

Virtual Volunteering Times

Volume 1 Issue 14

17 July 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**

Journey to Amman, Jordan

Clinic volunteer Diana shares the story of her family's road trip.

In January 1975 we were posted out to Beirut with our three girls aged nearly four, six and seven, as Robin was working for 'Shell'. Unfortunately two months after arriving, the war started, and life became difficult. We often had bullets and rockets landing near us so after moving apartments twice, and going to Cyprus to avoid it, I was told to return to England without Robin.

Finally in March we got together again when we were moved to Amman in Jordan. Life was great there and we finally settled in well. For the summer holiday we came back to England, bought a car, as ours had been lost in Beirut, and planned to drive back to Jordan, camping for most of the way.

I will never forget the look of amazement on my parent's faces as we set off in the new car, laden with three small children, two small tents, suitcase, and camping equipment, one gas ring, and two saucepans which all had to be in the boot of the car. We were warned that anything on a roof rack would be stolen in Turkey. The girls had sleeping bags and pillows on the back seat so they could snooze easily.

After ferrying across the channel our first night was spent near Amsterdam, unfortunately we found it was near the 'red light' area! Walking around, Wendy noticed a sign saying 'Peep Show' and rushed towards it. Luckily we managed to stop her and tried to explain that it wasn't for children! We had lots of story tapes in the car which helped if the children got too fidgety.

We drove through Germany and Switzerland, camping beside a lovely glacier filled lake. The cows here had two legs shorter than their other two, so they could walk easily across the steep hillside. The children only believed Robin for a short time!

In Italy the campsite was very wet with plenty of rats, so we decided to find a cheap hotel and dry out our equipment.



Where in the Trust? Riddle



A cloud was my mother, the wind is my father,
my son is the cool stream, and my daughter is the
fruit of the land. A rainbow is my bed, the earth
my final resting place, and I'm the torment of
man. Who Am I?

Answer's to last week's puzzles:

Where in the Trust? Car park 2

Riddle: The number 8. On its side, it looks like the symbol for infinity and when you cut it in half, it looks like two zeroes.

Journey to Amman, Jordan continued.



We finally arrived at Brindizi to take the ferry to Patras via Igoumenitsa. We drove over the Corinth Canal and took another ferry to Kos. Here we spent a few days relaxing by the beach. Then on to Samos where Robin and Lucy tried,

unsuccessfully to catch some fish for supper! A lovely friendly little island. Yet another ferry across to Turkey, this time a small launch. We drove over two small planks onto the ferry and sat around our car with sheep and a few other passengers. As the sea began to get fairly rough, they put up a large sail to stabilise us. We were worried that our insurance possibly wouldn't cover us if the car was lost in the depths of the sea! We arrived safely.

There is a big crusader castle at Mersin near Antalya. On we travelled passed Silifki. The mosquitos were bad and the sea helped to soothe us.

At the border post into Syria, there were long queues and form filling in, and various papers to be stamped. It always

helped having three blonde small children with us. The souks in Damascus were very busy and fascinating. You could buy virtually anything there. The huge water wheels at Hama 1120BC and Crac de Chevalier, a wonderful crusader castle. So much to see.

Again at the border into Jordan we had the car searched and our forms stamped.

Finally we arrived back in Amman. Lovely to be back in our apartment with comfy beds and running water, although we only had it twice a week into our tank on the roof. So, back to work, school, and all our other activities.



View from my.....

Carol, Discharge Lounge Volunteer, has had a great idea for a feature. Its really simple, all you need to do is send us a picture of the view from your lockdown home, whether it's your own home or if you've been staying with friends or family. The view can be outside into the street (no identifiable people/number plates), fields, houses, or the garden, whatever is your favourite view.

Carol has kindly started us off: "This is the view from my downstairs toilet, "which I actually think is the loveliest view in the whole house!"

CUH Arts - Asklepan by Ivan Black

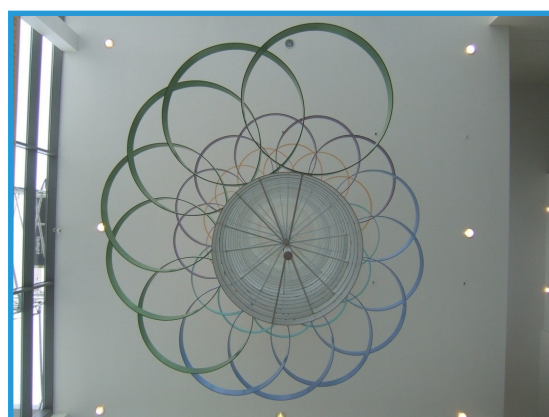


Thousands of us are used to walking under it every day, yet how many of us know its meaning?

When Addenbrooke's Treatment Centre was built 12 years ago, Welsh sculptor Ivan Black won a hotly-contested commission to create a piece of statement art for the spacious atrium.

Ivan was inspired by the symbol from the World Health Organisation's emblem - a snake travelling down a staff.

Each of the discs echo the colours of the reception wall for each floor of the treatment centre, and slowly wind their way down the central column. They then pause at the bottom before making their way to the top. This kinetic sculpture was aptly titled 'Asklepan' which comes from the Greek god of healing.



