

# Virtual Volunteering Times

Volume 2 Issue 1

15 January 2021

**A GREAT  
PLACE TO  
VOLUNTEER**

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## Keeping in Contact

The Voluntary Services Team are home so if you'd like to call us during office hours please call:

**Office hours (& out of hours answerphone)  
01223 586616**

Now we are back in our office and using the 586616 number again, our calls may show up as withheld or private.

## Relax and unwind into 2021

Back in July we were treated to a series of 'Relax and Unwind' sessions, and we are absolutely delighted that our friends at CUH Arts are inviting CUH volunteers & staff to **sign up for free weekly sessions from 21 January to the end of March 2021!**

Led by CUH's resident movement practitioner Filipa Pereira-Stubbs, 'Relax & Unwind' is a chance to take some time for your own self-care. These gentle music & movement sessions are delivered virtually through Zoom\*, aiming to ease the Lockdown lethargy, blow away those COVID cobwebs and get us feeling a little lighter in ourselves. Here's what one of our July participants told us:

*"The biggest takeaway has been how quickly the sessions became a safe, fun space to enjoy moving my body, in a guided way that brought me refreshment, joy and connection with others."*

Inspired by our regular Dance for Health programme (see VVT Issue 6), comfort and enjoyment are at the heart! Absolutely no dance or music experience is required – Filipa will softly guide us along. All you need is an upright chair and access to a computer or tablet with internet.

**Dates:** Thursdays

**Time:** 16.00-17.00

**Location:** Zoom\*

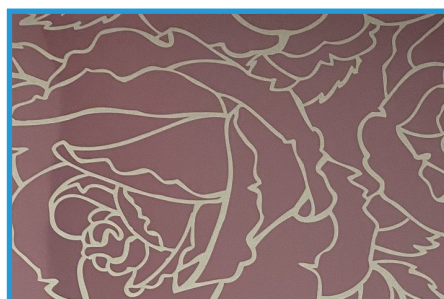
The session will be approximately one hour minutes, which will give time for movement, conversation and reflection.

**To sign up for this 10-week block and receive the Zoom access code, please email Polly Barnes (CUH Arts) [polly.barnes@addenbrookes.nhs.uk](mailto:polly.barnes@addenbrookes.nhs.uk). Spaces are limited to 12 participants, and we will also be welcoming CUH staff to join us.**

\*Zoom is a video conferencing platform, easily accessed through your web browser or app



## Where in the Trust? Riddle



You will throw me away when you want to use me and take me in when you don't want to use me. What am I?

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

**Where in the Trust?** Christmas tree in Main Reception

**Riddle:** Christmas lights

## Keeping busy.....

With more time spent at home and less time meeting up with our friends and family, it can be a little tricky to fill your day. We're assuming during previous lockdowns you decluttered your house, finished all those pesky DIY jobs and are now super-athletic from all those home workouts, so here are some more suggestions:

**Listen to a podcast:** There are so many available covering all manner of topics including music, literature, architecture and entertainment. Some examples to get you started are "Today in Focus", "Something Rhymes with Purple" and "Grounded with Louis Theroux". For more inspiration, why not have a look at the British Podcast Awards or why not create a podcast yourself?



**Create a photo book or album:** Many of us remember the time before digital photography and reminisce about the excitement of collecting holiday snaps from the developer and putting them all in an album. These days of course things are different and we tend to have all our photos held digitally but that doesn't have to be the case. Why not spend some happy hours going through your photos, printing them off for an album or creating a photo book online? There are lots of companies that create them, all you need to do is choose a layout, and perhaps the hardest part, is choosing the photos to go in.

**Learn British Sign Language:** It's possible to learn some of the basics by using YouTube or you may wish to sign-up for an accredited course. Whatever option you chose, it is a fantastic skill to learn to communicate with people who are deaf.

**Plan some projects:** This could be in the house or garden, but it's a great way to look forward to when there will be more shops open and the weather is a bit warmer. You might spend time deciding which vegetables to grow or redesigning a flower bed or seating area, or you might just be searching for inspiration to decorate a bedroom or living room.



**Guided relaxation sessions:** Life isn't straightforward at the moment so why not immerse yourself in Monet's blossom-filled painting of his orchard at Giverny, enjoy the luxurious textures and rich colours of Renoir, and breathe in the peace and simplicity of a spring day in rural France...

