

Virtual Volunteering Times

Volume 1, Issue 1

3 April 2020

**A GREAT
PLACE TO
VOLUNTEER**

Welcome to Virtual Volunteering Times!

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With the world be a very different place to this time last month, we thought it would be a good idea to have a brand new magazine bulletin for you to read and contribute to. We hope it will help brighten your day, perhaps bring a smile to your face, and get you thinking about things to do while staying at home.

In this first edition, we welcome our new Young Person's Programme Coordinator, Jack, who tells us a little bit about himself. Some of you will already know Jack from your other volunteering endeavours and when the time comes for you

to meet him in person, we are sure he is going to be a big hit.

Macmillan Information and Support Specialist, John, shares his 'Self Isolation Island Discs', we have the answer to 'Where in the Trust?' as well as 'Paws Corner. This is your magazine, so please let us



know what you'd like to see in it, and we would of course welcome your feedback.

We really do miss seeing you all, volunteers are the absolute heartbeat of the hospital and not seeing the team in those those red aprons, polo-shirts and gilets is sad but of course absolutely necessary.

We would really like to hear what you're up to, how you're spending you time at home and photos of any walks you have been on so please email us at volunteer@addenbrookes.nhs

#StayInWorkOut

Of particular interest

- * Did you know the answer?
- * What are Jack's main passions?
- * How is Sue managing to exercise?
- * Who's in Paws Corner this week?

When spending so much time indoors and not being able to go out and do our usual activities, it can be easy to slip into 'couch potato' mode, just sitting on the sofa watching TV, eating and drinking.

Although this might be a nice thing to do for a day or two, any longer isn't good for our mental and physical wellbeing.

However, there are lots of ways of getting active including joining online

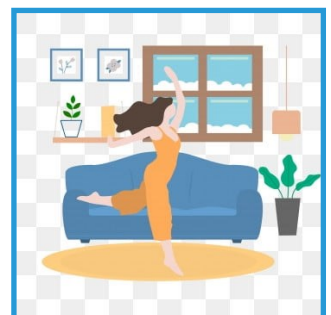
workouts on YouTube, Facebook and Twitter.

You may have a Wii Fit hidden away in the attic or perhaps getting out into the garden to do some weeding, mow the lawn or even do some skipping or jumping jacks.

There are lots of suggestions available from the Living Sport website, a local charity whose aim is to improve the health

and wellbeing of local people.

So if you can, dust off those fitness clothes, and get exercising!



A warm welcome to Jack, YPP Coordinator



We are delighted that Jack has joined the team as our YPP Coordinator and we've taken the opportunity to get to know him a little.

What did you do before you came here?

For the last 11 years I have worked for the National Trust. I have worked in many different roles including Park Ranger, Boat Driver, Gardener and my most recent and long serving role as Volunteer Officer where I managed the volunteer programme with over 400 volunteers. It was great fun and something I enjoyed being part of.

Why did you want to join our team?

Having been involved with volunteers for

a long time I knew that I wanted to continue working in a volunteer coordinator type role. I also knew I wanted to do something that would help people and contribute something good to society, so the NHS would be a good fit. I saw the role of Young Persons Volunteer Coordinator and thought it would be a role that would be suitable for me and here I am!

What are you looking forward to?

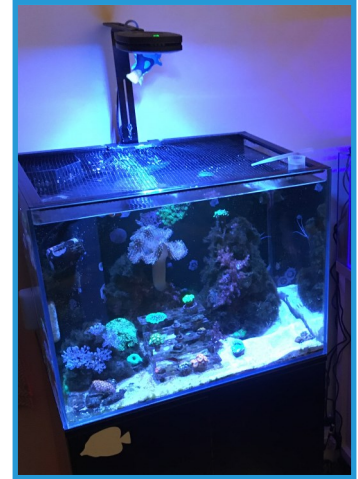
I am really looking forward to getting stuck in to the job, meeting all of the volunteers and getting to know everyone. I'm also looking forward to being able to know my way around, as this is certainly the biggest site I have ever worked at! I think it's also interesting to understand and see how the hospital works.

What do you do in your free time?

I am a man of many hobbies but have two main passions. The first is keeping coral reef aquariums, I spend a lot of time propagating all sorts of different corals

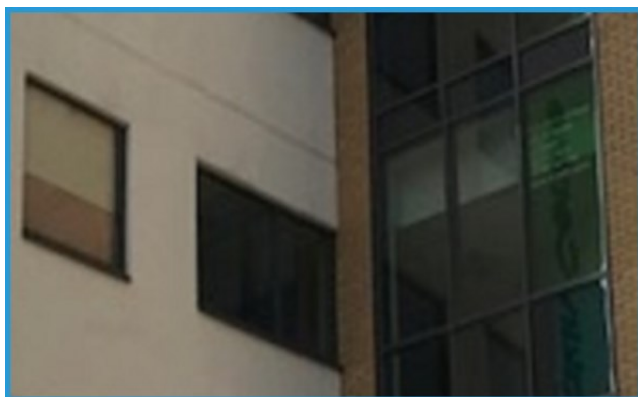
I am a man of many hobbies but have two main passions"

and enjoy watching them grow and trying them under many different conditions to see which is best for that certain species of coral. With corals come fish, figuring out which ones are compatible with each other and most importantly ones that won't eat your corals!



