

A GREAT PLACE TO VOLUNTEER

Adviser

ADdenbrookes Volunteers Information & Events Review

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Of particular interest in this issue:

- Helping our dementia patients
- Horses, horses everywhere
- Introducing the ACT coordinator

Missing shifts?

We love to hear what our volunteers are up to, whether going on exotic holidays, trips to caravans closer to home or looking after children/grandchildren.

To help us plan and so we don't worry, please just let us know with as much notice as possible by phoning 01223 586616 or emailing volunteer@addenbrookes.nhs.uk

Volunteers' starring role on TV!



It's Wednesday 8 May, two days after another disappointing bank holiday weather-wise.

Sitting down for a TV dinner, some familiar faces appear on screen, bringing a bit of sunshine. YPP volunteer Sophie and evening Ward Volunteer Noah are chatting to a patient about the Beatles, providing the social interaction our patients often miss when in hospital.

They're on ITV Anglia news, being interviewed about the role they play and how volunteering at CUH has really helped them to gain valuable skills as well as being a hugely enjoyable experience. A quick few words from Maggie about the volunteering programmes available at CUH for young people and then it's onto the next item.

Thank you again Sophie, Noah and to all our volunteers making a difference to our patients.



Welcome to our new volunteers!

We welcomed 13 amazing new volunteers on Thursday Wednesday 15 May, joining the Chaplaincy, PAT dog, Courtesy bus & wheelchair, Ward, & Guide teams. As always, if you see them around the Trust, please give them a very warm welcome.

Back row: Donna, Natasha, Anna, Jennifer, Elizabeth, Fathima, Ann,

Front row: Stephan, Stefan, Chanelle and Roy



Focus on... Young People's Programmes



WYPP volunteer Gary receiving his 30 hour badge

Proudly supporting youth social action



Department for Digital, Culture Media & Sport



Young Person's Programme, the scheme progresses differently as WYPP Coordinator Caroline explains:

The first WYPP cohort started in January 2019, with 35 volunteers joining the programme. I am thrilled to say that 32 of those 35 completed the programme racking up an amazing 988 hours of volunteering between them.

This programme is being funded by the Pears Foundation, running at the weekends in order to reach out to those young people that may not be able to complete the weekday programme due to living and attending school/college outside of Cambridge. It also offers a unique opportunity to continue on to a second phase of the programme where the volunteers receive specialist dementia and reminiscence training to allow them to conduct reminiscence sessions with some of the patients within the trust that are living with dementia. This is exclusive to the WYPP. The aim of these sessions is to encourage conversation with those patients that might otherwise not engage, using the tools and triggers within the reminiscence boxes provided.

We have 7 different reminiscence boxes, each containing various items for the volunteers to use to engage with the patients, and trigger their

senses including sight, touch, sound and smell. For example, The 'Work, Sport and Leisure' box contains a picture book of work through the ages, a men's grooming kit from the 50's and some sports flash cards of various events from history, plus more. The other boxes include 'Home and Garden', 'Memories in words and Pictures', 'Miscellaneous', 'Baby and Toys', 'The Seasons' and 'Pets and Animals'. Although we are only at the very beginning of phase 2, I am confident that it will be a success and I can already see the patients engaging a lot more with the volunteers during my ward visits.

We are currently recruiting for the next cohort, due to start in September 2019. We have 40 places available (20 on Saturday and 20 on Sunday).

The beginning of May saw our amazing young volunteers graduate from their 15 week volunteering programmes and what better way to mark this than by celebration events.

Certificates and references were presented, doughnuts eaten and fun games of healthcare career 'Pictionary' were played.

Although many of the evening YPP volunteers are having a break for exams, many will be returning to volunteering when these are finished as well as undergoing training to mentor the next cohort of the programmes which start in September.

For those continuing the Weekend



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.

Dementia Training	Thursday 6 June	10:00—12:00
Volunteer Awards & Celebration Lunch	Thursday 6 June	12:00—15.00
Grief & Loss Training	Monday 10 June	10.00—12.00
Occupational Health Shadowing	Wednesday 12 June	
SAGE & THYME	Thursday 20 June	09:00—12:00
SAGE & THYME	Tuesday 25 June	13:00—16:00
Contact Centre Shadowing	Thursday 27 June	13:00-16:00



Guest slot... Steve, Patient Survey Volunteer



Steve

We are always interested to hear what our volunteers get up to when they're not here and how they've spent their time before becoming a volunteer here. In the next of our occasional series about our volunteering team, we hear from Steve, Patient Survey Volunteer, who describes his time horse-focused career.

