

Virtual Volunteering Times

Volume 1, issue 3

24 April 2020

**A GREAT
PLACE TO
VOLUNTEER**

Senior Sister Georgina and all her team are missing their red apron gang



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"We are definitely missing them all on C4!"

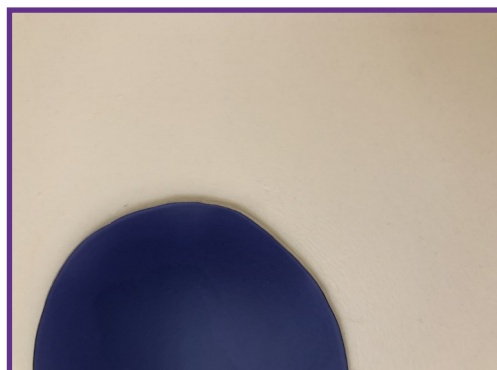
C4 has been very busy over the past few weeks and all the staff are certainly missing all our regular volunteers. Both those who come in and help us at lunch time, and at supper time with serving food and drinks. Those who regularly engage with our patients, encouraging them, supporting and reassuring them, to running errands for them. During this particularly difficult and anxious time when patients can't see their family or have visitors, patients are feeling more vulnerable than ever. We really miss the extra support, care and kindness that our volunteers bring."



Of particular interest

- * Who saved a bird?
- * Who's in Paws Corner this week?
- * What has John been up to?
- * What is Jane's favourite book?

Where in the Trust?



Riddle

What word in the English language does the following: the first two letters signify a male, the first three letters signify a female, the first four letters signify a great, while the entire word signifies a great woman. What is the word?

Answer's to last week's puzzles:

Where in the Trust? Boat artwork, Outpatients corridor

Riddle: A map

Lesley's and Brian have been keeping busy...



Blue tit recovering

This week Lesley shares what she and Brian have been up to. Lesley is one of our Breast Unit volunteers and Brian is a Guide at Main Reception.

"I am one of those people who wants everything done yesterday but now, like everyone else, I find I have today and also tomorrow. It is a very strange world at the moment, so quiet yet I am finding some peace in it. I walk for an hour early every morning across the fields and in the woods behind our garden down to the



Lesley's first aid did the trick

stables to watch the horses grazing. I am enjoying listening to the birds and watching the trees, bushes and crops coming to life. I rarely see more than half a dozen people.

At home Brian and I have been working hard on our garden, walls have been repaired, fences, shed and garage door painted. Whilst gardening, I made a new friend when a little Bluetit flew into our patio window. At first I thought it was dead but when I picked it up and started stroking its chest (bird CPR) it gradually perked up. It stayed on my hand for a good fifteen minutes or more before I could coax it to fly away. As you will see from the picture, it was quite comfortable with me.

Brian has been busy catching up on odd jobs. He has a monkey bike which he restored and likes tinkering with. It has been difficult to start lately so his next job is to get it running again. It is a pretty little bike but he does look rather silly sitting on it.

I set myself a target of crocheting a king-size blanket before we return to normal. I need 484 squares and I have only finished 224. Then, the bit I am not looking forward to, I have to sew them all together.

When the weather changes we have the kitchen to paint, so we are keeping ourselves well occupied. By the time the lock down is finished we will be glad to get back to normal for a rest.

Hopefully it won't be too long before we will be back volunteering and catching up with all our friends again.

Keep well and safe everyone.

Lesley



Monkeying around

ARTWORK: 'The Earring', by Anita Klein

For many of us, the everyday details of ordinary domestic life are carrying more meaning at the moment. We're missing the comfort of our usual daily routines and the small yet significant regular interactions with our family and friends.

This week we want to celebrate the work of the well-loved painter and printmaker Anita Klein - a great friend of CUH Arts, whose wonderfully warm and humorous observations of everyday life and domestic scenes bring cheer and positivity to our hospital collection.

Anita's most recent painting for us, *The Earring*, was inspired by family and celebrates the qualities of care and compassion, fostered throughout our hospital. It was commissioned by CUH Arts especially for Addenbrooke's Hospital's anniversary in 2016, made possible through support by Addenbrooke's Charitable Trust.

Whilst most of us cannot enjoy this painting in the hospital right now (positioned on level 2 corridor near the C&D lifts), Anita has sent us a very special gift; four new drawings to use as colouring opportunities, dedicated to our staff and patients.

Visit CUH Arts on Facebook or drop us a line to get yours copies of the colouring sheets, which we think you'll agree are rather gorgeous!



Working then volunteering at Addenbrooke's



Maria volunteering at the Lewin

This week Maria tells us about her experience working and then volunteering at Addenbrooke's.

I worked in Addenbrooke's for about 18 years starting in the Medical Laboratories and finishing on the Cardiology ward. After retiring, I missed the patient contact that I was used to having at work so I chose to do some volunteering.

