

Virtual Volunteering Times

Volume 1, issue 2

9 April 2020

**A GREAT
PLACE TO
VOLUNTEER**

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A fond farewell from Sandra



It has been an absolute pleasure to work with the volunteer services team and most importantly the volunteer themselves.

Although I have only been with the team for a matter of months, I have been absolutely overwhelmed by the kindness and dedication

shown by the volunteers that CUH are lucky enough to call their own. Personally I have learnt an awful lot in my time about human kindness and the importance of putting other people first. It's very unfortunate, but my last few days have been in "splendid" isolation and the last few days in the office without the volunteers really rammed home how integral the volunteers are to the volunteer services team. That may sound silly, but the absence of the volunteers, including the PAT dogs made the office seem extremely empty and lacking in purpose.

I am sure you are all champing at the bit to get back to your usual routine at Addenbrooke's. Unfortunately

by the time that happens I will have left the service, and so the chances of seeing a number of you again are slim. However, I will always have very strong memories of my time in the VSD and the wonderful people I met there.

I do hope you are managing to find kind ways to look after yourselves in these challenging times. Working from home is tricky but I am lucky enough to have a garden and I am spending some time outside when I can. I will be popping back to the Voluntary Services team and very much hope to bump into some of you then. In the meantime, take care of yourselves.

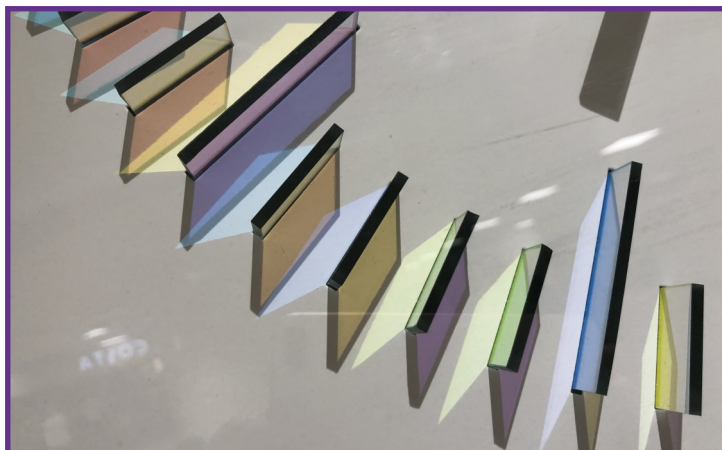
With very best wishes
Sandra



Of particular interest

- * Keeping busy
- * 'Welcome'
- * How is Sue managing to exercise?
- * Who's in Paws Corner this week?

Where in the Trust?



Riddle

You measure my life in hours and I serve you by expiring. I'm quick when I'm thin and slow when I'm fat. The wind is my enemy.

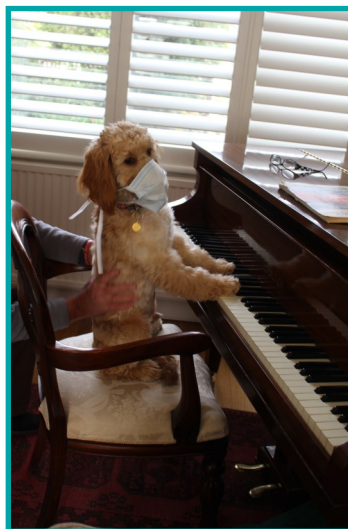
What's been keeping Barbara busy?



Barbara, one of our Friday morning guides, shares with us what she has been up to during this time.....

Missing the Friday morning guiding in the ATC and contact with my red colleagues, and the friendly support of the Volunteers Office, I first wanted to dedicate this time

to helping the few vulnerable people I know living close to our new home in Bedford. However, these three frail octogenarians waved me away from their doors with astonishing energy. 'Not another one pestering us with doing good. We have more than we need, and the telly. It was much harder during the war, and you didn't come round then.'



I decided to dedicate this bizarre empty time to art:

- practising playing Bach four hands/paws with my puppy, Barnsley;
- finishing painting the cover of my fourth book
- writing the next book, a second collection of short stories.