Having learnt to ride as a child, Steve joined the army at 19, undertaking his basic training at Pirbright Barracks. Following his Passing-Out Parade, Steve chose to join the mounted regiment rather than the armoured regiment. Most of his fellow recruits had never ridden a horse before the 5 month intensive riding course but Steve didn't let on he'd ridden before as he knew he would be given a much harder time – instead they assumed he was naturally gifted!

Starting at the Wellington Barracks which had been in use since the Boer War, Steve moved with the Regiment to the brand new Hyde Park Barracks in 1970 which was designed by Sir Basil Spence. Much more comfortable than Wellington Barracks, Steve reports that half the regiments went down with colds as they were not used to the luxury of central heating – very different times.

During his time, Steve performed many ceremonial duties including the 24 hour guard at Horse Guards, was on ceremonial duty at the Emperor Hirohito state visit in 1971, particularly memorable as the crowd were almost silent. It is fair to say the occasion Steve was most under the spotlight was when he was in the Queen's retinue for Trooping the Colour in 1972.

On leaving the army Steve continued his horse-based career, joining Jack Gittings' team looking after and showing hunters at agricultural shows. From there it was a natural step to complete his British Horse Society instructor trainings and it was at this point he moved to southern California, then Washington State where he bought some horses, rented some stables and continued his riding school. On returning to the UK he continued in this role.

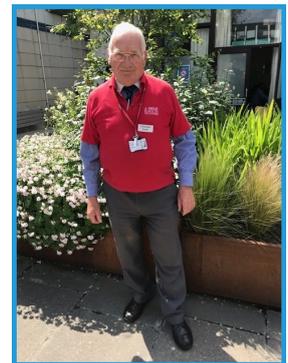
Having retired and with some time on his hands, Steve became a volunteer as he wanted to give something back for the care he has received here. Not only does Steve enjoy the interaction he has with patients, Steve commented that it also helps him appreciate how good things are for him.

Despite a long career with them, working with horses was not Steve's first choice of profession – he wanted to be a rock star! This may be a dream for many, but Steve played lead guitar in a number of bands in the late 1960s including The Nerve and Duffy Taylor Blues, almost breaking into the Top 40.

Still enjoying music, he's now in a singing group in Bottisham – not quite as glamorous as being a rock star but still good fun!



Monthly Montage



April



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

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

Volunteering in Numbers - April 2019

2823.15 hours
volunteered
in April



937.20
hours
on Wards



50 hours
Trolley
Services



66 hours
Survey Team



Guides
553.70 hours



PAT dogs
62.80 hours



Clinics & Units
274.45 hours



Radio Addenbrooke's
170 hours



Courtesy Bus & Wheelchair
57.60



New volunteers = 13



Total number of hours
volunteered in 2019 = 12952.48
(539 days)



In 539 days the RHS Chelsea
Flower Show could be held
over 107 times!



Introducing Sally

- Hello, I'd like to introduce myself. I'm Sally Page, the new Volunteer Co-ordinator for Addenbrookes Charitable Trust (ACT).
- This is an exciting time for ACT and I'll be keeping you posted about the charities' volunteer opportunities through future newsletters. In the meantime, if you have any questions do get in touch. I'll also be sure to say hello whilst out and about in the hospital.
- Sally Page, ACT Volunteer Co-ordinator
- **Phone:** 01223 349069 **Email:** sally.page@act4addenbrookes.org.uk



Other news.....



Doing our bit for the environment

We have all seen images of the impact plastic is having on our environment, the planet as a whole and the animals within it.

With this in mind we are encouraging volunteers to bring in their own reusable coffee mugs - no what the size, we'll fill it up for you! Many thanks.

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.



Do you or did you ever work at Addenbrooke's & the Rosie?

We often find out that people work here, or have worked here, just through general conversation but we are keen to get some accurate statistics. If have been employed/are employed on site, please let us know what your role is/was and how long you have worked here.

