

Virtual Volunteering Times

Volume 1, issue 2

9 April 2020

**A GREAT
PLACE TO
VOLUNTEER**

New glossy magazines arrive

We were delighted to receive the brand new edition of our glossy magazine 'A guide to volunteering at CUH' featuring many of you, our fabulous volunteers. Huge thanks go to all those who kindly contributed your stories of why you volunteer and explanation of your role, really bringing the magazine 'to life.' The magazine will be used to promote volunteering within the hospital and in due course at promotional events.

Inside this issue:

What has David been up to?	2
On top of the world	3
CUH Arts	3
Paws Corner	4
Self-isolation island discs	4



Of particular interest

- * Keeping busy
- * How did Dorothy train?
- * Who's in Paws Corner this week?
- * Who lived in Madrid and Cologne?

Where in the Trust?



Riddle

I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I?

Answer's to last week's puzzles:

Where in the Trust? Clock in the concourse

Riddle: A candle.

What's David been up to?



Kings Forest, Thetford

This week we hear what David has been up to while away from CUH. David's usual role is to ensure there are sufficient cardiology leaflets available to our patients.

"I postponed my volunteer role a few weeks ago and decided to get some essential supplies and a few things in.



David's essential supplies

I also have a long term project, chopping some logs so they will be seasoned in a couple of years, these are all split and cut all by hand



Plenty to do

For the decorating, we wanted to paint some pine furniture, a chest of draws and wardrobe and redecorate our bedroom.



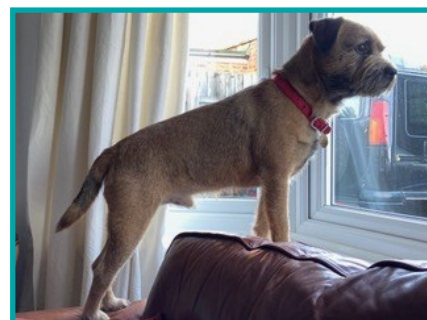
Decorating complete

I am also a member of Bedford and Cambridgeshire 4x4 response, it is a charity, so I do some volunteer work for them, and I have been out delivering food parcels to the vulnerable who need help and cannot get out.

Every day we take our border terrier for a walk around our village and local countryside.

My real hobby is driving the green lanes and byways in the UK, which is something I cannot do at the moment. The photo is one I sent to the Land Rover Ownership magazine and it may be in next month's magazine. It was taken in the autumn to get the colours of the trees on a byway in Kings Forest, Thetford."

David



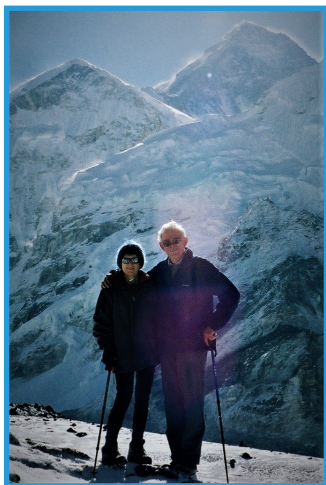
Dudley watching the world go by

Contributions to VVT

This magazine is about you and for you and so we would love to receive your contributions, whether it's a reflection of your time volunteering, your Self Isolating Island Discs, what you've been up to while staying at home, some photos, or an account of an adventure you've been on. We have published some guidelines to assist you:

- Follow our Trust values—together Safe, Kind and Excellent.
- Word count: 400-500 words for a longer article, 300-350 for shorter articles
- As always, do not breach any confidentiality or use names which could identify a real person
- No lewd language
- Positive, uplifting material

On top of the world.....



Dorothy & Bob

This week we hear from Library Volunteer Dorothy who tells us about her volunteering as well as an amazing adventure she went on.

Just before I retired in 2000 a former library volunteer suggested I might follow in her footsteps. No time wasted, she took me along to meet the VS manager and that was it – I was a volunteer but no application form, no CRB check, no induction course, no training, no identification lanyard and no red apron! How things have changed over 20 years. In those early days, we had more than twelve regular volunteers. We visited almost all the wards in the main hospital block twice a week. There were no

kindles and I don't recall individual drop down TV screens. Today three of the original volunteers remain - Karen and I, and Joan now in her 29th year as volunteer guide in Out Patients.

Over the years there have been many changes. The library accommodation (on level 1) has been hugely reduced. Book shelves were removed to allow for a new VS office to be located in the basement. Now the VS office is back at ground level and the library has been redesigned again to allow space for the IT suite. The one thing that hasn't changed is what we do and I still enjoy the library, working with new volunteers, talking to patients and the welcome we always receive in the VS office.



Gt Shelford Country Market

Volunteering and becoming involved in community life in Gt Shelford helped me to adapt to retirement. At the same time as starting volunteering, I became a

member of the Gt Shelford Wednesday Country Market (the WI Market in those days). The weeks and years have flown by so quickly and though very different activities I still get so much pleasure from chatting with market customers and hospital patients.

