

Virtual Volunteering Times

Volume 1 Issue 15

31 July 2020

A GREAT PLACE TO VOLUNTEER

Inside this issue:

Keeping busy	2
CUH Arts	2
My fox called Kim	3
View from my...	3
Paws Corner	4
Self Isolation Island Discs	4

Questionnaire headlines

Many thanks for all those who have completed the questionnaire regarding returning to volunteering when the time is right. We were delighted with the response rate but if you've not already done so, please email volunteer@addenbrookes.nhs.uk to let us know your intention. Below are some highlights from your responses:



217 volunteers completed the questionnaire

Ready to start when you are!

94.5% of volunteers feel safe to return

It is nice to hear about other volunteers. It makes one feel one belongs to the ranks still.

98.5% Excellent communication from the Volunteer Team & Chaplaincy

Suggestions: Take your time, get it right

Suggestions: Use volunteers in very targeted ways to ensure they can contribute safely at a time when security & safety on wards etc must be at a premium



Keeping in Contact

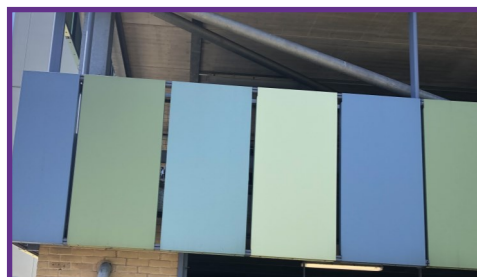
The Voluntary Services Team have decamped to another office in the Deakin Centre so if you'd like to call us during office hours please call:

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 have a bed but I never sleep. I have a mouth but I never speak.

What am I?

Answer's to last week's puzzles:

Where in the Trust? Bike shed by Barton House

Riddle: Wheelbarrow

Keeping busy...Cecilia

As well as taking part in the Relax and Unwind zoom sessions, Dance and Movement volunteer, Cecilia, has been studying The Work of Byron Katie.

Lockdown has given me the opportunity to focus on e-courses and working with zoom classmates around the world going deeper and learning to facilitate Byron Katie's, the Work. In September, I will be assessed to see if I am ready to serve on the international Helpline, a volunteer-based service offered around the clock, seven days a week, as volunteers are available. This is all part of my training towards becoming a Certified Facilitator.

So what is the Work?

The Work is not therapy.

The Work is not counselling.

The Work is about accessing your own wisdom and finding your own answers.

And this can be done on your own or with a facilitator.

As Katie says, the Work is merely four questions; it's not even a thing. It has no motive, no strings. It's nothing without your answers. These four questions will join any programme you've got and enhance it. Any religion you have, they'll enhance it. If you have no religion, they will bring you joy. And they'll burn up

anything that isn't true for you. They burn through to the reality that has always been waiting.

If you would like to know more, the link is <https://thework.com/>

I discovered that when I believed my thoughts I suffered, but when I didn't believe them I didn't suffer, and that this is true for every human being. Freedom is as simple as that. I found that suffering is optional. I found a joy within me that has never disappeared, not for a single moment. That joy is in everyone, always. And I invite you not to believe me. I invite you to test it for yourself. Byron Katie

As we're slowly coming out of lockdown but so many things are still uncertain, 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.

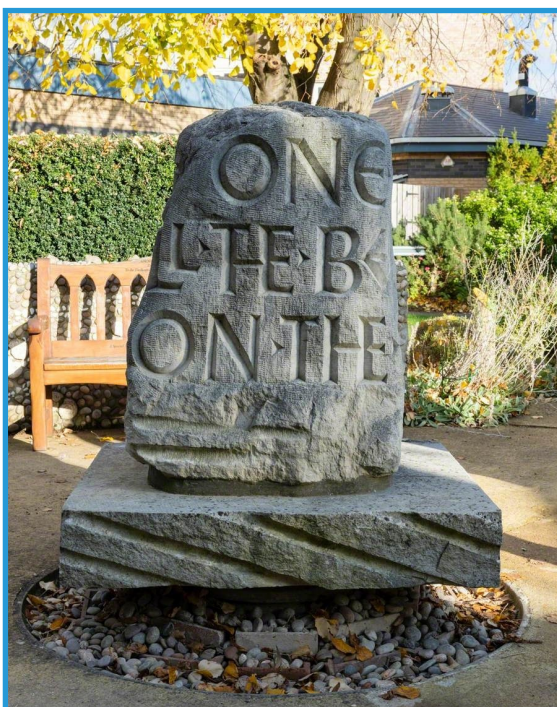
Help is a call away!

