

Virtual Volunteering Times

Volume 1, issue 5

7 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**

A message to our volunteers from Maura Screaton, Deputy Chief Nurse

'Hello to all our amazing volunteers and we really hope you are all keeping safe and well. We miss your friendly faces and the support and compassion you show to our patients and staff. I know some of you have remained in touch remotely and your kind messages have been really appreciated and a boost to staff during these difficult times. We are thinking of you all and looking forward to welcoming you back really soon! In the meantime take care and thank you for everything you do always.'



A cautionary tale by an anonymous volunteer...

When I go out for my walk I stick my head phones in so I can listen to some music. A while ago I was listening to a rousing piece and suddenly realised that my arms were waving around like mad as I conducted the orchestra that was accompanying me. I don't think anyone saw, but I started to walk with my hands clasped behind me. You have to remember to keep doing that, as a few days ago I was listening to some opera arias and found not only that my mouth was going (no sound coming out, you'll be relieved to hear) but that I was making the emotional gestures that these singers always make! (It was soprano arias I was listening to and I hasten to add I was not wearing a Norman Hartnell evening gown.)

Where in the Trust? Riddle



My first is found on the ocean wave,
In the spring, the pit, and the mine;
My second below earth's surface you have,
Where seldom the sun can shine.
My whole your dinner-table must grace,
And seldom fails to obtain a place.

What am I?

Answer's to last week's puzzles:

Where in the Trust? You Made a Difference awards wall, Addenbrooke's Treatment Centre

Riddle: A shadow

Farm life



Our resident farmer, Ellie, tells us a bit about life on the farm.

I am very much missing my Wednesday mornings in the Discharge Lounge at Addenbrooke's. We have a local network of volunteers looking out for everyone in our village but so far I've hardly been called on at all.

Life on the farm in lockdown has carried on pretty much as normal and spring is a busy time for us. We have a mixed farm with

arable, cattle and sheep. This spring has been particularly busy as we didn't get as many fields drilled as planned in the autumn owing to the wet weather, this left us with a lot to do as soon as the rain stopped in March. Luckily the weather held fair as we drilled (sowed) spring oats, wheat and peas.



Since then we have had a couple of good spells of rain so, fingers crossed, things are looking OK so far.

We gave up our sheep flock 3 years ago after 25 years of lambing and heaved a big sigh of relief. Since then each year we have

been over-wintering someone else's store lambs on our cover crops which means putting out and taking up miles of electric fencing as they move round the farm. These sheep are destined for the market and are not supposed to be in lamb, however you can never trust a sheep...

We were able to get the cattle out a bit earlier this year with the dry spring. Once they are out on the grass the winter workload of daily silage feeding and bedding up is reduced dramatically.



Looking forward to seeing everyone in the Volunteer office when this strange time is finally over.

ARTWORK: Pop-Up Gallery in the Concourse



This week, we're taking a break from celebrating our art collection to bring you an update on our first month of lockdown. We are currently not permitted to visit wards so we are needing to get creative! We've embraced technology to reach our hospital community virtually, whilst also providing our frontline staff with Creative Care resources set up in the staff Sanctuary – card decorating, origami folding and mindful colouring are there to help our workforce relax and escape the busyness. We have just installed the beginnings of a special Pop-Up gallery in the Concourse, which displays some of the beautiful “thank you” artwork and messages given to us – we will keep these up long enough for you to enjoy when we are all back in the building, but here is a sneak preview for now!

To keep up-to-date with CUH Arts, follow our @ArtsCUH Facebook page.

Beware the dinner party



PAT dog volunteer Charles tells us about his volunteering.

In my first term as an Officer Cadet at Sandhurst I raised my hand promptly when volunteers were called for. Later that day my instructor whispered in my ear "never volunteer for anything..... unless you know what it is". I remembered those words for 32 years but somehow they slipped my mind as a civilian. My new job necessitated moving to Chrishall and people were exceedingly kind in inviting us round for dinner in order to meet the locals. Soon I unwittingly found myself a Parish Councillor....

To this day I also remember waking up one morning after a particularly good dinner party with the telephone ringing. I picked it up and a lovely lady said "Good morning Charles thank you so

much for volunteering for Riding for the Disabled ...". That was the start of several years of volunteering for RDA at the South Cambridge Equestrian Centre. I never got beyond being a 'side walker' or 'pony leader' and even today must still get help when trying to put a bridle on. One pony took delight in biting me at every opportunity! Somehow I had forgotten my instructors' advice all those years ago. It wasn't long before I foolishly attended an AGM and at the end of it found I had become the Group Treasurer, which I still am. I cannot remember even putting my hand up.



