

Virtual Volunteering Times

Volume 1, issue 13

3 July 2020

**A GREAT
PLACE TO
VOLUNTEER**

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And the winners are.....

We were absolutely delighted with the number of entries for our first ever Volunteer Week Prize Quiz, thank you to all those who took part.

It was a close-fought battle between the runners up but volunteer guides Sue and Robbie pipped everyone to the post.

Many congratulations to you both, your knowledge of all things CUH is amazing!



Shadow by Chrisoph

Once upon a time the great sun
Throwing its javelins down
Was now burning up the ground
This was no good at all
So the plants and animals complained

After much ado a plan was hatched
And they called it the shadow
This new found idea would lay itself down
To shade the ground
And give them rest from the burning sun

Now all creatures and plants on earth
Give thanks annually to the saving shadow
And complaints are down
No one quite knows how it works
But generally they all feel, it's best left alone.



Keeping in Contact

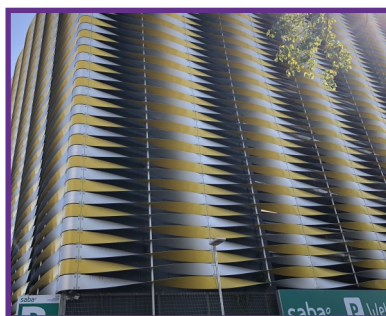
The Voluntary Services Team have decamped to another office in the Deakin Centre so if you'd like to call us during office hours please call:

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



Turn me on my side and I am everything.
Cut me in half and I am nothing.

Answer's to last week's puzzles:

Where in the Trust? The Chapel sign

Riddle: Ton

Keeping busy.... Paul



"I have recently enjoyed reading *Walking the Himalayas* by Levison Wood. I was most interested by his preparations for the walk in Afghanistan and the Kyrgyz herdsmen that he met. He was made to borrow donkeys instead of yaks to carry his equipment.

I have also finished a book called *Origins: How the Earth Shaped Human History* by Lewis Dartnell. His argument is that Plate Tectonics has influenced human history, for example, when plants and animals were first domesticated, starting with wolves 18,000 years ago. I was also fascinated to read about how oxygen was first released into the Earth's atmosphere 2.42 billion years ago.

travelled down the Sepik River and went on a long march. He also sounded irritated by the Sweat Bees which landed on him.

I have also been enjoying walking locally around Trumpington and Grantchester.

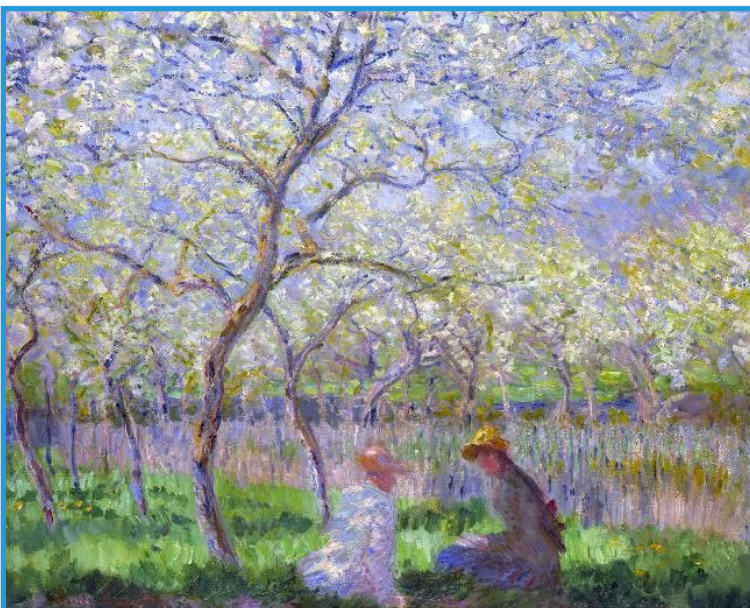
I would recommend listening to:
Rachmaninov- *Etudes-Tableaux*, Op.33 No3 in C Minor played by Yuja Wang

William Walton- *Violin Concerto* (Revised 1943 Version) played by Nigel Kennedy.

This week, ward volunteer Paul shares with us what he's been up to.

I also enjoyed reading *Life On Air* by David Attenborough. I found some of the most interesting parts to be about his return to New Guinea, where he

CUH Arts: Relax, Look & Imagine by The Fitzwilliam Museum, Cambridge



Immerse yourself in Monet's blossom-filled painting of his orchard at Giverny, enjoy the luxurious textures and rich colours of Renoir, and breathe in the peace and simplicity of a spring day in rural France...