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

0800 783 2808



CUH Arts—Art in the Open Air



The last few months have led many of us to appreciate the outdoors more than ever before. Being able to take a breath of fresh air helps us all to feel better, and our hospital gardens are precious spaces for patients, staff and volunteers to enjoy.

But do you know where they are? Have you spotted the art?

Among these outdoor gems is this beautiful stone sculpture by Lida Cardoza Kindersley, inscribed with these words:

'One Cannot Collect All the Beautiful Shells on the Beach'

This piece sits in the middle of our Jubilee Garden surrounded by beautiful plants that owner and designer of Bressingham Gardens, Adrian Bloom, generously donated.

More of our collection can be found on the Art UK public collection website:

<https://artuk.org/discover/artworks/search/venue:addenbrookes-hospital-3130>

My fox called Kim ...



Diane and Kim

Clinic volunteer Diane shares her incredible interaction with wildlife.

We lived in Hampshire in an old farm house for a few years with lovely farm fields around us.

One morning the postman arrived with not only the post, but with a tiny, round faced bundle of grey fluff, too. He had found it in the drive, and thought that it must be a kitten. Of course we had to take it in! We put him in a box of hay next to the Aga. He could only have been a few days old as his eyes were still closed. He began to smell really strongly and was very active.

Looking at him closely I realised that he wasn't a kitten, but probably a fox cub. We rang the local vet and he gave us a pen dropper and advised on feeding. The first few nights he slept in his box beside our bed and I had to feed him at night occasionally!

After every feed we were supposed to massage his tummy to stop him getting bound up. Our lovely red setter Sasha,

did this automatically and she looked after him.

He slept in a large box in our conservatory and had a free run in there. He gradually became more fox-like and loved playing in the garden with our dog, cat, and the children. It was amazing to see that he had all his natural instincts, he was very wary of any strange car in the drive, didn't like men, and was very clever at hiding in the garden to see if it was safe to come out and play.

I used to take him around the farm fields with Sasha so that he got to know his surroundings. One walk he was dashing on ahead, followed by Sasha, and to my amazement another baby fox followed behind. It must have been one of his family!

He grew and became more independent, finding himself a den, firstly under our oil tank by the shed, then further away down the garden.

Each morning when I let Sasha out, he would come running up for his breakfast, almost grinning and wagging his tail.

After a few months we knew that we were being moved up to Cambridge. It was a lovely summer so I began to make new curtains for our move spreading the material out on the lawn. Kim used to hide in the bushes behind me and every now and then would dash out and take something out of my work basket and disappear. Later on we found all sorts of missing things around the garden. One flip flop, T shirt, pieces of material and other things.



By the time we moved up to Cambridge, Kim was very independent but still enjoyed the odd meal.

A year after moving here, we went back to our old house to visit friends. I walked down to the fields and suddenly saw a fox walking across the field. I stopped, called 'Kim' several times and the fox stopped, sat down, and looked at me. It must have been Kim. I was so thrilled to know that he was safe and well. How lovely.



View from my..... Patricia, Ward Visitor

This is a small number of the many photos I've taken from my home at different times of the year over a 3 year period ... I've become far more observant and increasingly appreciative of nature since living on the outskirts of the village. It has enriched my life. I would like to share them with you.



A GREAT PLACE TO VOLUNTEER

Voluntary Services
Box 214
Cambridge University NHS Foundation Trust
Hills Road

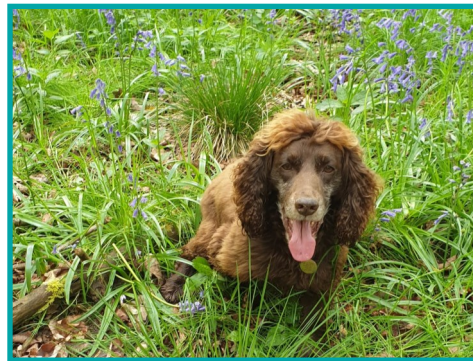
Phone: 01223 596091
E-mail: volunteer@addenbrookes.nhs.uk
www.volunteering.cuh.org.uk

CUH Volunteers

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

Paws Corner

In a throwback photo in the Spring, the gorgeous Pablo has decided the big stick is better for sitting on rather than carrying!