There are no pictures of the garden. My husband works as a key worker for the government, and I am lousy at gardening. As long as the space remains vaguely green...

One day we will tell each other stories about this virus time. May that be soon.

Barbara

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 thought to be a person's real name
- No lewd language
- Positive, uplifting material

If you need help with shopping or just someone to talk to

At the moment, just trying to get all our necessary groceries has been quite stressful but for those who are having to completely self-isolate, things are likely to be much more difficult.

The good news is that there are local organisations who are able to help, many of whom can be found at www.cambridge.gov.uk or www.cambridgeshire.gov.uk—follow the Covid 19 links. If you're not in Cambridgeshire, you may wish to contact your local Parish Clerk or Age UK who are providing support to the older population.

Local village shops are often reasonably well stocked, less busy and of course by shopping there you have the benefit of supporting a local business.

It is of course a very worrying time so please make use of Health Assured, our free confidential advice and counselling service.



Help is a call away

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

24/7 helpline: 0800 783 2808

CUH Arts

CUH Arts is the Trust's hospital arts programme, dedicated to transforming the hospital experience, promoting wellbeing and inspiring hope through creativity. Established in 1999, CUH Arts began with a small collection of art work, and has grown over the years to engage our hospital community in a diverse and eclectic range of live, visual and participatory arts.

Supported by Addenbrooke's Charitable Trust, we deliver a year-round programme of arts activities, events and exhibitions, as well as getting involved in the design of new patient-facing areas, helping to relax and warm the clinical environment. At any one point, our small (yet mighty!) team will have multiple projects on the go – it is a busy department, and no day is the same!

Alongside looking after our **art collection** (we now have over 4000 pieces across our hospitals!), curating temporary **exhibitions** along our art corridor (Level 2 between concourse and ATC) and **commissioning** new art & design for wards, we run a **participatory**

arts programme, with bespoke activities led by experienced professional artists. *Dance for Health* is CUH Arts' flagship project; weekly creative movement & music group sessions for adult patients, led by expert practitioner Filipa Pereira-Stubbs. Patients are supported to move and interact with one another, helping to engage not just the body, but the mind and heart too.

As artists, we are in a special position; patients do not see us as clinicians - we are not in uniform, and there is often a level of curiosity. "Artists? In Hospital? How marvellous!" We are different. To us, our hospital participants are **people first** and patients second. We are interested in how we can support people emotionally and socially, as well as physically, during their hospital stay. We also help to build rapport between nurses and their patients; art is a leveller, and it brings our personalities to the surface, enabling connections to be made.

Over the years, we have been so fortunate to have the regular support of CUH Volunteers. Our programme is all

the richer for it, and we are so grateful. To give back, next month we were due to launch a special series of Arts Tours, just for you. So, whilst this is postponed, we will instead provide you with a weekly Arts feature, to introduce you to a few gems in our collection. We begin with *Welcome* by poet Kaddy Benyon – the words feel ever more powerful.

We hope you enjoy, and very much look forward to seeing you in person at the hospital soon.

Stay well,

Natalie Ellis, Head of Arts
Lesley Bermingham, Arts Project Manager
art@addenbrookes.nhs.uk

ARTWORK: Welcome, by Kaddy Benyon (Level 2 corridor)

Taken from a collection written by poets in residence at CUH in 2018, *Welcome* is a found poem; a piece written with contributions from 46 patients and staff, skilfully brought together by Cambridge-based professional poet Kaddy Benyon. The visual design layout of the poem was inspired by another piece in our collection – *Asklepian*, by Ivan Black

Welcome

'I used to love coming to see this swirly thing when I came in for my operations' ~ Paris

I get up at 5:30am and off I go walking my dog,
the sun rising and a new day beginning, the feeling
of sunshine on the skin. I love walking, blowing
dandelions and using my phone to capture moments
like how the cyclists have to stop to edge around
the cows on Midsummer Common. I have a photo

of my favourite view on my office wall: sunrise
on the hills. It helps me to remember
there is a world outside the hospital. As a nurse,
I go up and down to the 7th and 8th floors to look out
over the Gog Magog hills. I took a patient up there
to show her the yellow fields, she couldn't talk

but I think it was a view worth having. It is hard
to be in hospital, all the bewildering equipment:
catheters, cannulas, intravenous ghastliness.
In an open bay with 6 beds, sometimes patients talk:
the former ballet dancer who drank with Nureyev;
the man who worked as a water boy on a farm;

to
Addenbrooke's,
a community
in itself, a place
of deep & loving
care where
everyone makes
a difference.
The staff here
are very kind,
they really look
after you, it's
just so human
how everybody
works together
in this space
made available
for any of us to
come & come
well.

