

Virtual Volunteering Times

Volume 1 Issue 24

20 November 2020

**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.

Christmas Surprise!

As promised in our last edition, we have exciting news this week!

Christmas is fast approaching, decorations are in the shops, Christmas ads are on the telly, and some of you may already have already put your decorations up. As you know, we love to celebrate you, our fabulous volunteers and as Christmas is just around the corner we would like to invite you to a Zoom Christmas party. We will have all the usual fun and you will also get a little surprise through the post to enjoy at the party.....

Each party will be at 11.00 am and will last approximately 40 minutes. If you don't see your role here, please do forgive us, and feel free to join any group you like! If you can't make it on your group's allocated day – don't worry, just let us know and join in on one of the other days – we'd love to see you.

Monday 14 December: Wards, Survey, Snack Trolley, Rosie, Library, Dance & Movement, ALTA, Discharge Lounge

Tuesday 15 December: Guides, Transport, Courtesy Bus & Wheelchair, Clinics

Wednesday 16 December: Radio Addenbrooke's, Chaplaincy, MacMillan, PAT

To join in, just email us at volunteer@addenbrookes.nhs.uk by Wednesday 9 December letting us know which session you will be attending and we will send you the Zoom details. If you are not confident with Zoom don't worry, we will send you some helpful tips and can even do a brief 'practice session' if it helps.



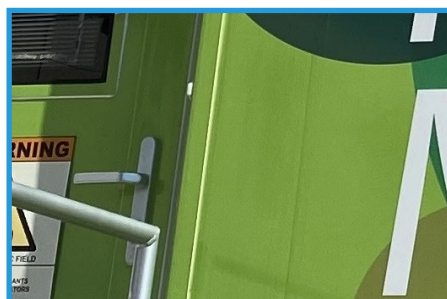
We look forward to seeing you soon!

Flu vaccinations

There is still time to have a flu jab. Clinics are being held **07:00-18:00 Monday to Friday** in the Foodcourt.



Where in the Trust?



Riddle

I have four wings, but cannot fly, I never laugh and never cry; On the same spot I'm always found, toiling away with little sound. What am I?

Answer's to last week's puzzles:

Where in the Trust? Main corridor to from Outpatients to ATC

Riddle: Yesterday, today and tomorrow

Out and about.....

Coffee before lockdown..... Jane, ATC Guide

On Tuesday 3rd November, Thursday Guides Sue & Robbie and Jane, accompanied by her husband David, met at Scotsdales Garden Centre, Shelford, for coffee.

A first outing for the four of us, in visiting a Cafe for coffee; we chatted at a social 2metre distance, as we snaked our way in the queue through the chocolates, jams, edible goodies and normally displayed by the checkouts, to finally check-in for our allocated table, and drinks order.

Locating our table in the Conservatory, we bathed in full sunshine - why did I leave my sunglasses in the car? We nattered about life, families, homes, gardens AND boating. We both own Narrow Boats, whilst moored in different locations, our Marinas are owned by the same organisation. So time was spent comparing facilities, the announcements about arrangements for Lockdown and, in addition, engineering challenges across the years - boats are no different from cars!

It was fun to meet up. Chris, our colleague Thursday Guide, had planned to join us but declined at the last minute with Lockdown breathing down our necks.

We bid our farewells after an hour well spent - Sue's complimentary Coffee vouchers too added to the fun—thank you Sue.

Take care, keep safe all of you - we all look forward to meeting up again, one day at CUH.



Robbie, Jane and Sue

CUH Arts: Diwali 2020 Celebrations!

Last week we celebrated light over darkness for the Festival of Lights! Our iconic Addenbrooke's chimney was illuminated in a multitude of vibrant colours, stopping patients & staff in their tracks. It felt particularly poignant this year, as we all make our way through Lockdown no2 with the days shortening. We hope you enjoy these photos.

Stay well,

CUH Arts



Keeping busy.... Carol, Discharge Lounge Volunteer

I am a member of Trumpington Stitchers who usually meet weekly in person. We are trying to find ways to keep connected whilst apart this winter and we have dreamt up an exciting new project that anyone can join in with. We plan to create a wall hanging made of individual squares, each with a house and a heart to illustrate our title "Safe at Home?". This will be a way to mark our year of COVID and to give us an opportunity to come together on a shared project during difficult times. The finished quilt will hang in the cafe area at our local Clay Farm Community Centre.

