

Virtual Volunteering Times

Volume 2 Issue 6

12 March 2021

**A GREAT
PLACE TO
VOLUNTEER**

Inside this issue:

CUH Arts	2
A walk around the garden	2-3
Paws Corner	4
Staff governor elections	4
Armchair Adventure	4



Keeping in Contact

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

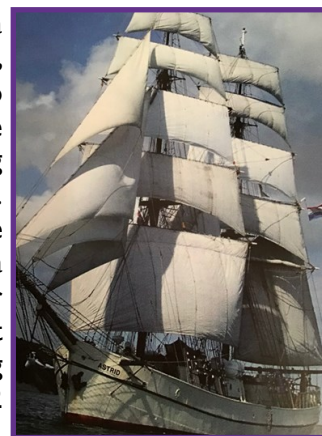
Office hours (& out of hours answerphone)
01223 586616

Tales of Tall Ships... Sue and Robbie, Guides

When we heard that the Tall Ships Race was heading for Hartlepool on the North East coast in 2010 we jumped at the chance to go with friends, booking into a comfortable hotel nearby for the duration.

This annual event is held at various ports across Europe where the majority of ships are crewed by professionals with volunteers who work and pay for their own passage. Sixty ships had been confirmed to attend setting sail from Kristiansand in Norway so we were anticipating a magnificent sea of masts and sails on the dockside.

I had managed to secure tickets in advance for a cruise on a Dutch Tall Ship named "Wylde Swan". Once on-board, slowly under engine we edged out from the dockside into Hartlepool Bay, where the sails were hoisted and engine turned off. All we could hear were the waves gently lapping against the hull of the ship as we cut through the water. Lunch was included and by the time we had returned to the dock it was late afternoon. We felt this had been a once in a lifetime trip so it was with great excitement that soon after we disembarked "Wylde Swan", we spotted an advert alongside another Tall Ship called "Astrid" offering an evening boat trip the following day. Needless to say, we grabbed 2 tickets!



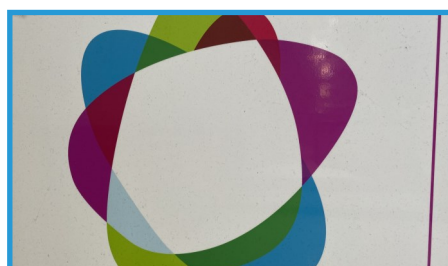
Astrid

We were thrilled to join "Astrid" as she was taking part in the evening "Eve of Sail" with fireworks. All the Tall Ships taking part (all with paying guests on-board) left at their allotted times for open water into Hartlepool Bay. At 9.30pm we were stationary in open water surrounded by other Tall Ships all waiting for the fireworks to begin at 9.45pm. What a magical evening on-board "Astrid", one I will always remember! But sad to say, that in 2013 Astrid was travelling to Ireland and after her engine failed, she was blown onto rocks and sank. A truly sad end to such a magnificent Tall Ship.



Sue and Robbie

Where in the Trust? Riddle



What has six faces but does not wear makeup, has 21 eyes but cannot see?

Answer's to last week's puzzles:

Where in the Trust? ACT donation point in Main Reception

Riddle: Steps

CUH Arts: Mobile by designer Andrew Tanser

Small delicate etched metal shapes gently waft and create beautiful soft shadows against a frosted glass round window. Cambridgeshire designer, Andrew Tanser created this piece in 2010 to commemorate and celebrate one of our Children's Services nurses.

Each of the shapes reflecting her hobbies and interests. Depending on the time of day and the light that shines through the window, you'll see different shadows being cast.

If you wanted to seek it out next time you're in the hospital, the window is in the corridor near the junction to the Rosie.



A five minute walk around my garden!.... Jane, ATC Guide

"Those who know me understand that I can't wait to get outside into the garden, especially now as Spring is here (1st March), vaccinations progressing at a pace and the Roadmap ahead looking promising. If it is too cold or wet then it is into the warmth of the greenhouse - seed packets and peat at the ready....so here are a few shots of a 5 minute walk around my garden looking at Spring emerging.

