

# Virtual Volunteering Times

Volume 1 Issue 19

11 September

**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**

## CUH Library Trolley Quiz - Name those books!

We know our library volunteers are passionate about all things literary and Maureen proved this by putting together a fun quiz. No prizes this time, just the pride of your literary knowledge!

### Work out the titles from these first lines....

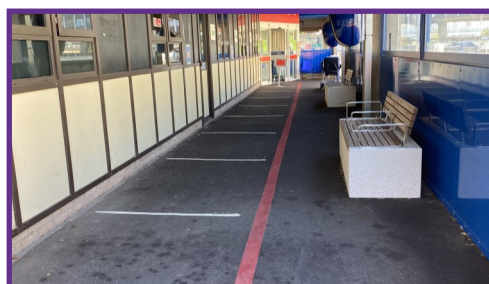
1. 'It was the best of times, it was the worst of times'
2. 'All children, except one, grow up'
3. 'It was a bright day in April, and the clocks were striking thirteen'
4. 'There was no possibility of taking a walk that day'
5. 'Mr and Mrs Dursley, of number four Privet Drive, were proud to say that they were perfectly normal, thank you very much.'

### Work out the titles from these emojis....

1.     
2.   
3.   
4.  
5.  

More questions overleaf.....

## Where in the Trust? Riddle



I am something people love or hate. I change peoples appearances and thoughts. If a person takes care of them self I will go up even higher. To some people I will fool them. To others I am a mystery. Some people might want to try and hide me but I will show. No matter how hard people try I will never go down. What am I?

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

Where in the Trust? Car Park I

Riddle: River

## CUH Library Trolley Quiz continued....

Work out the titles from these images....

1.



2.



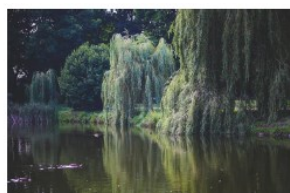
3.



4.



5.



Answers in the next edition.

The impact and uncertainty of COVID-19 affects us all, you may wish to speak to someone about your concerns and worries.

Health Assured is available 24 hours a day, 7 days a week and is free to use, please just pick up the phone and call them.

**Help is a call away!**

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

**0800 783 2808**



## CUH Arts Spotlight: Colour in Motion

After six extraordinarily tough months, we are delighted to unveil *Colour in Motion* – a 12-month exhibition featuring the works of Turner Prize-nominated artist Ian Davenport. Working in collaboration with the Jerwood Collection and arts charity Paintings in Hospitals, this exhibition has been specifically designed for our rehabilitation gymnasiums, to enhance the physiotherapy environment with art that evokes movement and energy.

Davenport has been particularly keen to share his art in healthcare settings since spending extended time in hospital as a patient:

“As an artist interested in colour, my time in hospital was empty and bleak. Working with Addenbrooke’s Hospital means I can do something to change that.”

We are so grateful to Addenbrooke’s Charitable Trust for providing us with the funding to make this exhibition possible.





## A trip to the Edinburgh Tattoo



Arthur, Volunteer Guide, shares with us the history and his experience of Edinburgh Tattoo.

The term "tattoo" derives from a 17th-

century Dutch phrase *doe den tap toe* ("turn off the tap") a signal to tavern owners each night, played by a regiment's Corp of Drums, to turn off the taps of their ale kegs so that the soldiers would retire to their billeted lodgings at a reasonable hour.

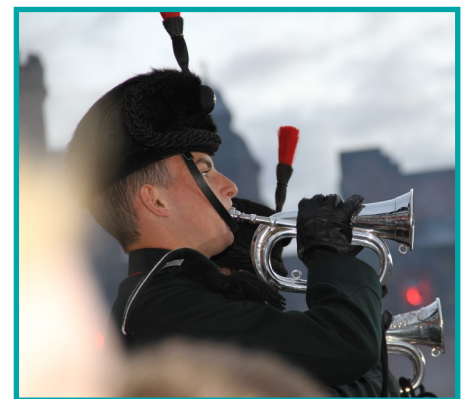
Edinburgh is a city not to be missed. With so much going on in Edinburgh during August you are spoilt for choice but undoubtedly the Royal Edinburgh Military Tattoo is genuinely unique which makes it well worth visiting.