An example of some squares is shown. We are also making some squares that illustrate the hard times many people are facing - for example with a broken heart, or "turned upside down" and several other appropriate sewing metaphors. Hence the question mark at the end of the title.

This needs the most basic of sewing skills, if you can only do running stitch that will be enough to do this, or you can use a sewing machine. If you would like to join in with the project and/or get the templates and instructions for your own use, please contact me on carolholloway1@hotmail.com.



Young Person's Programme

At the start of November we were delighted to welcome back a brand new cohort to the YPP programme. As you may know, the programme is open to people aged 16-19, with volunteers attending one evening a week, fitting around school/college work and any paid work they may have. The volunteers spend their sessions interacting with inpatients on wards, gaining communication skills and confidence and most importantly helping to improve the experience of our patients stay.

Of course with COVID restrictions, the YPP volunteers have not been able to go up to the wards so to interact face to face but instead have been coming into the Deakin Centre and holding video conversations through iPads. As well as the calls to patients, we have been providing a short lesson/training session for each week, for example on dementia, and this has proved very popular.



A GREAT PLACE TO VOLUNTEER

Voluntary Services
Box 214
Cambridge University NHS Foundation Trust
Hills Road
Cambridge CB2 0QQ
Phone: 01223 586616
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!

Hugo knows that in November there's nothing better than to lie down in front of welcoming fire on your favourite rug.

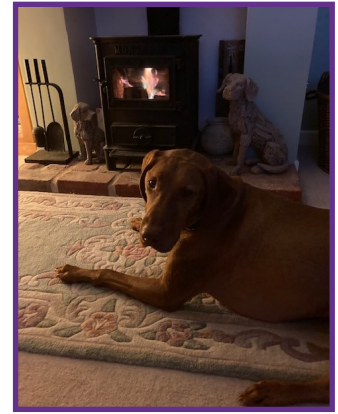


Photo competition.... New judge joins the panel

Exciting news! Martin Bond from 'A Cambridge Diary' has very kindly joined the judging panel for our prize winning photo competition. So if you've not submitted any entries to our photographic competition, don't worry as there is still time! The three categories are:

- Symmetry
- Happiness
- Calm

All you need to do is email your entries before **Friday 4 December** to volunteer@addenbrookes.nhs.uk stating which category the photo is for.



Self Isolation Island Discs

This week volunteer guide Arthur shares his favourites songs, book and his luxury item.

Discs

The sea has always held a fascination for me. That is what I miss so much in the present lockdown. The one place I truly find contentment is either on, in or under the water. Nothing can compare with the underwater world of the Red Sea and the Maldives, diving with turtles and reef sharks was fantastic. Meeting a barracuda at close quarters in Antigua was slightly scary. Ocean sailing is a marvellous experience, hence my first choice is Rod Stewart's Sailing played by the band of HM royal Marines.

Having heard the choir of the Mormon Tabernacle Choir my second choice is their rendition of The Battle Hymn of the Republic. I remember hearing this when they televised the state funeral of Sir Winston Churchill and it has been a favourite ever since.

The music scene in the 60's and 70's was fascinating hence the choice of Pink Floyd's Grantchester Meadows, from their album Ummagumma. After all, many of the original band were from Cambridge.

Another favourite is Hymn to the Fallen, John Williams soundtrack to Saving Private Ryan played by the band of the Coldstream Guards. Having been many times to the beaches of Normandy it brings it home to you the sacrifice so many made for us. Likewise, having been to Wembley many times Abide With Me is another favourite especially when played by a military band, preferably the pipes and drums of the Royal Scots Dragoon Guards.

Tina Turner, "Simply the Best" is one of my all-time favourites, from her Live at Wembley album. In contrast, Elgar's Nimrod played by the International band of the Salvation Army is such a beautiful and powerful piece of music. Finally, Evening Hymn and Sunset by the Central band of the Royal Air Force. Anyone who has ever been to this ceremony will remember it for ever.

Book

The book I am reading now is Jim Kelly's Mathematical Bridge, which as the title suggests is set here in Cambridge.

Luxury item

My luxury item must be a bottle of 18-year-old Glenmorangie malt whisky, a barrel would be even better!

