

Virtual Volunteering Times

Volume 1 Issue 15

31 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**

'Trimming the dog' - an update from Paula

Today, instead of doing a Pets as Therapy visit I was trimming the dog.

No, not Lola, although she is clearly in need of a haircut.

I was trimming this dog. It is a memorial to Barney my miniature poodle, the dog I had before Lola. Barney loved to beg energetically waving his paws up and down for attention with his big ears flapping.



But why a yew topiary as a memorial?

When I moved into this house in 2011 there was an ugly, overgrown yew hedge along the back boundary.



First thought, tear it all down, so that's what I started to do but it was so difficult. Yew, it turns out, is a very hard wood so, to make my life easier, I decided to just remove alternate bushes.

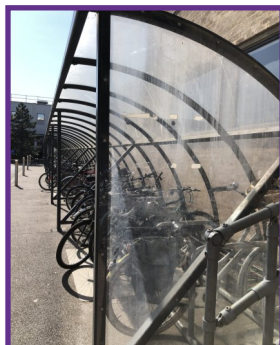
The surviving bushes were straggly and bare in places but gradually I started to wonder whether I could cut them into interesting shapes.

I had seen a topiary of four dancing women in the front garden of a nearby village and the first of the surviving hedges was very full at the bottom and willowy nearer the top. That's it, I could have my own dancing woman.

Creating this shape as topiary was relatively easy because the shape was already partly there and it was a very green and leafy bush.

Then my beloved Barney died so what could I do but dedicate the second bush to his memory. This was more difficult because a begging dog is quite a challenging shape to achieve but it has worked out fine. I tend to touch his paw when I go past.

Where in the Trust? Riddle



I am not alive, but I grow; I don't have lungs, but I need air; I don't have a mouth, but water kills me. What am I?

Answer's to last week's puzzles:

Where in the Trust? Papworth tents

Riddle: Rain

Trimming the dog..... continued.



One really straggly bush left and for no particular reason I decided to do a hare, not a rabbit note, because I wanted it to be tall and elegant. As this was the bush in the worse shape it has been the hardest to work with and it still hasn't sufficiently filled out but the outline is there. Topiary is a very slow process.

I have been doing their annual trim over the last couple of days. This is quite nerve-racking because like cutting hair, you can say it will grow back but, unlike hair, Yew would take ages to recover from some over enthusiastic snipping.

This is how they all look now at the bottom of my garden. They look quite strange in a row



amongst the other plants but on a frosty morning they have a fantastic ghostly presence.

That's what I have been doing this week: trimming the dog . . . and the dancing woman and the hare.

If you would like to meet these strange characters my garden is open to the public as part of 'Ashwell at Home' (Herts) every year in early May. (except this year of course).



CUH Arts - Spotlight on Professor Sir Roy Calne

Many of you will know that Prof Calne was a pioneering surgeon of organ transplantation at Addenbrooke's. As Professor of Surgery at Cambridge from 1965 to 1998, he broke new ground with an internationally renowned kidney and liver transplant programme that saved many lives. But do you know about his skills as an artist?

Prof Calne has been an avid painter and sculptor for much of his life and we feel immensely proud to have some of his artwork on display in the hospital. In fact, together with other consultants his artwork became the launch of our hospital art collection and subsequently the programme we run today.

His subjects range widely from painting his colleagues, flowers, still life and travel scenes. But more unusually he liked to paint portraits of his patients, one of them being the acclaimed Scottish painter, John Bellamy, with whom he struck up a special friendship. It was Bellamy that influenced him to start painting as means of emotional expression.



Here are a few examples of some of Calne's paintings held in our collection, as well as a bronze sculpture of Calne himself, created by Laurence Broderick.



Oil painting of Sathia Thiru



Blind Musicians in Malaysia

Keeping busy..... Ingrid

When lockdown started I thought that I finally would start on all those 'I never have time for' jobs such as finishing a quilt, updating my family history, clearing out the loft, and best of all lots of reading.

What have I actually done? Well, the garden benefitted a lot from all this extra time. I claimed a bit more border from the lawn. I managed to convince Husband that a few metres taken from the lawn would not reduce the croquet area. After a lot of hard work digging up an enormous amount of rubble I now have a bit more border to plant even more plants. It was a great to visit the local garden centre again a few weeks ago and walk around, like a child in a sweet shop, choosing plants!

We also planted a native hedgerow at the back of the garden. One of the species is Blackthorn and I can't wait for the sloes to ripen and make sloe gin!

WhatsApp has come in very handy with lots of video calls with family and friends. I think I have spoken more with them than I would have done in 'normal' times.

Catching up on their news and the feeling of being 'in the same lockdown boat' was and is a great comfort.

I have also started learning Italian again. I 'chat' with a neighbour every Thursday afternoon via WhatsApp. I love the language, it sounds as if you are singing opera all the time. It would have come in very useful this July as Husband and I were invited to a wedding of a friend's daughter in Sorrento, Italy. That had to be delayed to next year for obvious reasons but when we do go in July 2021 I hope to 'parlare Italiano' fluently.

During the warm weather in May my Husband and I dusted off our bicycles and started cycling again. The feeling of freedom, being in the fresh air and the exercise itself gave me a great sense of wellbeing.

The weeks have flown by and I still need to finish that quilt, sort out the loft and update the family history.....



View from my.....



This is the lovely view from Volunteer Guide, Chris' lounge.



Maureen has given us a slight twist on the 'View from my' with a photo of her anemones

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CUH Volunteers

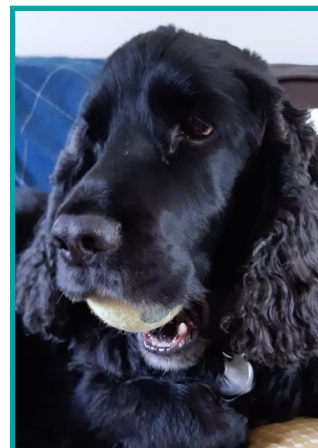
We're on the web!
www.volunteering.cuh.org.uk

As we reported in June, we are working hard in the background to plan for the future return of volunteers roles.

Today we have sent out a short questionnaire to gauge the number of volunteers who would like to return and in which roles. It would be very much appreciated if you could complete this as soon as possible (the

Paws Corner

There is no way Digby is going to let go of that tennis ball.... unless you've got a tasty treat of course.



Help is a call away

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

24/7 helpline: 0800 783 2808

Volunteers on way back....slowly

deadline for return is Saturday 15 August) even if you think you may not return, as this will help with planning.

The return of volunteers is likely to be staggered in cohorts and we hope to start the process in late autumn 2020. We will follow Government and local CUH guidelines so things are subject to change.



Self Isolation Island Discs

This week, PAT dog volunteer Paula, shares her Self Isolation Island Discs:

Discs

So first my eight TUNES, in no particular order

1. Lucy in the Sky with Diamonds-The Beatles
2. Swan Lake Finale-Tchaikovsky.
3. I drove all night-Roy Orbison
4. Don't Look Back in Anger-Oasis.
5. I wanna be loved by you -Marilyn Monroe

6. Nimrod Enigma Variations - Edward Elgar.
7. Do you hear the People Sing-Les Miserables.
8. Jar of Hearts-Christina Perri

Book

Favourite book probably Lord of the Rings- Tolkien /or my first read I can recall. Alice in Wonderland.-Lewis Carroll.

Luxury Item

My music centre, for cds, tapes and LP records. I might also sneak in a bottle of

eternally chilled Sauvignon Blanc and a giant bar of Dairy Milk!

