

Virtual Volunteering Times

Volume 1, issue 6

15 May 2020

**A GREAT
PLACE TO
VOLUNTEER**

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Keeping in Contact

The Voluntary Services Team have decamped to another office in the Deakin Centre so if you'd like to call us during office hours please call:

Office hours 01223 596091

**Out of hours
(answerphone) 01223
586616**

Calls from Voluntary Services will show up as the main **Addenbrooke's** number: **01223 245151**

Being missed all around the Trust



"We miss you all and hope that you are staying safe."

We're looking forward to the good times again, when you can return to help us care for our lovely patients."

From All the staff on Haematology & Oncology Day Units

Where in the Trust? Riddle



I have some branches, but I am without a trunk, leaves or fruit. What am I?

What am I?

Answer's to last week's puzzles:

Where in the Trust? Walkway to Car Park 2

Riddle: A salt cellar

And all that jazz....



Keen jazz musician and volunteer Guide, Philip, lets us know what he's been up to recently.

Until recent events conspired to take over normal life, I and my alto saxophone have been regular attendees at the Duxford Saturday Music Workshop. Among several workshop activities, around 25 of us with various instrumental skill levels participate in a jazz big band.

Since lock-down, one of the founder members of the band has set up a weekly Zoom video call so that the members can at least keep in touch. Better still, we have re-invented ourselves as a virtual jazz band.

After agreeing on the piece to be played, a backing track is sent out to each band

member. We listen to the backing track through ear-phones while at the same time, recording our individual contribution onto a computer or smartphone. The individual recordings are then sent back and mixed together with the contributions of the other band members, using the GarageBand app., to create the full tune. The final version sounds almost as good as when the band is playing together in person!

If you want to hear our rendition of the Fats Waller classic, Ain't Misbehavin', click on the following link: [Duxford Saturday Workshop Jazz Band Ain't Misbehavin'](#)

(allowing a little time for it to open) and directly download the MP3 file. Happy listening!

CUH ARTS: Dance for Health

Some of you will be familiar with our movement & music programme, which was established six years ago with the brilliant support of ACT. But you might not know that Dance for Health is the only permanent inpatient hospital dance programme in the UK, and it's innovative practice is world-leading.

We are extremely lucky to have Filipa Pereira-Stubbs at the helm. Filipa is a Cambridge-based practitioner who originally trained as a movement therapist, and has decades of experience at bringing dance into hospitals. Sessions typically take place on a weekly basis in day rooms, and patients come together in a circle, supported by ward staff. We always start with introductions - it is amazing how many patients have been lying opposite each other for days and haven't had the opportunity to say 'hello' - and move on to gentle activities that help patients to reconnect with their bodies and thoughts. Music is always chosen by the group, and often leads to memories being shared, and songs being sung!



The benefits are not just physical. They are emotional and social, too. Dance for Health helps to put the 'person' before the 'patient', which can make all the difference during the healing process.

We would like to take this opportunity to thank Monique, Cecelia and Charlotte - three CUH volunteers who play such a fundamental role in practically supporting Dance for Health. It simply wouldn't be the wonderful project it is without you.

Whilst we are not on wards, Filipa has been busy producing relaxation films for all of us. Please visit our Facebook page to access.

If any of you are interested in volunteering for Dance for Health and would like to find out more, please do contact the Volunteering team! We will be back on the wards as soon as it is safe to do so.

Facebook: @ArtsCUH

A jam-packed career



Main Reception Guide, Joe, tells us about his fascinating career before becoming a volunteer.

I joined the civil service in 1979 as a driving examiner at Hendon driving test centre. I really enjoyed the job but after about 7 years I started to get bored with the repetitive nature of it. Every morning going into the waiting room at 9am asking for a Mr or Mrs so and so, please sign against your name, lead the way to your vehicle, etc etc. Before I forget, during this period, I was promoted to Senior Driving Examiner and got married to Janet. At the end of the ceremony the registrar, instead of saying "I am pleased

to pronounce you Husband and Wife" said "Mr Harrison I am pleased to tell you that you have passed".

However, I transferred to the Department of Transport VOSA which is the department that dealt with all traffic enforcement and MOT stations and Driving test centres. My job was to check all vehicles on the road, foreign and UK registered vehicles. WE would check the drivers for drivers hours and the vehicles for condition. Either could attract an instant prohibition or an on the spot fine. This was done via a credit/debit card, if one could not be produced the vehicle and driver stayed put.

