



NEWS FLASH

11 October 2019

RITA Training



Volunteers are invited to attend the RITA training session from 14.00 to 15.00 pm on the 23rd of October. RITA is the reminiscence Interactive Therapy Activities tool which trained staff and volunteers can use to provide entertainment such as games, puzzles and music for dementia patients. This training would be particularly useful for volunteers who are based on our elderly care wards so if you would like to book a place, please email volunteer@addenbrookes.nhs.uk.



Psychological Wellbeing Service

Thursday 10th Oct marked 'World Mental Health Day' and one of the support services offered is the *Psychological Wellbeing Service*.

This offers Cognitive Behavioural Therapy for anxiety (including panic and post-traumatic stress), depression, stress, obsessive compulsive disorder and low self-esteem. Options include personal therapy (face-to-face, telephone or through instant messaging), computerised CBT, guided self-help and telephone support.

This is a free NHS service for persons aged 17 years and older. There is no upper age limit and the service here is based at *Occupational Health and Wellbeing* 1 day per week.

Dates for your diary

Grief and Loss Training	Weds 23 Oct	10:00-12:00
RITA Training	Weds 23 Oct	14:00-15:00
McMillan Training Session	Weds 6 Nov	10:00-16:00
Volunteer Forum	Tues 19 Nov	16:00-17:00
Infection Control Training	Tues 22 Nov	10:30-11:30

Please let us know if you'd like to attend or if you need more information by emailing volunteer@addenbrookes.nhs.uk

PAT DOGS PHOTOCALL REQUEST

PAT Volunteers – we have had an opportunity to make your wonderful 'star' dogs famous via regular tweets on Twitter, courtesy of the Trust's Communications team. The idea is to show the grand work your dogs do around the hospital.

Please to take a photo of your pooch around the hospital (avoiding identifiable pictures of patients/relatives please) and send them to us so we can then send them on to 'Comms' for social media coverage!

NCCU BEAUTY TROLLEY

The Neuro Critical Care Unit has a beauty trolley for trauma patients who arrive with no toiletries or family to provide them.

Stocks are running low and the team would really appreciate any donations of male and female shower gels and other toiletry items, preferably unopened. Donations can be delivered to the NCCU ward clerk's desk

NHS Essential Services Open Day (PAT Dogs) Saturday 30 Nov

This is a call out for PAT dogs who may be able to attend. Event will be held at: [Deakin Centre 9am – 2pm](#) – Ask the Team for details