I smile at my 'primrosed' ornamental bicycle, and then spot the first hint of colour in a hyacinth. Tête a têtes, cushions of pale yellow and mauve primroses, snowdrops, and my hellebore, with its second blooms (the first eaten by the rabbits!!!). The sundial, celebrating my 70th Birthday last year, sits on the original farm gate post. In the orchard, the 'wild' New Forest daffodils are beginning to break - the apple tree prunings of late December are placed around the tree trunks as protection from rabbits and muntjac deer nibbling the bark for the rising sap!

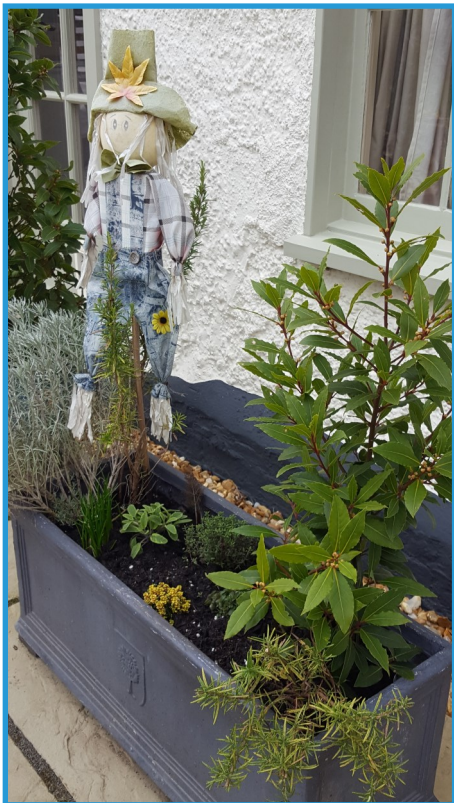
Catkins and, just round the corner, the Apricot tree is about to blossom.

At the front, more tête a tetes celebrate the house sign, and in a few days time (given more warmth) daffodils - the highlight of this Spring garden, and the talk of the Village..

Returning to the back door the violas, again recovering from rabbit nibbling last Autumn are showing their tiny faces.....

I smile as I walk past my now fading little scarecrow watching over the newly revived herb garden.

Do I miss volunteering when I have all this to do/look at? You bet I do!"



A GREAT PLACE TO VOLUNTEER

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CUH Volunteers

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

Paws Corner!

PAT Dog Patience decided to stay at home in the warm on this very cold day. Griffin and Poppy had a wonderful time running around in the snow but were very pleased to get home and snooze by the fire.



Staff Governor Elections 2021

As a volunteer, you are automatically a staff member of CUH's Foundation Trust membership body and entitled to stand for election and vote in the upcoming Council of Governor elections for the staff constituency.

This spring there will be three Staff Governor vacancies arising: two with three-year terms of office and one with a two-year term. The elections will be run by Civica Election Service (CES), our independent electoral scrutineers, who will be providing nomination forms and official guidance from Tuesday 16 March 2021.

The voting process will begin from Friday 7 May, where CES will begin distributing ballot papers to your email or home address (if you are not on email). Please be assured that your data is secure and is being passed to our independent election administrators under the strictest of information governance rules in order that they may send you your ballot papers. If you would like to opt out of the balloting process please contact the Volunteer Office immediately volunteer@addenbrookes.nhs.uk.

For more information and nomination forms please visit: www.cesvotes.com/cuh2021 or contact the Membership Office: foundation@addenbrookes.nhs.uk.

Armchair Adventures



Saint Lucia is an Eastern Caribbean island nation with a pair of dramatically tapered mountains, the Pitons, on its west coast. Its coast is home to volcanic beaches, reef-diving sites, luxury resorts and fishing villages.

The local climate is tropical, specifically a tropical rainforest climate.

The island is a volcanic island and is more mountainous than most Caribbean islands, with the highest point being Mount Gimie, at 950 metres above sea level. Two other mountains, the Pitons, form the island's most famous landmark.

Saint Lucia is only a short hop away from The Grenadines by a small plane, and we will visit these islands next time...

Arthur