Often called "The most spectacular show in the world" it is staged every year as part of Edinburgh's world-

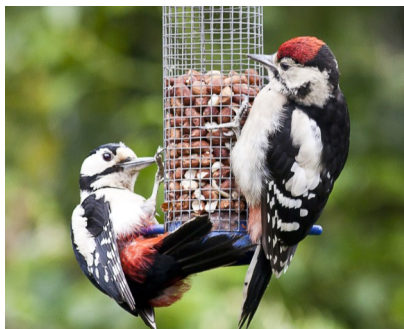
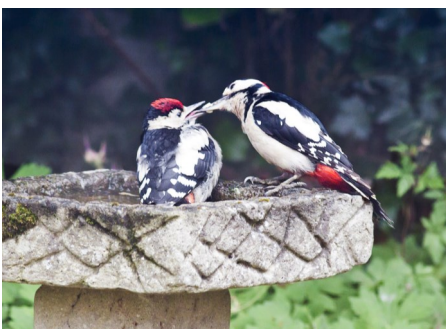
famous summer festivals, the Edinburgh Tattoo is a unique and memorable celebration of music, dance and military pageantry.

It takes place against the backdrop of the floodlit Edinburgh Castle, almost 1,000 musicians, pipers, drummers, singers and dancers perform at the Edinburgh Tattoo on the Esplanade. Each year you can expect stirring performances of the Massed Pipes and Drums and the Massed Military Bands that emerge from the huge castle gates.

This unforgettable event is brought to an emotional and poignant close each evening as a lone piper, spot lit high on the castle ramparts, plays a haunting lament. Fireworks, a mass chorus of *Auld Lang Syne* from the audience and the roar of jets from a military flypast bring the curtain down on a truly memorable night's entertainment..



## View from my..... Gerry, Chaplaincy & Guide Volunteer



## A GREAT PLACE TO VOLUNTEER

Voluntary Services  
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Phone: 01223 596091  
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[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

Digby was a special guest at his 'sister's' wedding when his owner Viv's daughter got married.

Many congratulations to the happy couple and what a handsome usher Digby was in his best 'bib and tucker'



## Self-isolating Island Discs

In this edition we have Anna, Volunteer Coordinator, providing us with her favourite discs, book, and luxury item.

I've had great fun drawing up my list for my Desert Island Discs and reflecting on my favourite songs! It has dawned on me that for most of the songs I've chosen, it was the album as a whole that I fell in love with and so a few of my song choices below are just the highlights of those albums.

### Discs

My first pick is the Angele Dubeau & La Pieta version of Ludovico Einaudi's "I giorni", a beautiful instrumental piece for piano which is done in this version as piano and violin. I walked down the aisle to this at my wedding so it holds very happy memories for me now! Two of our friends very kindly played it live for us on the piano and violin in the chapel.

As far as I can remember, Jack Johnson's album *In Between Dreams* was the first album I ever bought myself. From beginning to end, the album is just one relaxing and feel good acoustic guitar song after another. The first track "Better Together" might be my favourite for its lovely happy lyrics and takes me back to happy memories of summers spent with friends.

Another of my lasting favourites is indie rock band Muse's *Black Holes and Revelations* album. I got up early before school to walk into town to buy it the day it was released. 15 years later and I still enjoy every minute of listening to it! I've enjoyed different songs more than others at different times, but "Map of the Problematique" has remained a favourite.

My next two choices are from American Folk artists: Bon Iver's "Lump Sum" and The Civil Wars' "To Whom It May Concern". Both songs are from incredible folk albums – they are beautifully written, emotional and authentic. Bon Iver wrote, performed and recorded his album in a remote hunting cabin by himself over about 6 months and the songs feel very rustic and original.

My final pick is very personal, from my brother's indie rock band Wild Front. I've selected a song from their second EP called "Selhurst Park" as the lyrics talk about a difficult time in my brother's life when a friend passed away and talk about his reflections on his childhood. The track feels magical whenever I listen to it - taking me back to my childhood too.

### Books

I'm an avid reader, and think there's nothing better in the world than being curled up with a good book and getting lost in it. Although this was a tricky decision, I've picked *Heidi* by Johanna Spyri as I've lost count of the number of times I've read it and never fail to enjoy it.

### Luxury item

A hot water bottle as I always get cold!