The present lock-down, social distancing, just one walk a day – it still feels so weird but it is giving me time not just to do all the jobs around the home that have been stock-piling but to reflect over the years – the highs and lows, childhood days on a small family farm in N Wales, student life, our own children growing up and now the grandchildren and walking holidays.

Having reached the tops of the four highest peaks in the UK and Ireland the next stop was to look at the top of the World! After weeks of searching for a package that would suit us, we were off to the Himalayas. In an attempt to get myself fit for our trip to the unknown, I climbed the stairs in Addenbrookes from level 1 to level 10 twice weekly for a few weeks – but I couldn't do it now! What an experience we had trekking in the Everest region for not only the magnificent mountains, an overnight stay in the market 'town' of Namche Bazar, seeing the regional hospital and so on but seeing a whole new culture showing us just how hard the Sherpa people of all ages work to live. So much to remember.

ARTWORK: 'Thank you', by Kate Munro

This rainbow of flowers was commissioned by CUH Arts and wraps the corridor leading to the Addenbrooke's Treatment Centre. Artist Kate Munro created it to publicly acknowledge the incredible gift made by organ donors and their families.

It was through conversations with staff and families that Kate was inspired to respond to this heart-warming comment:

"When we were given the sad news it was like a black cloud descending, but then you have the chance to give a rainbow of hope".

If you are on Facebook, visit @ArtsCUH to see our new page and keep up to date with the CUH Arts team!



A GREAT PLACE TO VOLUNTEER

Voluntary Services
Box 214
Cambridge University NHS Foundation Trust
Hills Road

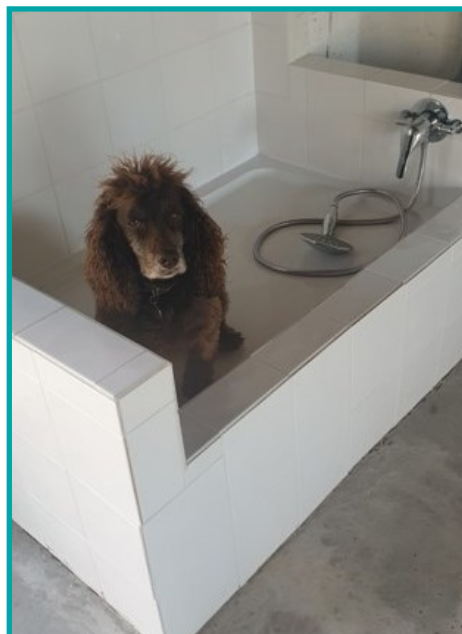
Phone: 01223 586616
E-mail: volunteer@addenbrookes.nhs.uk
www.volunteering.cuh.org.uk

CUH Volunteers

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

Paws Corner

PAT dog owner Charles has very been busy doing DIY. Here's Pablo in his new spa-like washing facilities.



Don't forget....



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

In this week's addition, Linda Hering, Employee Development Manager shares her favourite discs, book and luxury item.

Discs:

The first disc would have to be 'There's no business like show business' – which goes back to my days as a Dancer many moons ago but the smell of the grease paint and the excitement of the curtain raising is something that never leaves you. The ethos of the mantra 'the show must go on' has stood me in good stead over the years and has definitely helped me in my role here at CUH with all of the changes that take place in the NHS.

Second disc would have to be Viva Espana – this again links to my dancing days with a 12 month theatre contract in Madrid and touring Spain – a country that I still love and a language that I still find intriguing.

Third – When will I see you again – I met my now husband before I embarked on my show business career and this song

came out before I left him for a year to go to Spain – needless to say he wrote lots of letters and waited for me to return!

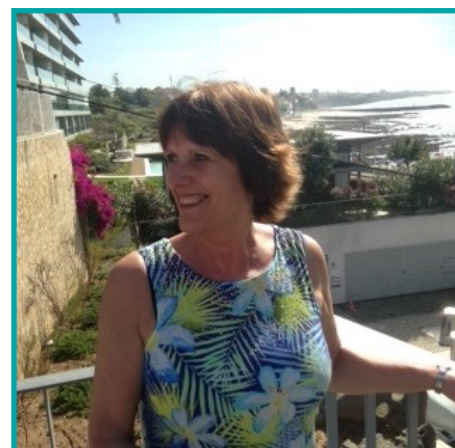
Last disc would be something to remind me of our two years living in Cologne Germany – it was an exciting time and not without its challenges – so I think the disc 'I will survive' captures it nicely!

Book:

I am not an avid reader and I tend to read only on holiday and then forget what I have read! I think on the desert island I would like a practical book so if there is one on how to survive that would be great.

Luxury item:

My luxury item would be a card that my kids did for me one year for mothers day. They produced a card themselves that had a picture of my then cocker spaniel with a nurses hat on to represent my daughter who is a nurse and another one of the



dog wearing a police hat for my son. They said they thought I would appreciate the dogs picture more than theres!!!priceless!

We would love to know what you're 'Self Isolating Island Discs' would be so have a think and send your thoughts to volunteer@addenbrookes.nhs.uk