

**A GREAT
PLACE TO
VOLUNTEER**

Adviser

ADdenbrookes Volunteers Information & Events Review

**Volume 3,
Issue 9**

September 2019

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Of particular interest in this issue:

- Meet our new young person's programme volunteers
- Life in Japan
- Infection Control Training
- 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!

Another 99 Young People Making a Difference.....

Once again, we've managed to welcome another cohort of fantastic 16-18 year olds.

Fitting in their volunteering after school/ college they spend their time chatting, helping at dinner time, as well as doing cross words, word searches or colouring-in with patients to help pass the time.

Four weeks' in and here's what some say "I think CUH is a very nice place to volunteer.

You met lots of interesting people and time seems to go very quickly here when you're up on the wards" and "I started volunteering on the Young Person's Programme as I wanted to know more about the hospital environment in a patient facing volunteering role. On the ward this evening, I had a conversation with a patient about their family and their life, and that was lovely".



Welcome to our new volunteers!

We were proud to welcome 6 more volunteers to our amazing team on Wednesday 18 September.

They will be making a difference to patients as ward, survey and clinic volunteers so please give them a cheery hello when you see them.



Maria, Sina, Emily & Anne (Yuko & Jane not pictured)

Guest slot.... Philip, Volunteer Guide



Philip with his wife, her sister and mother

With the Rugby World cup well underway in Japan, we thought you'd like to hear from Philip who spent many years living and working in Tokyo.

I had a chance to work in Tokyo for a short period but gradually came to like almost everything Japanese and stayed there for nearly twenty years, getting married along the way. Although the combination of tradition and modernity is initially shocking and Japan's unique culture seems utterly strange (think of sumo wrestling, shared baths, middle-aged men reading comics on the train to work, the culinary challenges of raw fish eggs wrapped in seaweed or grasshoppers cooked in soy sauce) I quickly felt at home there because Japanese people are very considerate and disciplined. Once you know the ropes, everything just works efficiently and there are few unpleasant surprises.

Much of the countryside is very beautiful, especially during the spring (cherry blossoms) and autumn (maple leaves). You can take a train from Tokyo and within two hours be hiking in mountains and forests. At a hot-spring resort you can relax in a

steaming open-air bath while looking at the stars and snow-capped mountains.

Everyday life in Tokyo is surprisingly pleasant for such a huge and crowded city. Public transport is extremely reliable and efficient and the city is remarkably green thanks to the inventive use of pot plants by local residents as well as its large public parks. Few foods are imported and the supermarket shelves change regularly with seasonal fish and vegetables. Tokyo also has the best restaurants in the world (230 Michelin-starred restaurants, by no means all Japanese, compared with 120 in Paris and 70 in London) and even the places in the suburb where we lived were terrific. I often used to eat a beautifully prepared Buddhist vegetarian lunch in a temple hidden in a quiet bamboo grove a few hundred yards from the office in the centre of the city.

The two things that I dislike most about Japan are the intense humidity of the summer months and the frequent earthquakes, which are often terrifying, especially if they wake you in the middle of the night or occur when you are in a tall building. I was in my office on the 29th floor of a skyscraper in central Tokyo during the huge quake of March 2011. Wheeled office chairs were moving about on their own at high speed as the building swayed alarmingly and then "jumped" vertically with its beams and girders emitting horrifying "groaning" sounds. I never want to experience that again.

One reason for returning to the UK was my father's failing health, as a

result of which, over a few years, I regularly visited various hospitals in and around London and met many wonderful nurses and doctors who looked after him, which led me to think that I would like to make a small contribution to the NHS by way of thanks. Helping patients find their clinics at Addenbrooke's is a nice way to meet all sorts of people whom I would never come across in the normal course of my life.

When I'm not at Addenbrooke's I teach at Anglia Ruskin University, grow vegetables, read Japanese in a vain effort not to forget the language, study maths and economics, explore Cambridge and its surroundings on foot while listening to classical music, as well as struggling to explain puzzling cultural facts about



Tokyo

English life to my wife, like why our local parks are strewn with rubbish most summer mornings and why the plumber didn't bother to turn up yesterday!

If you volunteer or have volunteered elsewhere and would like to share your story, please email Jane, jane.robinson1@addenbrookes.nhs.uk

Coming up.....