Self-isolating Island Discs

This time Chaplaincy Volunteer Celia shares her music, book and luxury item choices.

I was lucky enough to be born after World War II, which meant I was at secondary school and University in the 60s. Elvis, The Beatles, the Kinks, the Beach Boys, The Stones, the Bee Gees, Leonard Cohen, Bob Dylan, Julie Felix, The Animals, Dusty Springfield, Louis Armstrong, etc etc – massive student demonstrations, sit-ins and protests, new sharp comedies and satire, Irish problems and singers of rebel songs, plays like *Look Back in Anger* and *Oh What a Lovely War...* We were full of ideals – no more war, improving the environment, tackling pollution, feeding the world, nuclear disarmament– all set for a better cleaner globe. We were full of hope and idealism and dreams of equality.



My subjects were English and Drama, so it's not surprising I loved **Leonard Cohen's** mix of music and poetry full of powerful images from his Jewish heritage, and his smoky voice half speaking, half singing 'songs of love and hate' – so my first choice from his large volume of work is simply the first one of them that I heard: "**Suzanne**" - I thought his work had greater soul than Bob Dylan's – and I've never understood why it was Dylan who got the Nobel poetry prize instead of Cohen.

I went to University following a post-A-Levels year out (1966/7) spent in Cameroun, as a VSO teacher of English in Yaounde (hey – did I invent the Gap Year?) Then just before Finals 1970, I'd had a really difficult patch coming to terms with the reality of my future plans. It was a tough time for me, facing uncertainty, and I was lucky that the gang of friends I'd shared digs with for two years was there in support. I think it was around then that Dustin Hoffman in "*The Graduate*" appeared in English cinemas, and Simon & Garfunkel's music matched its desire to make the world better with "**The Sound of Silence.**" Beautiful words and music, voicing a heartfelt protest. And now, decades on, the band **Disturbed** has returned to that protest in their own way, with enormous power in their video version of the song, which brings its original message back to life again.

Late in our last term we all went to a final student party. I always loved to dance, and they played **George Harrison's "Sweet Lord"** and it was poetry and prayer to me. It really lifted me. I danced to it with one of those lads I knew so well – and it was magical and I suddenly discovered that I couldn't imagine my life with him no longer in it any more. And it was clear that the lightning, the realising, struck both of us in the same song. And that's Derek, who I married in 1972 when we'd both finished training, and were working in Scotland.

From the 60s onwards, we'd been part of this powerful current of hope in a better future. In the USA the Civil Rights movement and Black Power had the same origin from a much darker history. It seems to me that **Labi Siffre** created another great poem of protest in song with "**Something Inside So Strong,**" an indomitable refusal to be beaten down. Black Lives Matter.

My last two songs are very different: I'd wanted a wider expression of musical styles, and thought at first of the power and scope of trained operatic voices; I've decided I can have my cake and eat it too if I choose the originality of **Freddy Mercury's** voice and songs written to provide his uniquely exciting duets with the glorious voice of **Montserrat Caballe.** For this one I'm choosing "**Barcelona,**" though the other songs on that CD could as easily meet the criteria.

I was a counsellor/psychotherapist for about 30 years before I retired. Of the very many people I had the privilege of working with, some left me humbled by the strength of their being, despite horrors that they had lived through. I'm thinking as I write of particular people I've known who have managed to survive what seems to me to be unbearable abuse and/or loss. Whenever I hear this piercingly gentle song, these are the people who I see in my mind. The song is (I think) relatively unknown. It's part of the closing music at the end of the film "*The Passion of the Christ*" – simply titled (*Stay out of*) "**Harm's Way**" with the singer credited as "**The Ghost Who Walks.**"

BOOK

Pride and Prejudice: a great story, plus wit and humour in Jane Austen's characters, likeable but fallible people who develop and change. (Well, some of them change... there's realism in there!) One of the books I read again. And again.

LUXURY ITEM

Painting kit (Acrylics, brushes and pads/canvas). I paint for my own pleasure. It doesn't have to be good – I just love doing it. And fen sunsets are unique and amazing.