

# Virtual Volunteering Times

Volume 1, issue 12

26 June 2020

**A GREAT  
PLACE TO  
VOLUNTEER**

## FANTASTIC NEWS!

### Relax & Unwind with CUH Arts - JULY SPECIAL

Following the brilliant feedback from the 'Relax & Unwind' virtual session during Volunteers Week, the Arts team is inviting CUH volunteers & staff to **sign up for free weekly sessions in July!**

Led by CUH's resident movement practitioner Filipa Pereira-Stubbs, 'Relax & Unwind' is a chance to take some time for your own self-care. These gentle music & movement sessions are delivered virtually through Zoom\*, aiming to ease the Lockdown lethargy, blow away those Covid cobwebs and get us feeling a little lighter in ourselves.

Inspired by our regular Dance for Health programme (see VVT Issue 6), comfort and enjoyment are at the heart! Absolutely no dance or music experience is required – Filipa will softly guide us along. All you need is an upright chair and access to a computer or tablet with internet.

Dates: 2nd, 9th, 16th, 23rd and 30th July

Time: 11:00

Location: Zoom\*

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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**

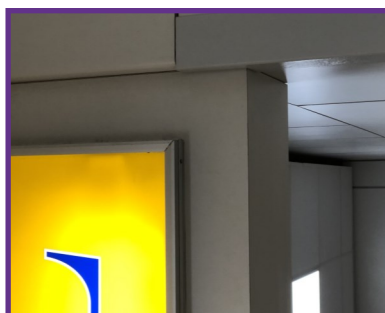


The session will be approximately 45 minutes, which will give time for both movement, conversation and reflection.

To sign up for this 5-week block and receive the Zoom access code, please email Olivia at [volunteer@addenbrookes.nhs.uk](mailto:volunteer@addenbrookes.nhs.uk) by Tuesday 30 June. Spaces are limited to 12 participants, and we will also be welcoming CUH staff to join us.

\*Zoom is a video conferencing platform, easily accessed through your web browser or app (<https://zoom.us>). Do get in touch with Olivia if you need any guidance.

## Where in the Trust? Riddle



Forwards I am heavy, backwards I am not

#### Answer's to last week's puzzles:

Where in the Trust? Frank Lee sign

Riddle: Stone

## Keeping busy



### Kelvin, Radio Addenbrooke's

It's been a very strange three months but many positives. I have never walked so far in all my life! We have discovered new walks that we didn't know existed in the Soham area, One takes us by the railway line, I even know some of the train times now and another one by a reservoir I didn't know existed. The air is definitely purer and the birds songs have been brilliant. I've loved the solitude and the peace, I have had a duck hatching chicks in the driveway, we escorted them down to the pond, And now the ponies have returned to the common.

Not all joy though. I had to celebrate my 70th birthday and Golden Wedding on the same day in May in lockdown, and the planned big family party was cancelled. But I did get a cake and I enjoyed the day. I know many others are in the same situation. I've missed the grandchildren most but managed to see two groups over the weekend which was lovely.

Things are getting better and hopefully it won't be long before I can return to my show on Radio Addenbrooke's and once again visit the lovely people in the Volunteers Office with chocolate biscuits! Take care.

### The Sea of Humankind by Survey Volunteer Anita

People walking by, moving swiftly through the day  
In life, in space, with life's full gentle grace,  
They smile, when alone they come face to face  
With this man of the same humankind.  
Yet through that same sea of life, when they pass you by  
That same gentle smile does seem to fade,  
When they see to their sadness and all disgrace  
That the same sweet face does not fit their race.

What matters if he is old or she is young?  
What matters if he is white and she is black?  
What matters if one is small or the other large?  
When love, fear and all desires seep through same veins,  
The pain, the feelings aren't they all the same?  
Come, let's walk on let's walk by  
Through this endless tide of time  
When the journey we must all make is but one  
Take each other by the hand and ask not  
Who is what and which of race?

### Lesley, Breast Clinic Volunteer



Lesley was hoping her crochet project would finish at the same time as lockdown.....

### Jon, Courtesy Bus & Wheelchair Volunteer



We've been going on a daily walk to 3 woods which are not too far from our house. Some sticks from the woods and some from our garden have gone into rustic fence which stops small children falling into the ditch!

# Keeping busy

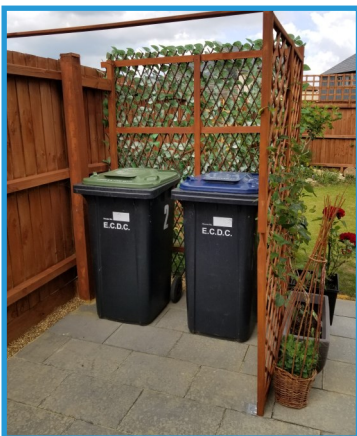


## Tony, Volunteer Guide

Volunteer Guide Tony has been keeping very busy, here's what he's been up to.

I've been keeping busy with landscaping my garden, building a trellis screen for the dustbins, and extending my patio. I'm not a builder but good at any DIY job. Like most people at home, I've got a sun-tan without going on holiday!

Also spending lots of time on zoom meetings with family, my church, and a men's group (Men's Shed). Fed up with listening to the news and hope that we will return to some kind of normality soon, but I don't think life will ever be the same again.



Just for information, I made up the rock garden so that I could use up the spare earth and stones which I'd dug up and which I couldn't get rid of due to the lockdown! The trellis screen was to hide the ugly dustbins, and all the flower beds are new as in a new-build house all you get is a lawn with a fence round it.



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

Voluntary Services  
Box 214  
Cambridge University NHS Foundation Trust  
Hills Road  
Phone: 01223 596091  
E-mail: [volunteer@addenbrookes.nhs.uk](mailto:volunteer@addenbrookes.nhs.uk)  
[www.volunteering.cuh.org.uk](http://www.volunteering.cuh.org.uk)

CUH Volunteers

We're on the web!  
[www.volunteering.cuh.org.uk](http://www.volunteering.cuh.org.uk)

## Paws Corner

Pablo is finding lockdown a little frustrating.... "Why do you keep waking me? I've done my early morning walk and just to snooze for the rest of the day....."



## Don't forget....

If you'd like to be in with a chance of winning a £50 Amazon voucher, you need to get your quiz entry to us by 30 June.



## Armchair Adventures

This week, Volunteer Guide Arthur sends us a virtual postcard from the Isles of Scilly

The Isles of Scilly are an archipelago some 45 km off the Cornish coast. The islands are easily reached from Lands' End airport, or by sea from Penzance. We took the overnight sleeper to Penzance where we were picked up and taken to the airport.

The islands are covered in heathland and fringed by sandy beaches. On Tresco, one of the 5 inhabited islands, Tresco Abbey Garden is home to subtropical plants.

You are rarely more than 10 minutes' walk (and often far less) from some of the finest beaches in the UK. The islands enjoy the influence of the gulf stream and even in early spring sea swimming is a delight and the beaches and clear blue water are reminiscent of the Caribbean.

The isles are a haven for the naturalist; seals, porpoises, puffins, and many other species are easily spotted.

Arthur



ISLES  
OF  
Scilly