Five years ago, at yet another very good dinner party at which our love of dogs (we now have nine!!) was discussed, I was encouraged to apply with my flat coated retriever, Jasmine, to become a Pets As Therapy volunteer. That was the

start of an incredibly rewarding volunteer career which started with Jasmine, but Pablo (Cocker), Baloo (Jasmine's son), Hattie (Jack Russell) and Finch (Lab) soon joined. Having passed the PAT temperament assessment I was very quickly recruited to join the Addenbrooke's PAT team, which I was thrilled to do as they had saved my daughter's life some years previously. At that time there were about four PAT dogs and I seem to remember it was only a couple of references and a CRB check and one was off - how things have changed! Hattie now mainly works in residential homes where she is allowed on residents beds – which suits her!

Baloo cox's and box's with Pablo who is my absolute number one dog. Not only does Pablo volunteer at Addenbrooke's, he also does residential homes and attends with me when I give talks and is also regularly seen helping at University de-stress sessions, fundraising and anywhere else a PAT dog is required. In the winter he has to share PAT duties with shooting duties – he much prefers being with patients and staff at Addenbrookes and cannot wait to be back on the wards.

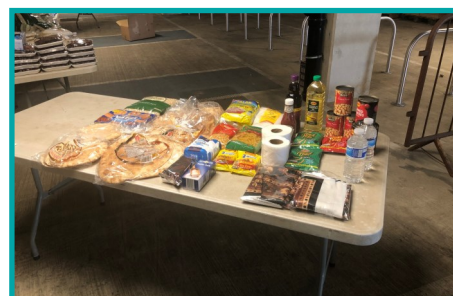
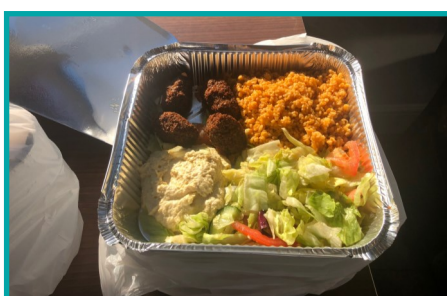
Stay Safe. See you all soon.

Charles

Generosity and kindness

One of our amazing ward volunteers, Faisal (far right), and his team of volunteers from Cambridge Central Mosque have been supporting the NHS and local community by supplying meals to Papworth and families in need. Throughout Ramadan they have also been supplying melon and dates in the Staff Sanctuary, available during the Iftar meal period.

Thank you Faisal and the team at Cambridge Central Mosque for all you are doing to help, you really are making a huge difference.. For more information about Cambridge Central Mosque, please visit their website <https://cambridgecentralmosque.org>



A GREAT PLACE TO VOLUNTEER

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Hills Road

Phone: 01223 5856091
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

No, I'm not getting rid of any of my toys!

Gorgeous PAT dog Olivia is just surveying the contents of her toy box and deciding whether she needs any more.



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, leaflet volunteer and guide Peter, shares his Self Isolation Island Discs.

Music has kept me going throughout my life. I like the variety and so listen to most genres (apart from hip-hop!) including classical. The first music I remember hearing at a very young age was some Tchaikovsky ballet music. I was startled by it's power - it takes you to places in your imagination or emotions that you wouldn't normally go. It's difficult to narrow my choices down to eight tracks but given the circumstances I've gone for those which are positive, cheerful and uplifting even.

Discs 1 and 2

I must have the Beatles and feel I'm lucky to be of the generation that saw and heard them first hand. I've chosen 'And Your Bird Can Sing' which is musically brilliant and 'Rain'. A hidden meaning has been given to this second one but I prefer to take it at face value - we shouldn't let the weather influence our mood.

Disc 3 and 4

The Byrds were impressed with the pop songs coming from England and 'Eight Miles

High' describes their journey to London - it really does take off in the middle. Peter Green is one of the great guitarists but Santana takes his song 'Black Magic Woman' to a another level. This will then remind me of other Santana tracks which I played so often they are permanently fixed in my memory.

Discs 5, 6 and 7

With some more driving guitar music I have chosen Thin Lizzy's 'Rosalie (Cowgirl's Song)' from their wonderful Live and Dangerous album. Very appropriate at the moment is David Bowie's 'Heroes' - I love the backing music here. I think 'You Never Had It' by the Magic Numbers falls into the category of the perfect single. Also they're from Greenford, Middlesex where I used to live and work and met my wife.

Disc 8

Finally 'Everlong' by Foo Fighters - this is stirring stuff and I'd like to cheat a little and slip in the acoustic version as well. That's it. No room for Sibelius but perhaps I could sneak it in with my luxury.

A Book

I find it difficult to get through books, it can

take a while. This means that with murder mysteries it's hopeless because I've forgotten the names of the characters. It has to be good to hold my interest. I've recently read (to the end) 'Beside the Ocean of Time' by George Mackay Brown. It has stories within a story centred around an island in the Orkneys and was shortlisted for the Booker prize. You won't be surprised to learn that I'm now reading the latest Beatles book....

A Luxury*

I've bought along my dog Bertie (pictured) because he'd be upset if he wasn't with me.

**Strictly speaking no family is allowed but as Bertie would be upset, we've let him join Peter.*

If you'd like to share your SIID's then please send them with a photo to volunteer@addenbrookes.nhs.uk.