There are a few things in October which you may be interested in attending:

October

- | | |
|-----------------|-------------------------|
| Thursday 3rd: | Dementia Training |
| Wednesday 23rd: | RITA Training |
| Wednesday 30th: | Grief and Loss Training |

November

- | | |
|--------------|----------------------------|
| Tuesday 19th | Volunteer Forum |
| Friday 22nd: | Infection Control Training |



Dementia Champions...



Volunteer Dementia Champions

It is true to say that sadly nearly all of us know someone, whether a family member or friend, who has been affected by dementia. Although Alzheimers is the most common form (62% of cases), it is important to remember there are other types including vascular dementia, Parkinson's and Lewy Body dementia and it is not just the elderly who are affected although we know this is the largest age group affected.

Within our hospital, approximately a quarter of all adult inpatients have a degree of dementia. In order to support our patients with this disease, we are excited to offer a variety of training and now a Volunteer Dementia Champion role.

The 2 hour **Dementia Workshop** provides an introduction to interacting with people with dementia, some basic 'do's and don'ts' and aims to help improve attendees' confidence and communication skills but for those who would like a more in-depth understanding, the **Dementia Care Training** is a great option. This multi-disciplinary study day enables attendees to gain an insight into the impact of caring for someone with the condition as well as what it is like to live with dementia. New for volunteers, there is the opportunity to attend **RITA** (Reminiscence Interactive Therapy Activities) training. RITA is an online tool used to provide entertainment, activities and music for inpatients and has been demonstrated to reduce anxiety and agitation in those with the condition.

It is always great to hear volunteers coming back from their shifts buzzing from conversations they have had with patients, never more so than when the patient has dementia. For those with a particular interest in dementia, the Dementia Champion role could be for you Enhancing the quality and comfort of the patients' stay, **Dementia Champions** focus

on working with patients with dementia as directed by the nurse in charge, using tools and resources such as RITA or the dementia boxes.

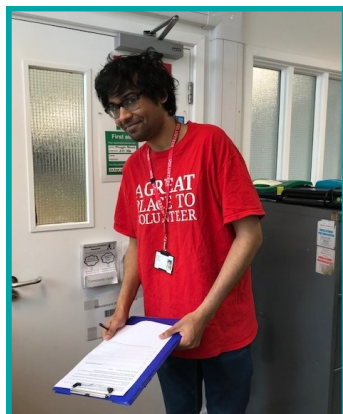
If you think you would like to attend any training or might like to be a Dementia Champion please let us know and we will provide further information.



Monthly Montage



September



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

Volunteering in Numbers - August 2019

2102 hours
volunteered
in August



523.90
hours
on Wards



133.80 hours
Radio
Addenbrookes



46.10 hours
Survey Team



Guides
520.10 hours



PAT dogs
62.80 hours



Clinics & Units
173.70 hours



Chaplaincy
479 hours



Courtesy Bus & Wheelchair
61.20



New volunteers = 10



Total number of hours
volunteered in 2019 = 21,417
(892 days)



In 21,417 hours you could fly to
Japan and back over 823 times!



Infection Control Training

Voluntary Services have arranged a date for volunteers to undertake infection control training on Friday 22 November.

This is a great opportunity to enhance (or refresh) your knowledge of good infection control practices which will protect our patients and, of course, yourselves.

Spaces will be limited so please tell on of the Voluntary Services team or email volunteer@addenbrookes.nhs.uk to book your place now!



Other news.....



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

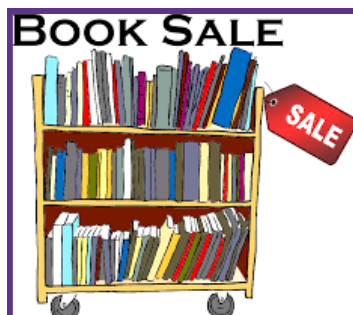
Once again we're all being encouraged to have a flu jab, and what could be easier than having it done here when you're on your shift?

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 with the first sessions as follows:

Tuesday 1 October—Friday 12 October
F&G 6 seminar room

Monday 14—Friday 25 October
ATC Atrium & opposite M&S



With the nights drawing in, the wind howling through the trees, and rain battering the windows, autumn is a great time to spend an evening curled up on the sofa reading a good book? On **Friday 11 October** find our second hand book sale in **the concourse**; buy

some books and perhaps a jigsaw puzzle or two to help pass the time?

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**.