I have been working as a volunteer in the Gardening Club with the Lewin Ward. We have been engaged in gardening in the Lewin garden just outside the ward. I help the occupational therapist in getting the patients to participate once a week in gardening in the summer months. The patients enjoy growing salads, onions and carrots in the raised beds. They enjoy getting the raised beds ready and growing the seeds there. Tomatoes, courgettes and

aubergines are also grown in grow-bags and big pots. They also show interest in growing flowers like sun flowers and wild flowers from seeds.

It is very fulfilling to see the satisfaction on the patients face when they feel they are succeeding in using their hands and fingers in order to get their habits of gardening back. This year the patients wanted to grow strawberries and herbs and runner beans in big pots but unfortunately we could not carry on due to the pandemic and hence social distancing.

When the weather is not conducive to gardening we spend our time playing indoor games and participating in painting and games like scrabble, dominoes and similar crafts. This assists the patients to



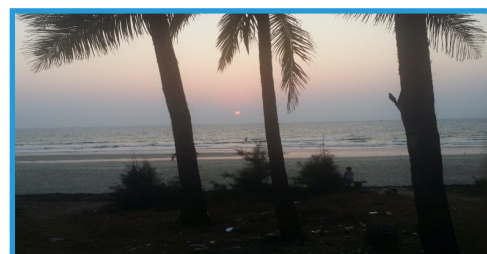
A tranquil spot in Maria's garden

focus their concentration. I thoroughly enjoy getting involved in the patients rehabilitation.

I also have a weekly slot at The Macmillan Hub where we have chats with Cancer patients who in the beginning find it difficult to talk to their close family members or friends. They come and chat with us under the umbrella of confidentiality, about any issues they have. At the hub we work in teams of two volunteers under the guidance of a Macmillan Information and Support Specialist.

My interests are gardening and jogging. In these days under the unforeseen circumstances I enjoy jogging in the Millenium Park. I enjoy the Bird Reserve in the park where I feel close to nature amid the peaceful sound and sight of various birds by the pond.

Originally I come from Goa, a small dot on the south west coast of India which is very much under the influence of Portuguese culture and has long white sandy beaches. I enjoy going there on holidays where I can reminisce about my childhood memories.



Beautiful Goa

Are you nifty with a needle?



Message from the CUH Comms team: We are looking for sewing superheroes in our community to help stitch new scrubs for our staff.

You will be helping to supplement existing stock of scrubs for frontline healthcare workers who are looking after patients in our hospitals.

We are registered with [For The Love Of Scrubs - Our NHS Needs You](https://www.cuh.nhs.uk/scrub-donations) and would be very grateful for any items you can make, but before you start or request a free pattern, please read the specification carefully on our website - <https://www.cuh.nhs.uk/scrub-donations>

We would like to offer our thanks to the creative and craft community who we are encouraging to get involved.

Donations can be received at the [Frank Lee Leisure & Fitness](https://www.cuh.nhs.uk/scrub-donations), between the hours of 7am and 10pm Monday to Friday and 8am to 10pm on Saturday and Sunday.

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

The very handsome PAT dog Hugo is proudly standing in front of the Covid-19 heroes rainbow created by his dad.



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, Jane Robinson, Deputy Voluntary Services Manager shares her favourite discs, book and luxury item.

Discs:

I was heavily involved in scouting when I was younger, and for a time was a leader before I went travelling for a year then moved to London. Each year there would be a big county-wide camp called Gilwell Gathering and Free Bird by Lynyrd Skynyrd was always the last song played at the end of the Saturday night party.

When I moved to London I met a great group of friends who are like family to me. Tragically, one of gang, Val, passed away suddenly 3 years ago and 'Unfinished Sympathy' by Massive Attack always reminds us of weekends visiting Val in her fisherman's cottage in Hastings. In more usual times we go down to Hastings regularly to catch up with each other and see her widower, Dirk.

Praise You by Fat Boy Slim holds a very

special place in my heart as not only does it have a great video, it is a feel good song, and my husband Dave and I walked back down the aisle to it on our wedding day. As is tradition, I danced with my dad that evening but it was to this song and I have a lovely photo of us holding onto each other, laughing and jumping up and down.

The last disc was perhaps the hardest to narrow down as I'm known by many friends for my love of cheesy pop but I've not opted for this genre. For Dave's 50th birthday we decided to take a meandering route in our MX5 to San Marino to watch Valentino Rossi in his home Moto GP race. Each morning, the first CD we would play was Tom Odell and Grow Old with Me is my favourite song from that album.

Book:

I love reading, currently its an autobiography by a surgeon who goes to war torn areas. However, my favourite



book is Bridget Jones' Diary as it suits my love of happy endings.

Luxury item:

A globe drinks cabinet. I could sit with a gin and tonic planning lots more adventures!

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