

# Virtual Volunteering Times

Volume 2 Issue 7

26 March 2021

**A GREAT  
PLACE TO  
VOLUNTEER**



## Its been a while.....

It has been a week of reflection around the country, not least in the Voluntary Services office. It has been a year since the we last saw most of you and sadly for some we have had to say a final goodbye.

A tough year for all, where we've all missed seeing friends and family and have not been able to do the things we've previously have taken for granted, like sitting in a pub garden on a sunny day; sharing a meal; going to the cinema and for some just being able to leave the house. In turn we have a renewed appreciation for the things we can do; taking walks in our lovely countryside, attending online talks and lectures, not to mention all that clearing of clutter and completing those projects we just never had the time or inclination to do.

We've discovered some amazing writers, photographers and poets amongst our amazing volunteers and enjoyed reading about your adventures over land, sea and air. Your craft projects, DIY skills as well as the ways you've been keeping fit and healthy have helped keep us inspired.

We would love to receive more pictures, poems, stories and tales of life and adventure near and far.

We're so looking forward to welcoming you back but until then, stay safe and well and enjoy a very Happy Easter.



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### Keeping in Contact

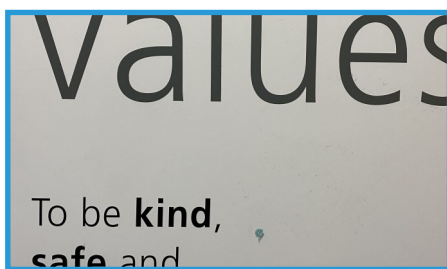
The Voluntary Services Team are in the office if you would like to contact us.

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



**Don't forget to put your clocks forward one hour on Saturday night**

## Where in the Trust? Riddle



What runs round the whole garden without moving?

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

Where in the Trust? One Place  
Riddle: Dice

## CUH Arts: Take Time

Sometimes it can feel as though we haven't had a moment to pause and reflect, but maybe this thoughtful little poem will give you that opportunity?

This poem was translated into a vibrant new artwork by Amelia Huw Morgan and is displayed in our main level 2 corridor in memory of Sir Michael Marshall. Michael was a great friend and supporter of our hospital and President of Addenbrooke's Charitable Trust for almost 20 years. The funding for this art piece was made possible by CUH Arts and Addenbrooke's Charitable Trust.



Take time to think  
it is the source of power  
Take time to play  
it is the secret of perpetual youth  
take time to read  
it is the fountain of wisdom  
Take time to pray  
it is the greatest power on Earth  
Take time to love and be loved  
it is God's greatest gift  
Take time to be friendly

it is the road to happiness  
Take time to laugh  
it is the music of the soul  
Take time to give  
it is too short a day to be selfish  
Take time to work  
it is the price of success  
Take time to be charitable  
it is the key to heaven.

Old English prayer, author unknown

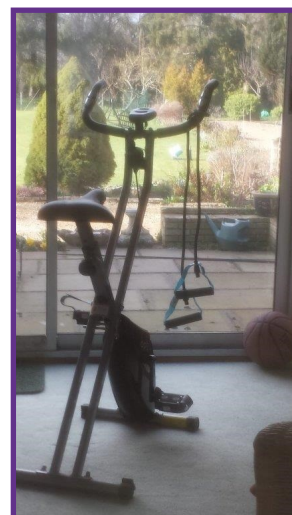
## My Lockdown Project.... Carole, Outpatient Guide

We have been able to access Sky Arts TV ever since we got Freeview but have never bothered with it. Nothing is immutable. Two months ago, while on my exercise bike at 6am, watching television to relieve the boredom, I tried Channel 11. At this early hour the programme is always of classical music, often ballet and opera. I have friends who love opera, and other friends who love ballet. Although my choice in music is eclectic, I have never been able to understand their enthusiasms. Stuck with often dark and dreary weather outside and a disinclination to exercise my mind as well as my muscles I added culture to exercise.

For those of you who do not know the format, performances are not current but are world class. I think the choice of operas and ballets is cherry-picked, favourites with aficionados of these art forms. The venues are superb; the music is generally a joy to listen to; the performers are all well-known and respected (I look them up), and the orchestras among the foremost on the international scene.

Now, concerning ballet and opera, although I still could not contribute anything of value to a discussion, I can see why my friends anticipate a visit to a performance with such delight- and perhaps that has to be enough. This brings me to a general observation.

