

Virtual Volunteering Times

Volume 2 Issue 3

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A GREAT PLACE TO VOLUNTEER

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Making February Fabulous!

With all this very cold and wet weather, it can be difficult to get out and enjoy our beautiful countryside. The great news is that researchers at the University of Exeter, in collaboration with the BBC, have shown that just viewing images of nature has a beneficial effect. We'd love for you to send in photos you've taken of nature so we can all benefit from scenes. Library Volunteer Maureen has started us off with one of snowdrops at Anglesey Abbey. The research into this phenomenon is continuing so if you're keen to take part, it is still possible to contribute to The Virtual Nature Experiment, just follow <https://www.bbc.co.uk/mediacentre/2021/soundscapes-for-wellbeing#thevirtualnatureexperiment>.

Whilst it might be biting cold, you maybe stuck for ideas on what you can do. Here in the Voluntary Services office, we've been discussing how we're keeping busy and occupied:

Maggie has found some fabulous things to watch on Netflix including the film 'The Dig.' It shows some lovely Suffolk landscapes and is based on the 1939 archaeological dig at Sutton Hoo.

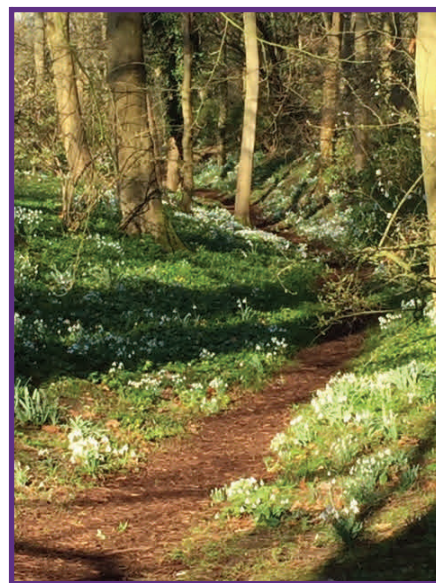
Olivia is our resident baker and has spent time perfecting her recipes. She often brings some gorgeous goodies into the Volunteer Services office, the current favourite bake within the team is chocolate brownies!

Anna is going to be moving house in March so is spending many happy hours reading interior design magazines, looking for inspiration from others on the Pinterest app and has developed a healthy addiction to interior design programmes including 'Interior Design Masters.'

Jane has been eating way too many of Olivia's cakes so has restarted Couch to 5K, this time with her dog Flossy. The programme guides people from no fitness to running for 30 minutes or 5K in 9 weeks.

It will probably be no surprise that Jack has been spending time looking after his fish tanks. Despite lockdown he has been able to get lots of new and beautiful corals.

What have you been up to? Please drop us an email and share your experience



Keeping in Contact

The Voluntary Services Team are in the office if you would like to contact us.

Office hours (& out of hours answerphone)

Where in the Trust? Riddle



I am sometimes white but I am not snow, I am sometimes dark but I am not the night, I am sweet but I am not sugar, I am rich but I am not Bill Gates. What am I?

Answer's to last week's puzzles:

Where in the Trust? Blue railings outside ED
Riddle: Key

My Botanic Art.... Paula, PAT volunteer

One day, when walking around my village with my dogs I was struck by some glossy ivy leaves with plump, richly coloured berries catching some low beams of sunlight. I broke off a piece of the ivy and the next day I painted this picture of mature ivy with berries. Not everybody recognises this plant as ivy because they are more familiar with the immature lobed leaves of the juvenile ivy that climbs up trees and fences.

This sort of painting is called botanic art and drawing or painting a picture of a plant, from life, because some aspect of it appeals to me is what I do but it took a long time to find my niche as an artist.

I moved to Ashwell nine years ago from inner London, at the end of a long career in health/social care, for the open countryside, bigger dogs and a large garden. Art had always been a part of my life but with all the demands of a career and rearing a family it often lay dormant for very long periods. What I have always been able to do for as long as I can remember is draw and paint to achieve a very good likeness of my subject, so I assumed that was what I would do as a 'grown up'. However, there was no encouragement towards that end and much more enthusiasm when I decided to go into nursing.

I did a number of art courses over time but my skills seemed to be of a previous era because art had become more expressive, abstract or conceptual and, as much as I enjoy other people's expressive creativity, that's not what I could do. Then I discovered botanic art on a course at Cambridge Botanic Gardens

What I learnt early in the course was that botanic artists were the first to create images of plants for botanists, horticulturists and for medicinal purposes so the emphasis had to be on a reliable scientific record and botanical accuracy. At last, I had discovered an art form that used my strengths for detailed drawing combined with other art skills acquired over the years.



You might ask what is the point of botanic art now we have cameras but, although a photo records a good overall image of a plant, it can't bring the unique detail to life. For example, I can hone in on the soft petals folded around a bud or I can pick out the tiny hairs on a poppy's stem and give them a little more emphasis in a way that a photo cannot. Botanic art shows you what we see when we carefully study the plant as we draw or paint it.

The science of botany is still dependent on botanic illustrators but botanic art can also have a more aesthetic quality. Although always scientifically and botanically correct, we can also capture what it is about a plant or flower that attracted our interest so much that we wanted to paint or draw it.

I use pen drawings to capture the fine details of a plant, e.g., the intricate network of crinkles characteristic of primrose leaves but I love colour so when I do a painting, I strive to capture enough detail with a pen alongside watercolour paints for those glorious colours.



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CUH Volunteers

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

Paws Corner!

Olivia patiently waiting for someone to play ball, you know you want too.

"How much longer am I being furloughed as I am missing my cuddles and biscuits?"



More ideas needed!

As you know, some of our patients are spending many weeks on the wards and without visitors, time is really dragging. To help the patients pass the time we are taking paper puzzle packs containing sudoku, word search, crosswords, quizzes and origami, up to the wards. We would love some more ideas for content and we know that you, our fantastic volunteers, will be able to come up with inspiration and creative ideas. Remember its all on an NHS budget! Many thanks for those who have already made suggestions, they are really appreciated.

Please be aware that anything going up to the ward needs to be paper-based and not use anymore equipment than a pencil or pen as everything is single-use. Any ideas, just email volunteer@addenbrookes.nhs.uk

Many thanks

Armchair Adventures

♥ Barbados ♥

Barbados is an eastern Caribbean island and an independent British Commonwealth nation. The country gained independence from Britain in November 1966 and has a population of approximately 300,000.

Despite being classified as an Atlantic island Barbados is part of the Caribbean and is ranked as a leading tourist destination. For an action packed day, we snorkelled with turtles before breakfast, saw England play cricket, in the afternoon went to the races and visited a rum distillery on the way back. Some day!

Barbados is often referred to as the gateway to the Caribbean with the main two UK airlines flying daily to the capital Bridgetown. It is also the starting point for those taking Caribbean cruises. The days when the large ships visit make Bridgetown the place to avoid!
Arthur