To discover more about our art commissions at CUH, visit:

<https://artuk.org/visit/venues/addenbrookes-hospital-3130>

The A to Z of being a volunteer (anon)



Olivia asked me during our last catch-up if I could think of anything to contribute to the Virtual Mag. My initial response was no, as I am probably one of the most digitally challenged people I know. I do 'stuff' but nothing as amazing as some of the other contributors to the mag! I had a long think, and realized that volunteering is probably my main interest (outside the family of course), just as it may be for many others. It motivates us, interests us, and I think, whilst allowing us to help, gives back to us in a way that's difficult to describe.

Having volunteered on and off for many years, much of it non-NHS, and watched and listened to many of my volunteer colleagues, I would like to offer this 'A to Z of being a Volunteer' as a testimony to the significance of Volunteers in any organization! And if this lockdown has left any of you, like me, feeling a bit frustrated with our normal volunteering roles being temporarily halted, just read and memorize this alphabet and bask in what a difference you make – but don't overdo it, as we all need to get our heads back through those doors when life is back to 'normal'!

A – We're available day and night, rain or shine, wherever and whenever. We're adaptable, work where asked and do whatever we're asked. And we know we are appreciated, thank you!

B – We're bright, we can cheer the place up, we can help brighten what might have otherwise been a long visit to the clinic. We're brave, we can approach people who otherwise might seem unapproachable.

C – We're caring to patients, relatives and staff. We care what happens. We're confident most of the time, but flourish in the confidence of supportive staff. We try and be good communicators, and value being communicated to with all those telephone calls you at the Volunteers office are making to us during these unusual times, they are a lifeline during lockdown and we really appreciate them. Thank you!

D – We can be daring, going that extra step to support a patient or help staff.

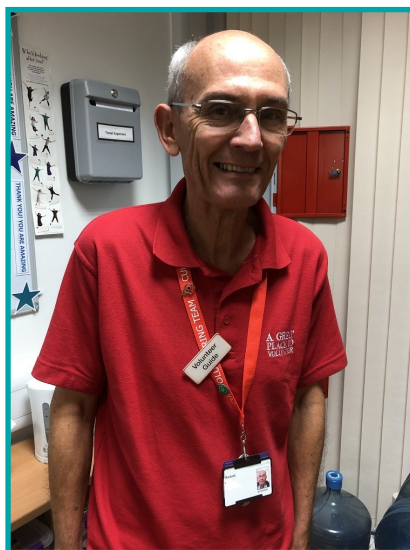
E – We try to be empathic to the needs of others.

F – We try to be fair at all times, to ourselves and to those we work with whether patients, relatives or staff.

G – We are generous with our time and assistance, given freely and happily.

H – We are humbled to be chosen as volunteers for our brilliant organisation and looked after by the Voluntary Services Team as we are.

I – We often work independently but with the team in mind, and have great initiative when things aren't clear but need doing. And having worked in the NHS before there were any volunteers, I can say we are invaluable.



J – We are a joist supporting others and helping prevent collapse. We act judiciously, and aim to be sensible and fair.

L – We are loyal, to the patients and relatives, to staff and to the organization.

M – We are mindful of the needs of others.

N – We act naturally, with genuine interest and intent.

O – We try to be organized, but sometimes fail. We're only human.

P – We are a positive support for the patients and act appropriately.

Q – We offer a quality service and value for money.

R – We are responsible for our actions, responsive to situations and as reliable as we can possibly be.

S – We aim to be self-aware at all times, particularly of the effect we may have on others.

T – We think about what we do before we do it and above all we recognize that we are a small member of a big team.

U – To be understanding is an important goal for us, trying to understand who, what, why, when and how. And we use this attribute positively.

V – We are versatile in what we offer. We can work wherever we're needed and blend in with the team wherever we are.

W – We're welcoming to all, and willing to do anything (within reason) that is asked of us.

And now it gets a bit difficult!!

X – We are fixers. You want a sandwich – we can get you one. Where is Clinic 3 – we can take you. I need a wheelchair – come with me.

Y – We are not all young, some of us are older, and we all do an equally good job.

Z – LaZy – that we are definitely NOT!!



A GREAT PLACE TO VOLUNTEER

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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

The very delightful Poppy has been making the most of her holiday in Cornwall, running and playing on beach.



Help is a call away

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

24/7 helpline: 0800 783 2808

With the country slowly easing out of lockdown, we hope you will have opportunities to be able to see family and friends face to face, visit a pub or restaurant and get rid of those lockdown locks at the hairdresser.

As exciting as this could be, you may be feeling anxious and uncertain about going out, socialising or just stepping through your front door and this is understandable. Help is freely available to you, 24 hours a day, just call Health Assured.

Keeping busy..... Joy and Tony, Volunteer Guides

Firstly we have very much missed our weekly Friday morning slot guiding in the Outpatient Department and meeting our fellow volunteers and in the office!

We have been very busy in the garden doing jobs we have put off doing for a long while, like painting sheds etc, Tony has been going to the allotment most mornings and now we are picking the produce, Joy changing the pots on the patio from the spring bulbs to the summer flowers.

We are lucky where we live in Histon to walk around many paths in the open fields, we have seen the fields planted with seeds and now grown almost ready to be harvested! Also we have seen an old oak tree reputed to be 565 years old, the second oldest oak in East Anglia.

Lastly we have wonderful news of our latest granddaughter born 2 weeks ago safely at The Rosie. Grateful thanks to all.

When the time is right we shall be back in our weekly Friday morning!

