

Virtual Volunteering Times

Volume 1, issue 8

29 May 2020

A GREAT PLACE TO VOLUNTEER

Looking for something new to do?

Over the last few weeks we've seen and heard how people have been keeping busy, whether its sculpture, photography, crochet, gardening, writing. If you've had a good sort out of cupboards, the garden is weed-free and rooms freshly decorated, you may be thinking about starting a new hobby.

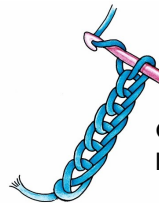
Even though we're in lockdown, the good news is there are still so many things you could try your hand at. Its worth thinking about any goals you have, for instance getting fit, or finding something for relaxation, a new skill or general interest. Below are some ideas but have a look at this website for more <https://www.futurelearn.com/info/blog/find-a-new-hobby-lockdown>

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Cooking & baking (can have an enlarging effect!)



Crochet & knitting



Yoga & Pilates

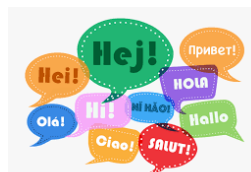
Colouring in is not just for kids



Learn to play more than just 'air guitar'



Genealogy—you may be a Royal!



Learn a new language or brush up on one



Take up running or cycling



Channel your inner-Spielberg & make a film



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**

Where in the Trust? Riddle



I can be late, I can be early, I can be astronomical or atomic and my insides are incredibly complex.

What am I?

Answer's to last week's puzzles:

Where in the Trust? Haematology Day Unit

Riddle: A pencil

Short story by John

ONE SHOULDN'T MOCK the role of a Royal coat hanger. Especially this one.

We all know our places, and when anyone suggests otherwise we are not amused.

My own place is the most prestigious. It's in the Number One wardrobe in His Highness's Number One bedroom suite. I shoulder much responsibility on my polished mahogany frame that has a hook made of finest Sheffield steel. I am glossy, glistening and kept in antiseptic order.

His Highness keeps me cornered at the end on the left so that he can easily access his most prized items of apparel. His hunting jacket, in particular, is a regular companion for me.

My fellow coat hangers are kept in

excellent order, too, though they all know their place. The Royal Valet makes sure of that. Each item of Royal clothing is prioritised and hung in the appropriate place in the wardrobe. There might be those who suggest that such attention to detail suspends belief. But, in the Royal bedroom suite one knows better.

Much of the good order that prevails can be attributed to the almost unflappable valet. The only time I have seen him rattled was when the Royal Toothpaste Bearer fell ill and the valet was asked to double up by ensuring that the Royal toothbrush had paste on it when needed.

However, the intermittent visits by an elegant older woman were taken in his stride. Her name was Vanilla, or something similar, I believe.

There were occasions when she asked to wear the white shirt that adorned the shoulders of my next door neighbour. Her reasons for wanting the shirt have been open to speculation.

And thereby hangs a tale, I guess ...

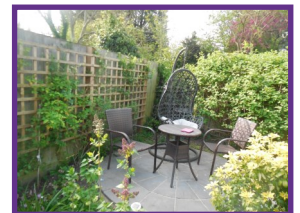
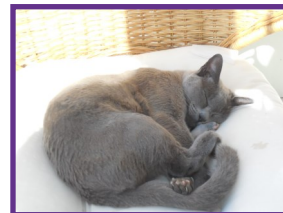


Marie's been keeping busy

I miss Breakfast Club, the Lewin and R2 and everyone in the volunteer office, but hopefully will be back before the end of summer. Frank's also working from home and he misses guiding We have our little cat, Bluebell, to keep us company!

I'm enjoying catching up on reading. Thanks to the lovely weather we've had lately I've been able to sit outside in my hanging swinging chair at the bottom of the garden and read!

Hope to see everyone again before too long!



An Invitation from CUH Arts



With Volunteers Week just around the corner, we want to show our love and appreciation to you - the amazing CUH volunteers family - by offering something a little special.

On **Thursday 4 June at 11am**, we would be honoured if you would join Filipa Pereira-Stubbs (Dance for Health lead) and Natalie Ellis (Head of CUH Arts) for '**Relax & Unwind**' - a gentle music & movement session 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 a regular Dance for Health session (see VVT Issue 6), comfort and enjoyment will be 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 with internet.

It will be lovely to welcome along volunteers who we haven't yet had the pleasure of meeting, as well as some familiar faces. :-)

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

To reserve your place and receive the Zoom access code, please email volunteer@addenbrookes.nhs.uk by Tuesday 2 June at 5pm.

We hope to see lots of you then!

CUH Arts

*Zoom is a video conferencing platform, easily accessed through your web browser or app: <https://zoom.us>

Cruise to the Thames 2019 on narrowboat 'Cornmill'

This week, Sue and Robbie share an adventures on their narrowboat.

