday services at Addenbrookes I take it relatively easy doing my other volunteering job as a crew-member on the 23 tonne, iron "Ladybird", a wide narrowboat! She is wheelchair accessible and accommodates up to 20 passengers in a large heated cabin complete with kitchen and toilet facilities. Only the crew need get wet and cold! The open foredeck area enables passengers to enjoy to the

full the magnificent scenery and wildlife on the river.

The Ladybird was originally provided 12 years ago by the generosity of Sir John and Lady Baird and initially run by St John Ambulance Brigade of which I used to be a member. Four years ago though St John withdrew from the running and this was taken over by the Ladybird Charitable Trust (ladybirdboat.org.uk) which comprises mainly crew-members. The considerable running costs are met by donations from passengers (no charge is made for trips), patrons and many fund-raising activities.

Our trippers are mainly, but not always, in groups, often with special physical or mental needs and the elderly, though some of the crew are older than the latter! We go out most weekdays from early spring to late summer. A typical trip is between 10am and 3pm, and, from Hartford Marina, is either upstream towards Godmanchester and Brampton, or down to the Hemingfords and St Ives. Lunch is up to the organisers of course and can be a picnic on or off the boat or perhaps fish and chips which can be brought to the mooring at Godmanchester or St Ives.

Winter is given over to crew training, all of whom are unpaid volunteers. Except for the "Boatmaster" role which has it's own extensive training and examination requirements we're trained to do all the jobs on the boat including taking it in turns to operate the locks, throw ropes for mooring, take the helm, liaise with the passengers, make tea and act as look-out. Indeed in addition to looking out for other boats to avoid I look-out for the many birds on the river to photograph! A couple of snaps taken from the boat are shown.

The River Great Ouse is one of the most attractive parts of our county, especially when you're on it. It hardly seems like voluntary work!



Monthly Montage



April





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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

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

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

Other news....

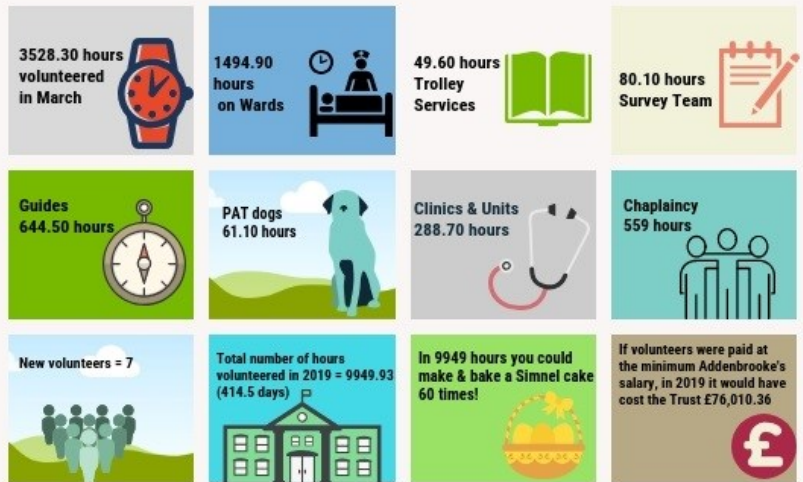
Outpatients car park work



Work is being undertaken between Monday 15 April and Friday 17 May, 07:30 to 18:00, to refresh the parking provision for ambulances, the courtesy bus and disabled parking in front of the entrance to the outpatient department which will benefit all users.

The work will include widening of footpaths, resurfacing and the repainting of bollards and the railings to assist with patient movement from ED to clinic 9 and the Urgent

Volunteering in Numbers - March 2019



Smile!

- We were delighted to receive the latest addition of our glossy 'Guide to Volunteering at Cambridge University Hospitals' published by Smile.
- With Volunteer Week in the first week of June, we're very keen to spread the word of volunteering here at Addenbrooke's and Rosie and we would love for you to help us out. If you attend any meetings or clubs e.g. WI, golf club, knitting group, church, mosque etc it would be great if you would take some copies with you to encourage more people to join us.



Treatment Centre. Parking bays and drop off points will be available at all times apart from when resurfacing and lining takes place, which will be out of working hours.

Volunteer Development Opportunity

The CUH Frailty Flagship Group have organized an Acute Frailty Network whole day workshop on **Tuesday 4 June** and volunteers have been invited to attend. More information will follow as we receive it but we have been informed that the morning session is most likely to be of interest to volunteers.

Volunteering Opportunities

We are delighted to inform you of 2 brand new volunteer opportunities coming soon:

Outpatient Transport and Guide Volunteer role includes holding the space in the Outpatients transport area, chatting, greeting and welcoming patients, liaising with the East of England transport staff to keep patients updated, making drinks for patients as well as providing guiding assistance in the area opposite Clinic 2 by the lifts.

Volunteer Dementia Champions will enhance the quality and comfort of the patients' stay, focusing on working with patients with dementia as directed by the nurse in charge on the ward.

As always, we are also looking for the following :

- Ward volunteers
- Guides
- Survey volunteers

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

