

Virtual Volunteering Times

Volume 1, issue 10

12 June 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**

Looking back on Volunteer Week

It is fair to say that Volunteer Week 2020 looked very different to when we started putting our plans together in January but we hope you enjoyed it all the same.

There were thank you video messages from the Trust Executive team and senior managers and we've been delighted to receive lots of photos and messages from you, our amazing volunteers.

There was a Zoom Relax and Unwind session which left us feeling very mellow, as well as some wonderful Tweets from colleagues and partner organisations. We've already had one entry into the prize quiz, so get your thinking caps on and you could win a £50 Amazon voucher.

Of course, what was missing was us all being together and celebrating your achievements as one but don't worry, as soon as we can set a date for our Volunteer Awards and Celebration Lunch we will let you know.

We are delighted that Kal has now joined us on Tuesdays & Thursdays and will be helping Olivia to call you. Don't forget, there is a WhatsApp group volunteers to keep in contact with each other too.

Please be reassured that we are doing our best to plan for the future and the return of volunteer roles. This is likely to be a staggered process and we are hoping to start this process with the YPP much later on this year. We will of course keep you informed as things progress.

In the meantime, we hope you are keeping safe and well and cannot wait to welcome you back to CUH as the place is just not the same without you.



Where in the Trust? Riddle



What can you see once in a minute, twice in a moment and never in a thousand years?

Answer's to last week's puzzles:

Where in the Trust? NHS 70 garden

Riddle: A grape

Lockdown jottings by Simon



We're into the tenth week of lockdown and the end may be in sight, or not. My wife Julia and I are both 71 and I have slight asthma, so we're not supposed to go out or shop. So, we've relied on kind neighbours and online shopping – seductively easy to clock up big bills, but very welcome when it arrives on the doorstep. My sister treated me to a birthday take away Thai curry ordered at distance, from Scotland.

At the start the weather was cold and

we wandered round the house in woolly jumpers, but now it is gloriously hot and sunny. We are lucky enough to have a garden so have begun inexpert attempts to grow our own veg, with encouraging green shoots. And we've rediscovered the joys of homemade bread and houmous.

We're retired— Julia, a former lawyer, usually arranges concerts, so she's frustrated at all the cancelled events. I was a publisher but this year my time has been devoted to a charity for which I am a trustee – the Women's Education Partnership (WEP). It focuses on delivering education for the most disadvantaged women and girls in the Sudan and South Sudan. Almost half a century ago I taught English there and remember travelling around in unlikely ways, including sitting on the roof of a train as it dawdled through the desert.

The Sudan is proud and independent but many people are very poor, particularly refugees from civil conflict in Darfur and the Nuba Mts, for whom WEP provides adult literacy classes, as well as supporting primary schooling and offering scholarships to enable women

to go to university. Both countries now face an onslaught from Covid-19 and their health services are very fragile. We are very concerned to protect the health of our local staff. And we are approaching grant giving organisations to help us to continue to provide education once Covid is over.

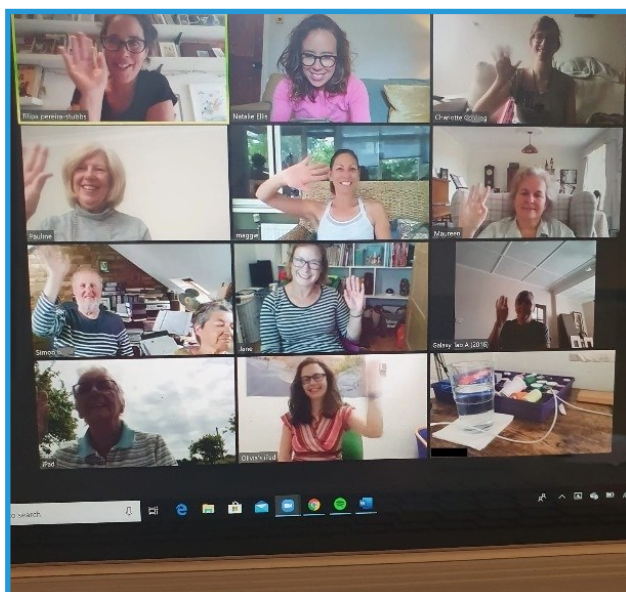
And there have been accidents – I fell in the street and cut my face, necessitating a trip to A&E to which I'm grateful for patching me up. I'm fully recovered but a few days ago I succeeded in losing all my personal emails when attempting to sort out a problem on my PC, which hasn't impressed Julia.

So, we'll be happy to get back to normal, whatever the new normal is. See you there!