My second passion is cars, mainly Japanese cars of the 80's and 90's but I do appreciate all sorts of classics and other things as well. My current project is a 1996 Integra Type R which I had imported from Japan a number of years ago and I have been working on it ever since. I have done some different types of racing which I do enjoy but mainly just get the most pleasure from tinkering about with the cars and seeing your work all come together into a finished product.

Where in the Trust?



The Deakin Centre



Car Park 1

Ahoy there Sue and Robbie!

Its great to hear what our volunteers get up to when they're not with us. Below we hear from Sue and Robbie.

Robbie and I dedicate every Thursday afternoon as volunteer guides and have done so now for ten years. It is our way of acknowledging our gratitude to the amazing Addenbrooke's staff in Clinic 4A who successfully treated Robbie for prostate cancer over 10 years ago using Brachytherapy.



Our home away from home

So, what keeps us busy for the rest of the week under 'normal' conditions? Well, when conditions permit, its cruising the inland waterways on our narrowboat Cornmill.

Cornmill gives us the peace and solitude

away from everyday living, however, in these unprecedented times we find ourselves in, all our social and other activities have, of course, stopped. As we are both in the 'vulnerable age group' we are staying at home with a weekly visit to the supermarket. We are very lucky to have open space close by so are going for a daily walk too.

Sue attends a weekly Zumba Gold class and because all classes have stopped her teacher Lisa has prepared several of her classes online so every few days our kitchen gets converted into a make-shift dance studio. Thank goodness for the internet!

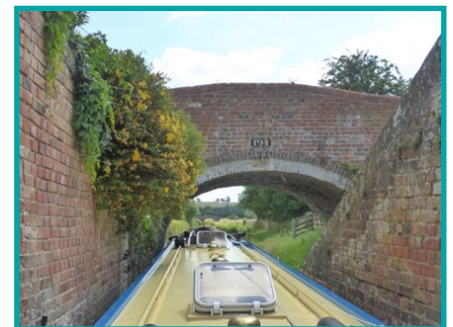
The majority of our time during the winter and spring months is quite structured: meeting up for lunch with friends, Zumba Gold dancing (only Sue), carpet bowls, knit and natter (for Sue) before we both head to Addenbrooke's for our voluntary duties as guides. At the end of each week



A pleasant stroll in Henley on Thames last year.



Its home from home on Cornwell



Exiting Summertown Deep Lock on the Oxford Canal heading towards Oxford.

we look forward to socialising with our fellow villagers at the Connect Cafe.

Help is a phone call away

Health Assured

Health Assured is a confidential phone counselling service (free with unlimited use) with highly trained professional specialists providing comprehensive assistance, information, advice and counselling on problems that could be affecting your home life or work life, health and general wellbeing. You can call about anything that is troubling you whether it is personal difficulties, for example relationships, or work- related problems such as stress

management. You may like to use the phone service to talk through a difficult conversation you need to have with someone or use the support to offload and play back a difficult experience.

You can speak to them about anything that might be causing a distress, and it's available for your family to use too.



Help is a call away

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

24/7 helpline: 0800 783 2808

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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

While we can't catch-up with our friends and family or perhaps work in the normal way, do you have furry friend who has been keeping you company?

To start this off, here's Jane's dog Flossy who has been keeping her company while she works from home.



Self-isolation Island Discs

In this week's addition, John, Macmillan Information and Support Specialist shares his favourite discs, book and luxury item. What would yours be?

Discs

Don Henley – Boys of Summer. Brings back very happy memories of being in my early 20's, driving down to the South coast for the weekend to stay with old friends in the summer, window down, sun shining, and this comes on the radio. Couldn't be better.

Bob Seager – Turn the Page. I love rock music, both old and new, and it's a perfect song to unwind to at the end of the week.

Bad Company – Bad Company. Much the same as Turn the Page, classic rock, brilliant for any occasion – in the gym, in the car, with friends etc.

Disturbed – The Sound of Silence. Possibly the best cover of any song I've

ever heard. The original is great but personally I think this far out does it. A complete surprise when I first heard it and a fantastic song.

Book

David Goggins – Can't Hurt Me. One of the most incredible people I've ever heard of. What some people are capable of



Eastbourne

enduring and achieving defies belief. Breath-taking and humbling

Luxury Item

Probably no surprise to anyone, but my running shoes. I love trail running, and even in our current situation I can get out on the trails and enjoy a long run.

We would love to know your favourite songs, book and what your luxury item would be so give it some thought and send with a photo to volunteer@addenbrookes.nhs.uk