

Virtual Volunteering Times

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**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 01223 586616

**Out of hours
(answerphone) 01223
586616**

Calls from Voluntary Services will show up as the main **Addenbrooke's** number: **01223 245151**

We're back in the Voluntary Services office!

After almost six months, on Monday it was with great excitement that the Voluntary Services team returned to our usual office. As you will know, we have been sharing the Learning and Development Team's office in the Deakin Centre while one of the new Occupational Health teams used our office. As the Occupational Health team now have a new base, the office has had a deep clean and been made COVID-19 secure for our return.

It is great to be back in our usual home and to continue building on our work towards getting our fabulous volunteers back on site. Our YPP Coordinator, Jack, was only in the office for 2 days before being redeployed to one of the OH teams, and having joined us at the beginning of August, for Anna it will be the first time she will be based here.

Although the Learning and Development team have been fabulously welcoming to us, there really is no place like home!



Where in the Trust? Riddle



I am as light as a feather yet people can't hold me for long .

Answer's to last week's puzzles:

Where in the Trust? Outside Emergency Department

Riddle: Age

Life on the Railway

Haematology Day Unit volunteer, John, gives us an insight into his time working on the railways.

My grandfather and his two brothers were mainline drivers so I was brought up with the railways. Really, railways are in my blood!

I started my railway career at Shippea Hill, a small station on the Ely to Norwich Line in 1960. I was the station clerk, dealing with selling tickets and the documentation of inwards/outwards freight wagons. Passenger numbers back then, swelled by USAF personnel, were considerably more than those of recent times.

During the harsh winter of 1962-63 I was helping conduct a time in motion study, comparing the journey times of freight with rail and looking into bonus schemes to improve freight journey times. One memorable day that winter, we were in a lorry when the radiator froze up - that was 'entertaining!'

In 1965, I was promoted to the Cambridge Area District Control Office located in Great Eastern House on the corner of Tenison /

Station Road. The organisation was responsible for the up-to-the-minute running of all train movements within the Cambridge Area - stretching from Elsenham to Kings Lynn / Bury St Edmunds / Peterborough / Lincoln and included the massive marshalling yard at Whitemoor in March. There was a vast amount of freight transported on the railways at that time, such as sand and iron ore, plus of course - passengers!

All manner of incidents came under the umbrella of Control, including train failures, fatalities, track circuit failures, service disruption, and bad weather, plus we were responsible for the allocation of locomotives and guards. There were four Section Controllers covering the four districts and, as an Assistant Controller, my main job was to record the timekeeping of nearly every train that ran into/through and out of the district. Later on, I moved up to become a Section Controller, plus Locomotive and Guards Control.

With the onset of privatisation, this method of working was disbanded,

and the office first moved to the top of Cambridge Station, then in 1989 into the Power Signal Box on Hills Road. Much changed with privatisation and control of the actual trains became vested in the T.O.C.'s (Train Operating Companies), so the whole basis of running a railway changed completely.

I really liked the round the clock, 365 days a year camaraderie we had and good the teamwork. Its fair to say that teamwork runs the railway.



John at work in the early 1990's

I retired from the office on closure in 2005, and then started my various volunteering duties, including starting at Addenbrooke's in April 2005.

CUH Arts Spotlight: Miniature action figures

Have you noticed small stick figures in odd places along the level 3 corridor, between F&G wards and K3, and wondered why they are there?

Several years ago CUH Arts were asked to come up with an idea that would distract paediatric patients walking along this route prior to having an operation. Making the journey can sometimes take our patients a while so hunting for something unusual along the way can offer a welcome, fun distraction, create discussions and help alleviate anxiety. Lesley, Arts Project Manager, came up with a simple concept of small stick figures in action, that weren't too easy to spot immediately and not overwhelming in an environment used by all age groups.

Any idea how many figures there are or how many different actions they are performing?



Keeping busy

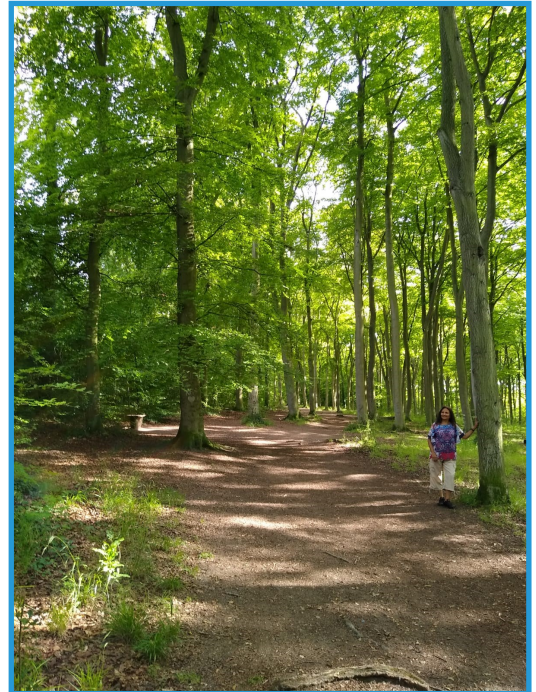
Radio Addenbrooke's volunteer, Sonal, shares her thoughts and photos from recent nature walks:

Lockdown of any kind is not good for us humans. However, the positive side of it is that we have had some wonderful sunny days, so we have been able to explore many nature reserves and places we would not go to otherwise. Being in nature in fresh air and surrounded by greenery and listening to birds singing has been such a blessing in these strange times.

It did give us a chance to be together as a family and explore different nature reserves like Kneppwell, Beachwood, Hayley's Wood and many more, alongside all working from home. I would highly recommend it to all, as walks in nature can bring us a new energy and keeps us close to our beautiful earth.



Hayley's Wood



Beechwood Nature Reserve



Chesterton River



Kneppwell



Kneppwell Nature Reserve

A GREAT PLACE TO VOLUNTEER

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Cambridge University NHS Foundation
Trust

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 — Throwback Friday!

It has been well established that our gorgeous PAT dogs are a very talented bunch. Here's the lovely Lola waving goodbye to Jane before going up to see patients on the wards.



The impact and uncertainty of COVID-19 affects us all, you may wish to speak to someone about your concerns and worries.

Health Assured is available 24 hours a day, 7 days a week and is free to use, please just pick up the phone and call them.

Help is a call away!

Health Assured offer a free, confidential advice and counselling service for CUH staff.

0800 783 2808



CUH Library Trolley Quiz Answers—How many did you get right?

Work out the titles from these first lines....

1. 'It was the best of times, it was the worst of times' **A Tale of Two Cities**
2. 'All children, except one, grow up' **Peter Pan**
3. 'It was a bright day in April, and the clocks were striking thirteen' **1984**
4. 'There was no possibility of taking a walk that day' **Jane Eyre**
5. 'Mr and Mrs Dursley, of number four Privet Drive, were proud to say that they were perfectly normal, thank you very much.' **Harry Potter and the Philosopher's Stone**

Work out the titles from these emojis....

1. Animal Farm
2. Watership Down
3. The Hitchhiker's Guide to the Galaxy
4. War and Peace
5. A Clockwork Orange

Work out the titles from these images....

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|--|--|--|------------------------------------|
| | | | The Lion, the Witch & the Wardrobe |
| | | | A Passage to India |
| | | | David Copperfield |
| | | | The Catcher in the Rye |
| | | | The Wind in the Willows |