a centenarian's memory of Queen Victoria passing by.
All these come to light drawing, playing bingo,
painting or perhaps whilst in the gardens for qigong
exercises as a woodpecker delves busily in the cherry
tree. When physical escape isn't possible, some swim
back in memory to summer two years ago, the rain

and that lovely earthy smell, the little spot you climb
down to a rickety-raggy bridge like a troll bridge.
I love being in water, there's an unclutteredness to it,
that feeling of gliding through the greens and natural
light. I didn't know how wet I'd get, but it was gentle
and fun and made me feel things were still possible.

Happy, I think, is happening all the time; is a smile
on a young face, a laugh with a stranger, a 20-second hug,
a chuckle, being trusted, cuddles from staff. You don't
go home with a dry eye. Home is getting out of hospital
mode and becoming mum again; after a shift, my baby
on my lap – I just smell that baby smell from his hair.

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

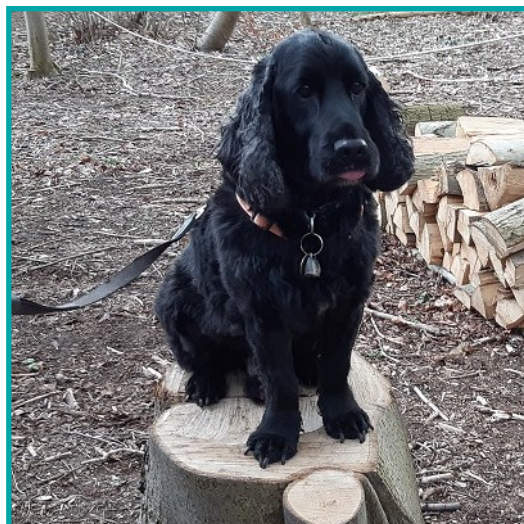
CUH Volunteers

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

Paws Corner

PAT dog Digby made the most of his time before lockdown, deciding to pose on a tree stump at Wandlebury.

Thank you Viv for sending this through.



Wanting to help...

We understand that some of you may want to continue volunteering during this period and we wanted to give you some helpful suggestions whilst we are on pause at CUH.

There are lots of reputable organisations looking for help, for instance Age UK. There is also a wide range of opportunities on Do-it.org, or contact your Parish Council chair who will be able to advise on what is going on in your local village at the moment, visit www.cambridgeshire.gov.uk/residents/coronavirus/covid-19-coordination-hub-your-community-needs-you and www.cambridge.gov.uk/coronavirus-help-for-communities. At the moment the GoodSam NHS responder volunteer opportunity is oversubscribed and has been taken offline but may open again in the future.

Self-isolation Island Discs

In this week's addition, Volunteer Guide Carole shares her favourite discs, book and luxury item.

Discs:

- 'America' from West Side Story (Bernstein)
- These are the days of your life. Queen (alas Freddie mercury's swan song)
- The Hebrides overture. Mendelssohn (did it for GCSE music)
- I am Australian. The Seekers. (I'm not-but it's a great song)
- The Four Quartets TS Eliot. (No poet should read his own work!)

- Reel around the Sun . River dance. Bill Whelan

Book:

Haynes Outdoor Survival Manual

Luxury item:

Binoculars (to look out for stars ,ships, and pirates).



We would love to know your favourite songs, book and what your luxury item would be and so why not give it some thought and send ,with a photo to, volunteer@addenbrookes.nhs.uk



Botanical Gardens

Queries about how CUH is coping with Covid 19

As well as looking at the CUH website, you can also contact Bill Davidson, Staff Governor by email bill.davidson@addenbrookes.nhs.uk or call 01223 256256