

Virtual Volunteering Times

Volume 1 Issue 21

23 October 2020

**A GREAT
PLACE TO
VOLUNTEER**

Inside this issue:

| | |
|----------------------------|---|
| Autumn walk | 2 |
| CUH Arts | 2 |
| New additions | 3 |
| Paws Corner | 3 |
| Flu Campaign | 4 |
| A Night (in) at the Movies | 4 |



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.

Exciting New Volunteer Role

You may have heard of the new outdoor phlebotomy clinic at Newmarket Road Park and Ride site, Cambridge <https://www.cuh.nhs.uk/news/drive-through-blood-tests/>

Local news reported that CUH has worked in partnership with Cambridgeshire County Council to provide a new drive-through blood testing facility. As the clinic is offsite to CUH campus and outdoors we have been given permission to engage a small number of volunteers who meet the criteria of the Volunteer Occupational Health COVID risk assessment version 2.

Following development of the new Volunteer Marshall role, we have four volunteers who have completed additional training and received Occupational Health clearance.

We are all aware of the need to decrease footfall within the hospital to help reduce the risk of infection. With approximately 350 blood tests carried per day in the Outpatients department alone, this new initiative will really help to provide support as well as assisting primary care with their blood tests.

Working a little bit like a petrol station or drive-through fast food outlet, patients drive up to one of the 5 clinical stations, roll down their car window and have their blood taken by the phlebotomist, and as usual there is tea and biscuits available afterwards.

Many thanks to our volunteers for helping out with this exciting new initiative. If you are interested in the role, are rated 'green' on version 2 of the Volunteer Occupational Health COVID risk assessment form and like being outside, then do let us know.



Where in the Trust?



Riddle

I am white when I am dirty and black when I am clean.
What am I?

Answer's to last week's puzzles:

Where in the Trust? Eye Clinic

Riddle: A mirror

Getting out and about....

Volunteer guide, Christine, has been out and about enjoying the wonderful autumn colours. Here she tells us about her adventure.

“A friend and I caught a train from Cambridge station one Saturday morning, train fare about £10 return, to Harlow Town.

We got off and after we had located the canal we had a beautiful walk towards Cambridge and Harlow Mill where we stopped for a coffee and cake.

We continued on to Sawbridgeworth and caught the train back to Cambridge. Most people were very good on the train and wore their masks and sat safe distanced.

The walk was about 5 miles and we saw lots of wildlife and wild flowers, and had our picnic by one of the locks watching a narrow boat navigate their way through the lock. What was really good from our point of view, were the Information boards at certain spots telling us interesting facts about the flora and fauna and how the canal had been used in years gone by.”



River Stort & Canal near Harlow Town, Harlow Mill, Sawbridgeworth

CUH Arts: ‘Together’

CUH Arts were bowled over by the incredible outpouring of creativity seen during the Covid-19 lockdown and wanted to capture it in this autumn exhibition aptly titled ‘Together’.

All 25 metres of this exhibition is spread across two gallery spaces between the hospital museum and the treatment centre. A variety of colourful children’s and adult’s artwork, messages of support, photography, poetry, staff portraits, stitching and much more is on display from both staff and the wider community.

Currently, only those who are already attending hospital can view the exhibition, but if you have access to Facebook or Instagram, you’ll find some video footage on #CUH Arts. Over the coming weeks more detailed focus will be provided on social media.

This project has been supported by Addenbrooke’s Charitable Trust (ACT) and other key partners from the art world and will be on display until the end of the year.

Here is the link on Facebook to the exhibition video clip: <https://www.facebook.com/CambridgeUniversityHospitals/videos/388609932151983>



Portraits of staff



Art competition & staff poetry



Donated Flowers for the NHS



Lesley installing the exhibits

New additions

We are always so terribly sad to hear of the passing of one of a volunteer's family member, human or otherwise, and during 2020 a number of much loved dogs have gone over the rainbow bridge. We were particularly delighted to hear that two of our volunteers had made the decision to get a new puppy to help fill the gap.