These guided relaxations from one of our close collaborators, The Fitzwilliam Museum, teach us the art of slow looking. They are narrated by our great friend & CUH Arts colleague Filipa Pereira-Stubbs. To enjoy *Relax, Look & Imagine*, visit 'University of Cambridge Museums' on Youtube.

**Virtual tours:** We may not be able go very far physically but we can certainly explore the world virtually. There are a whole host of places to go from the comfort of your sofa, for instance visiting the Houses of Parliament, dis-used London Underground stations, Orleans, the Guggenheim Museum and even the Great Wall of China.

**Listen to an audio book:** Cambridgeshire Library has a very wide range of books to listen to, whether at home doing a puzzle, doing the gardening or housework. The great thing about them is that they are all absolutely free.



Whatever you decide to do we'd love to know. Maybe you could write an article for Virtual Volunteering Times? (300 words or so) - and you might just inspire someone else to try something different!



## Caribbean Dreaming...

It's the middle of January and although the days are slowly getting longer, its always nice to dream of adventures in far flung exotic places. Arthur, Volunteer Guide, tells us about the Caribbean.

The Caribbean is a region of the Americas that consists of the Caribbean Sea, its islands, and the surrounding coasts. The region is southeast of the Gulf of Mexico and the North American mainland, east of Central America, and north of South America.

The region itself has more than 700 islands, reefs, and cays. Many are well known such as Cuba, Barbados, Antigua, Grenada, and Jamaica. Others are less well known but all the main islands enjoy a tropical climate - rain, known locally as liquid sunshine, never lasts for long.



The islands are characterised by sandy beaches and coast lines, which are a diver's paradise. For keen sailors, sailing the islands provide an opportunity to explore many of the smaller, lesser well-known islands and affords the chance to sample local life and the peace and tranquillity not often found in the more popular tourist hot spots.

Over the next few issues, we will visit some of the islands and in the meantime here a few pictures to brighten the dreary January weather.



## A GREAT PLACE TO VOLUNTEER

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CUH Volunteers

We're on the web!  
[www.volunteering.cuh.org.uk](http://www.volunteering.cuh.org.uk)

## Paws Corner!

Here's the gorgeous Lola with her sister Sylvie (right) and foster sister Penny.

Unfortunately the Poodle Network UK and other dog rescue organisations are now beginning to receive dogs bought hastily as puppies, at massively inflated prices, during the earlier lockdown and it is expected to get much worse.

If you are considering giving a home to a dog like Penny, contact a local dog rescue organisation or a breed rescue group.



## Volunteering Opportunities

You will have read in our last edition that our amazing Newmarket Park & Ride Phlebotomy Marshall team were nominated for a You Made a Difference Award. We're pleased to say that, providing you pass the COVID Risk Assessment and complete the a little bit of additional training and paperwork, you can join them the team.



We've also got space on our Wheelchair Chair Collection team if you would like, and are able, to join the team.

## A Night (in) at the Movies

With us all needing to stay at home more, we've been thinking about our favourite films. Below, Jane, Deputy Voluntary Services Manager, tells us her top 5.

**Bridget Jones Diary (2001)** – Like many singletons at the time, the tales of Bridget Jones really did seem to reflect a lot of what was going on in my life then. It's such a feel good movie, a real go-to when I need a bit of cheering up, Like Bridget, I too found my Mr Darcy.

**Black KKKlannsmen (2018)** – Based on a true story of a black police officer in 1970s who infiltrated the KKK. I found it gripping, depressing and uplifting in equal measures, all accompanied by a fabulous soundtrack.

**Peter Rabbit (2018)** – The characters created by Beatrix Potter feature in this blend of live action and animation film which really lifts the spirits. I only watched it for the first time over Christmas and I can see myself watching it again and again.

**Forest Gump (1994)** – Such a heart-warming story of kind-hearted Forest Gump from childhood to adulthood. He goes to war, plays table tennis and of course he runs! Its one to make you laugh and cry and well worth watching again and again.

**Sound of Music** – I've seen the film numerous times and see a number of stage adaptations but I just can't get enough of it. Set in Nazi occupied Austria, the story of Maria who leaves a convent to become the governess of the Von Trapp children, teaches them to sing and falls in love with their widowed father, Captain Von Trapp. Its fair to say that when I'm watching it and of course singing along at home, anyone in the vicinity is much less keen on the film! "The hills are alive with the sound of music.....fa la la la la"