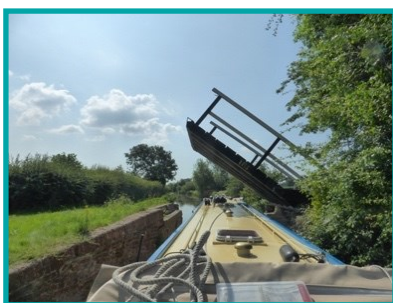
Before we set off from our marina base in the Midlands, around the inland waterways, some forward planning takes place such as, which route are we taking, what towns are we passing through, what facilities do they have, places to moor, etc. In addition, the fridge and all the cupboards on board 'Cornmill' are well stocked up with food before we leave.

2019 found us heading for the River Thames. To get there we followed the Grand Union and Southern Oxford Canals then down onto the River Thames at Oxford.

The Southern Oxford Canal winds through rolling open farmland with narrow beam locks of 72ft in length and width of 7ft - large enough for one narrowboat at a time to go through a lock. En route we stopped in Cropredy and found this amazing road name.



(Some of you will know Cropredy for its annual Fairport Convention Festival in August).



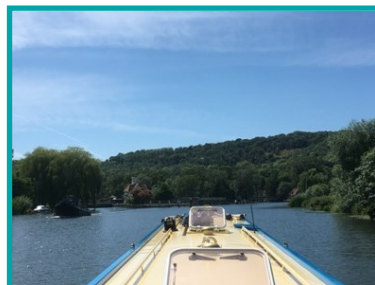
We are approaching one of several lift bridges along the canal. The majority nowadays are raised up but there are still some that we have to stop and lift ourselves physically or by using key operation if it is a road as well as a footpath.



Flowing alongside part of the Southern Oxford is the River Cherwell which, in rainy conditions, easily goes into flood and so there are flood gauges installed by the Canal and River Trust for users to ensure it is safe to proceed.



We are now on the Thames and passing through Abingdon heading towards London.



It was such a beautiful day while heading towards Goring on Thames.



A hot air balloon landing opposite us one evening near Henley on Thames.



Gorgeous view from the Oxford Canal heading back to our marina.

We had a restful holiday meeting up with friends along the way and even the weather behaved itself for most of the time.

Unfortunately, as I write this, it is far too early to say whether this year's plans for a late summer cruise will go ahead but I sincerely hope so.

Keep well and stay safe everyone.

Sue

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, 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

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Voluntary Services
Box 214
Cambridge University NHS Foundation Trust
Hills Road

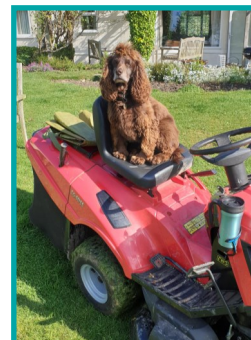
Phone: 01223 596091
E-mail: volunteer@addenbrookes.nhs.uk
www.volunteering.cuh.org.uk

CUH Volunteers

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

Paws Corner

Pablo is not impressed. He's just finished mowing the grass, there's a lovely shady spot to snooze in but he's just been told to do the weeding.



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 be thought to be a person's real name
- No lewd language
- Positive, uplifting material
- Do not write or include any comments which could possibly bring the Trust into disrepute.

Self isolation island discs

This week, Maggie, our Voluntary Services Manager shares her Self Isolation Island Discs:

I found this an incredibly difficult exercise to narrow down my choices to just 8, a single book and just *one* luxury item. So although these songs are all favourites and important to me one way or the other I reserve the right – like any true lady to change my mind.

Disc 1

Let's start with something uplifting. This song never fails to bring a smile to my face and lighten my mood: "Happy" by Pharrell Williams

Disc 2

Huge favourite, that often makes me cry: Madame Butterfly aria Un bel di vedremo, Puccini. Reminds me of a beautiful live performance at the Royal Albert Hall and wonderful holidays in Italy.

Disc 3

I know Jane will laugh at me for choosing this and that we have had the Beatles in this slot before – but I just love the simplicity of this tune: "I am only sleeping" Beatles

Disc 4

Marking the start of my record collection "Beds too big without you" The Police. From Regatta de Blanc a brilliant album

Disc 5

Hippy, dippy days at university: "Pink Moon" Nick Drake – again Heaven in a wild Flower another favourite album

Disc 6

I love to dance and apparently, so my Mum tells me started at a very early age in my nappies in front of "Top of the Pops". Some things never change – though thankfully I have grown out of the nappies. This is a real boogey tune "We are family" Sister sledge, but I could have just have easily picked "For once in my life" Stevie Wonder – but that would be cheating !!!

Disc 7

More recent additions "Just like heaven" Katy Melua

Disc 8

And finallyto remind me of my husband "Lark Ascending" R. Vaughan Williams

Book

Selecting a book was even harder. But I just love "Snow Child" Eowyn Ivey. It is such a beautiful book – but quite sad.

Luxury item

It will make me weep and laugh, possibly both at the same time, but my luxury item would be a photo album of all the incredible holidays I have had the privilege of enjoying with my wonderful husband from young through to present day. I cherish everyone and I hope in these isolating days you too have some wonderful memories to draw on. I often look back to think how very lucky I am.



Maggie's lovely garden