For information about Women's Education Partnership:
www.womenseducationpartnership.org

*If you'd like to share what you've been up to, please email
volunteer@addenbrookes.nhs.uk*

CUH Arts - We Danced for Health



To celebrate Volunteer Week, Filipa Pereira-Stubbs (Dance for Health lead) and Natalie Ellis (Head of CUH Arts) kindly invited us all to join '**Relax & Unwind**' - a gentle music & movement session through Zoom. The session was inspired by a regular Dance for Health session (see VVT Issue 6), with comfort and enjoyment at the heart!

There were 12 participants in total, including Filipa who kindly led the session. After introductions, Filipa gently talked the group through different movements, with soothing music to help us to relax and refresh our minds and bodies. It was a truly wonderful session which not only gave everyone an insight into the Dance for Health experience, but left us feeling wonderfully relaxed.

Many thanks to Filipa and Natalie for generously sharing your time and expertise so generously.

Keeping busy..... Patricia



This week, Ward Visitor Patricia, shares with us what she's been up to.

My four volunteering roles at the hospital, village primary school, British Heart Foundation and local reading for the blind group are on hold, and initially for a couple of days I felt as if my wings had been clipped Then I decided to focus on the positive aspects and benefits, of which there are many that have been created as a consequence of this unprecedented situation that we all find ourselves in.

There is no doubt that the pandemic is bringing out innate goodness through caring actions of support and giving. With reports of hotels opening up their doors to around 5,000 of the homeless and thousands of men and women now wanting to study to become doctors and nurses, this is uplifting news indeed.

We have been so lucky with the weather this Spring and with April being the sunniest on record, it couldn't have come at a better time to lift our spirits. I am grateful for the extra time I find myself with and for the change in my usual routine. It's been a pleasure to slow down and walk each day in the countryside which is on my doorstep, taking in all the fresh new growth of the season and blossom fragrance which has been wafting through the air for weeks.

My household and gardening 'to do' list is now a lot shorter which is satisfying, and I've even got round to doing some things that I never have time to do but then, we never have time to do the things we don't want to do, as they say!!

I have many varied interests and hobbies including photography, flower arranging and letter writing which I now have more time for and attempts at meditation which I have great difficulty with ... because I can't shut down the chatter in my brain for more than five minutes!! One of the village posties handed me a letter one day and said 'You're one of a dying breed, we don't get many of these, these days!'

Pictured is one of my ... what I call, jam jar arrangements. It came about when I found a daffodil bent over from wind and rain and wanted to put the stem in water quickly. A jam jar was to hand. I always use flowers, sometimes herbs, even weeds from my garden because I believe there is beauty in all plants.

I'm also a poet and I call my style of poetry 'simple reasoning in simple rhyme'. In my opinion there is nothing that can't be explained, simply. A few years ago I self-published a collection of poems and have since published a second collection.

The poem **ROUND AND ROUND** came to me while I was sitting on a park and ride bus. I've met two strangers who both told me that poems came to them after the death of their mother. The same thing happened to me.

ROUND AND ROUND

*Just like a record going
ROUND ... and ROUND ... and ROUND
You keep on hearing the same old
SOUND ... SOUND ... SOUND
Just like writing the number
8 ... 8 ... 8 ...
You can't break out of your current
STATE ... STATE ... STATE ...*

*Until you choose to break away
That's exactly how you will stay ...
So break away and you will see
You CAN change the monotony,
Or ... you can go
ROUND ... and ROUND ... and ROUND*



Our lives have been changed for a few months now and we know its not been easy. You may be missing your family, friends, holidays cancelled and of course we are missing seeing you all come in for your shift. Please remember there is help available for you, free of charge and 24 hours a day and completely confidential.



Help is a call away

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

24/7 helpline: 0800 783 2808

A GREAT PLACE TO VOLUNTEER

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Hills Road

Phone: 01223 596091
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www.volunteering.cuh.org.uk

CUH Volunteers

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

Paws Corner

After many weeks of lockdown, Merlin realised it really was time for a haircut.



"Mmmm, I only asked for a trim... Its going to take ages to grow all that back...."



Armchair Adventures

This week, Volunteer Guide Arthur sends us a virtual postcard from Malta

Malta is a Southern European island country consisting of an archipelago in the Mediterranean Sea. It lies 80 km off Italy, Malta has a population of approximately 500,000. The capital is Valletta, which overlooks the Grand Harbour.

My uncle was a Lt Cdr in the Royal Navy in WW2 and his ship HMS Rodney escorted several convoys there.

Malta is a popular tourist destination with its warm climate, numerous recreational areas, and architectural and historical monuments, including three UNESCO World Heritage Sites

Arthur



The Peace Bell overlooking the harbour

Rumour has it that over the years their public transport has been upgraded



Sadly this is no more. Taken on the sister island of Gozo, the historic sea arch known as the Azure Window collapsed in a storm in March 2017