The circumstances of one's first encounter with formal music and dance are really important (and I include other forms such as jazz here). If your family loves music, if your school values music, or you are with friends in a community of interest, or the experience is at a significant time and place in your life, then you are set fair for your journey in music. Preferences may come later.







## A holiday in Vietnam.... Peter, Survey Volunteer

Vietnam, a country with a dark recent history but also an intriguing, fascinating and beautiful landscape. From the chaos of Hanoi in the north to the bling and commercialism of Ho Chi Minh City (formerly Saigon) in the south we had a memorable time on our recent visit to the country.

Arriving first in Hanoi we were confronted by motorbikes everywhere! On the roads, on the pavements, loaded with entire families and often carrying more than one could believe. Out of a population of 96 million people 49 million Vietnamese own a motorbike and most of them seemed to be in Hanoi!! In amongst the chaos of motorbikes we had a cycle (rickshaw) tour of the streets - which was more than exhilarating!



**Hanoi**



**Halong Bay**

From the bustling culture of Hanoi we then had a peaceful overnight cruise within the wonderful limestone karst scenery of Halong Bay; a mesmeric & serene experience. Further south, around Hue & Hoi Ann the Vietnamese are developing their resort industry big time. The footballer Cristiano Ronaldo had just been paid \$4 million to promote a new resort at Coco beach! We stayed in Hoi Ann, a wonderful old town with quaint character & streets full of colourful paper lanterns and the romantic Perfume River.

For a culture fix we fitted in visits to an ancient temple at My Son Cham (which is a quieter, lesser version of Cambodia's Angkor Watt) and the Khai Dinh Royal Tomb in Hue. An open boat trip on the Mekong Delta showcased life in the slow lane for river dwellers and floating markets – what a contrast to Hanoi and Saigon!

One thing that is hard to ignore is the influence on the country, over time, of various conflicts & the influence especially of the French and Americans, for instance The Hoi Chi Minh Mausoleum, The War Remnants Museum & the Cu Chi tunnels. We also saw evidence elsewhere of the French occupation.



**My Son Chan temple ruins**

Despite all of this we found the Vietnamese people we met all over the country resilient friendly and welcoming which was a big and lasting part of our experience.

The War remnants museum in Saigon was particularly sobering showing so much of the American weaponry that was left behind in the 1970s and the graphic impact of Agent Orange dropped indiscriminately on the Vietcong. We also visited the Cu Chi tunnels, a 250 km network of underground passages built to enable the Vietcong to move unnoticed from north to south. The entrances & tunnels you can explore but even I could barely squeeze into the small holes!

Truly, Vietnam is a country that offers up so much to the inquisitive traveller.....



**Mekong Delta River life**



**American weaponry left behind**



**Tight fit! Cu Chi Tunnels**

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### CUH Volunteers

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

## Paws Corner!

Before joining us as a PAT dog, the gorgeous Olivia had a long career as a Guide Dog. What a wonderful girl she is bringing joy and support to those she has served.



## The Rosie needs your knitting skills

In 2019 the Rosie launched a project to help recognise and appropriately manage babies with risk factors to ensure they get the appropriate observations.

Two years later and this project is still going strong! They have seen a reduction in admissions to the neonatal unit for some risk factors because of the new observation schedule.

All babies are risk assessed at birth and given a Red, Amber or Green rating and associated hat depending on their individual risk factors for becoming unwell. They are now running low again and would very much appreciate your knitted donations - **red, amber or green hats only.**

Any donations, please contact the Rosie reception before dropping them off or send them to us and will pass them on. Thank you so much for your support!



## Armchair Adventures

### The Grenadines

The Grenadines are islands in the Caribbean nations of St. Vincent and the Grenadines, and Grenada. They're known for yacht-filled harbours and sailing spots. Mustique is a private island with luxury villas and quiet beaches. Southwest are the coral reefs of Tobago Cays Marine Park.

The marine park is a haven for turtles but watch out for the not so friendly (take my word for it) barracuda.

Set amid tropical seas between the teardrop islands of St Vincent and Grenada, the tiny emerald-clad volcanic islands of The Grenadines offer a tranquil and intimate alternative to the Caribbean's larger islands. Renowned for their untouched beauty and natural landscapes, these picturesque islands have tropical rainforest and powdery white-sand beaches, making them perfect for nature trails and water sports.

The islands are reached either from Grenada or St Lucia by small plane. *Arthur*