We would check UK HGV vehicles for authority to be on the road, if they were unauthorised and had had a warning in the past, (these are recorded) the vehicle is then seized and could, and were often, sold to cover our expenses, any balances would be given to the operators. Vehicles of all sizes were very often weighed. The vehicles we used carried weighing plates, so we could weigh a vehicle wherever we checked it. If it was overweight, it had to have the

weight reduced before it was allowed to move on. We also clamped all vehicles with drivers' hours prohibitions plus other offences.

In 1995 I got promoted to Senior Traffic Enforcement Officer and covered quite a large area. I had several men and women which covered all the north side of the M25 and All Hertfordshire and Essex. During this period I was seconded to a special team. When a country wanted to join the EU they had to be inspected by 5 countries, Germany, France, Italy, Southern Ireland and the UK. I was the representative for this country. I went to Latvia with 4 colleagues from other countries.

The country had their transport systems taken apart, MOT, services, and anything to do with moving vehicles. I dealt with Driving licences, driving tests and Operator licences. Our reports were submitted at the end of the two weeks, it was these reports that either allowed admission or not. I then returned to my day job and retired in 2010

Fresh

by Ward Volunteer Christoph

Under the morning mist
Of a sloping meadow
By an oak that drops its dew

I sniffed the damp fresh airs
That hovered there
And saw a hidden jewel

Not seen before on my
Hurried path to all things new
My rush with pallid affairs

And by that oak, a stream
Whose languid waters
moving through the reeds

Released such pleasant
Sounds of music, that on
Waking knew it was a dream.



Rosemary's crochet rainbow



Arthur's stone sculptures

Getting Creative

A GREAT PLACE TO VOLUNTEER

Voluntary Services
Box 214
Cambridge University NHS Foundation Trust
Hills Road

Phone: 01223 596091
E-mail: volunteer@addenbrookes.nhs.uk
www.volunteering.cuh.org.uk

CUH Volunteers

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

Paws Corner

Handsome Hugo just loves spending time in his garden. Its not as much fun as visiting his friends on the Lewin and children's wards, but it's a close second.



Why not join our WhatsApp Group 'CUH Volunteer Services'?



Help is a call away

Health Assured offer a free confidential advice and counselling service for CUH staff.

24/7 helpline: **0800 783 2808**

Self isolation island discs

This week, PAT dog volunteer Paula, shares her Self Isolation Island Discs:

At last, I thought no one was ever going to ask. I have had a draft version of my desert island discs evolving for years. My current selection is listed here in chronological order according to when they first came into my life.

Discs

1. There I was, 17 years old, dancing closely with my 'first love' under the stars at the Rose Fayre in North London to **A Whiter Shade of Pale** by Procol Harum. The opening chords still stop me in my tracks. If you don't know it, well, it's not for everyone, not without that memory of a lithe, young Irish man wound around you.
2. I loved **You'll Never Walk Alone** by Gerry and the Pacemakers in the sixties but over the years it acquired additional meaning through Liverpool football club's ups and downs. I love it sung by a football crowd but for me it has to be Gerry Marsden's voice and that place where he pauses mid "ne . . e . ver" at the end.
3. **Imagine** by John Lennon – really what is there to say: the words, the voice, the video

in the white room with the piano, the idealism, what then happened to him. "You may say I'm a dreamer . . ."

4. I didn't grow up with classical music so I needed an easy entry point. Ballet was more accessible and Tchaikovsky's **Swan Lake** introduced me to the emotional whammy of classical music. When I hear it - I have to dance. I am the white swan, my love is slipping away from me, I give it my all barely hindered by the confines of the living room. Definitely not for spectators though.

5. More Tchaikovsky, I'm afraid, but I must have his **Violin Concerto in D Major**, other violin concertos are available but this one has so much excitement, joy and desperation pushing the violinist to such spine-tingling extremes. What an emotional roller coaster.

6. In the 90s, managing an HIV/Aids centre was my job of a lifetime. I worked with the best ever service users, staff team, and volunteers. That job taught me so much but we lost so many. The beautiful voice of Freddy Mercury's **The Show Must Go On** holds them in my thoughts and Brian May, Queen's stunning guitar playing still thrills me.

7. For a while a classical guitarist was a part

of my life. The relationship wasn't that great but the soundtrack was amazing. So much choice but I am going for **Prelude No 1** by Heitor Villa Lobos, mainly for the sultry, yearning opening.

8. I must have a tenor in lockdown with me for sure, with full orchestra in tow. Difficult to choose which aria but I have gone for **E Lucevan le Stelle** from Puccini's Tosca because it builds on the haunting theme used throughout the opera.

Which book – almost impossible to choose but I need one that I am always happy to reread so I'll have Doctor Zhivago by Boris Pasternak. I read it first at 17 years old so here we are, back where we started.



A luxury object – a watercolours set with drawing pen included. When I can't be in the garden growing plants I draw and paint them.