Introducing Alfie by Joe

We lost Wallace and Sophie in April and May this year. We'd had them for 16 years, and as you can imagine it was heart-breaking to lose them both within 6 weeks of each other.

Wallace died of a broken heart, we are convinced of that. Sophie gave way to her heart in the morning and died midday.

We both said that we were not going to get another dog until next year. This would give us a chance to get away for a nice holiday.

As normal we were looking on the internet at pups for sale, just browsing with no intention of buying a dog until we saw this advert in Norwich, it had just three puppies two boys and a girl. They were with their mum and dad.

If we were after another dog - which of course we weren't - we were only looking... I suggested to Janet that she should ring and test the water as they could have been reserved.

We went down the next day took one look at Alfie and bought him. He was 4 weeks old at the time. We then had this extremely loooong 4 weeks to wait which seemed to go on forever.



Alfie aged 9 weeks and 1 day

From Sadness to Joy by Dianne

Recovering from the immense grief and emptiness we experienced at the sudden loss of our beautiful & very beloved Hugo was not easy, but our wonderful memories of him will live on in our hearts forever.

The gaping void in our lives and home however soon became apparent & after much soul-searching, we have just acquired this adorable little boy – Rhudy. Our home is once again filled with a wagging tail, & lots of companionship, love & laughter.



Rhudy making himself comfortable

A puppy they say is born with two things – Loyalty & Love. Yet we must still teach him everything else and so my hope is, that someday soon, I will once again be able to walk those corridors of the hospital with my “new” PAT boy Rhudy, hopefully cheering up & giving all those he meets hope, love & laughter.

As Stephen King once said, “Puppies are God's idea of a good workout”

& so, it is!

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!

PAT Dog Digby poses with the family's dogs Frankie and Pudding.



Flu Campaign

In the last edition we let you know about this year's flu campaign.

Now more than ever it is important to get vaccinated. If any volunteer finds it difficult to access the flu jab through your GP and pharmacist, and we are hearing there has been less access through this route, you may prefer to come to CUH to get this and you are welcome to do so.



The clinics being are held in the Deakin Centre and the ATC until 13 November 2020. Where possible, please attend between **9:30am-11:30am or 3:00-6:00pm** when it is quieter. You will need to complete and bring along the consent form attached to this email.

Do not attend the hospital if you have any symptoms of COVID or diarrhoea and vomiting.

A Night (in) at the Movies

With the nights drawing in and probably more time on the sofa, we've been thinking about our favourite films. Below, YPP Coordinator Jack, tells us his top 5.

Shawshank Redemption – This to me is an absolute all time classic, with an amazing story line and has me gripped all the way through each time. I feel the film has everything from action, joy, sadness and just provokes so many different emotions and importantly has a great ending.

The Terminator franchise (first two films) – Being a child of the 90s I grew up watching 80s and 90s films. The first two terminator films I have always adored. Being a fan of action films these fit the bill perfectly. At the time the special effects in these films were ground-breaking and I have such respect for the people that were working on these and am always amazed by what they managed to achieve with the technology available to them. I also enjoy most of those films of that time with Arnold Schwarzenegger, a true action film hero!

Water World - Another classic of the early 90s. I just enjoy how well done this film is with all of the costumes and makeup, and think an amazing job was done in creating the sets and characters. I also think the plot of the film is an interesting one especially with climate change and the future of it.

Saving Private Ryan – I think this is one of the best war films of all time. My grandfather fought in the Second World War and was unfortunate enough to have undertaken 2 heavily fortified beach landings. My grandfather would often talk to me about his experiences of war and said they did an amazing job in re-creating a beach landing and that's exactly how he remembered it.

The Never Ending Story – This for me is a childhood favourite which I have seen over and over again. I think it's a great film to watch when you are young as it's full of weird and wonderful creatures, crazy looking places and something great for the imagination.