These guided relaxations from one of our close collaborators, The Fitzwilliam Museum, teach us the art of slow looking. They are narrated by our great friend & CUH Arts colleague Filipa Pereira-Stubbs.

Printed versions of this 8-part series are on our care of the elderly wards, to help our patients creatively reconnect with the sights and sounds of the outside world.

To enjoy *Relax, Look & Imagine*, visit University of Cambridge Museums on Youtube <https://www.youtube.com/channel/UCMVJvTTINhyPad8wxf-NcQQ>

Some very sad news...



We were deeply saddened to receive the news that our wonderful C4 ward volunteer, Rose, passed away after a very short illness.

After a nursing career here at CUH, Rose began volunteering in 2015 and was an inspiration to many. She always greeted people with the kindest smile, asking how you were, and taking a genuine interest in what you were doing.

She was very committed to good causes and most recently had been helping support members of her local

community during the coronavirus pandemic. She had a joy for life which shone from her whenever we saw her. She was an excellent mentor to new volunteers, encouraging them so they quickly developed in confidence. One mentee described his experience as "Quite simply, there are not enough superlatives in the English language to describe Rose, I could not have asked for anything more."

Rose was also a garden volunteer for the National Trust at Anglesey Abbey from 2004, never knowing exactly which role she would be tasked with; weeding, cleaning silver birch trees in the Winter Walk Garden and as well as helping at the Winter Lights Festival.

For those who knew Rose, we are sure you too will remember her with great fondness and will feel the loss as we do. Our thoughts are with her family and friends.



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

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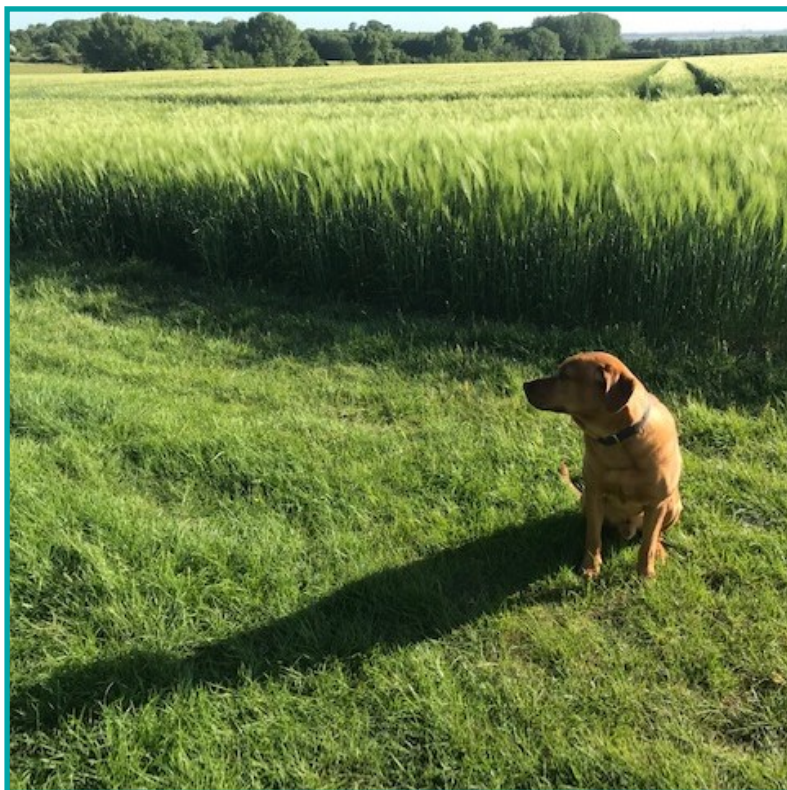
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Hills Road
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E-mail: volunteer@addenbrookes.nhs.uk
www.volunteering.cuh.org.uk

CUH Volunteers

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

Paws Corner

Jack is contemplating his options....."If I make a dash for it now, I wonder how long before they notice I'm running through the crops....? "



Armchair Adventures

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

A *gulet* (Turkish pronunciation: [gu'let]) is a traditional wooden sailing vessel. They are usually two or three masted and from the southwestern coast of Turkey, particularly built in the coastal towns of Bodrum and Marmaris; although similar vessels can be found all around the eastern Mediterranean. They vary in size from 14 to 35 metres and have between four to 10 cabins.

Although most are still equipped with sails, they are by nature heavy boats and very few will use wind power. They usually have a crew of 4, a skipper, deck hands, and a chef. It's a perfect way to relax with meals taken on deck and a plentiful supply of drink always available. Every day is spent at sea with night-time mooring in a secluded bay or small fishing village, or sometimes a larger harbour.

Arthur

