

# Virtual Volunteering Times

Volume 2 Issue 2

29 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.

## Simple pleasures....

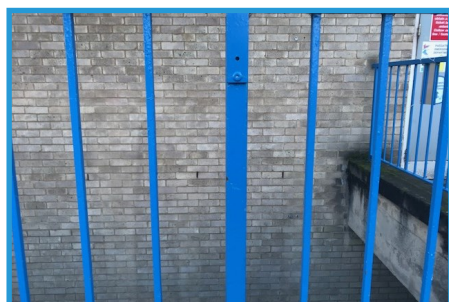
Veronica, Rosie Ward Volunteer shares what she has been up to. "Hello everyone. I do hope that you are all well and keeping your spirits up. What extraordinary times we are living in. If anyone had told me a year ago that this might one day happen, I would have said, you must be joking, of course not. However if it has taught me anything, apart from hands, face and space, it's to be patient and positive and to appreciate the good things around us. The aconites ( small yellow flowers like buttercups) are flowering now and the snowdrops, still short, but showing colour, lighten any anxious heart and the pleasure of smiling at total strangers on a walk and passing the time of day with them, even if shouted from one side of the road to the other, would not happen under usual circumstances.

I have found that we have so much to learn from the young; speaking on face time the other day to my little 8 year old granddaughter, she told me she had been to her gymnastics class. I asked what she had been doing. The answer was learning to walk backwards and do a little jump on the beam. Surprised I said, "that must be very difficult, how do you do it?" Her answer was, "Well Granny you see, you have to believe in yourself ". How wise, I wish someone, anyone, had taught me that when I was young. It's my new mantra and will carry me through, especially in these difficult times. I hope it helps to carry you all through too.

After 3 weeks sitting on my drive, the excitement of taking my small, rather old car, for a short run to keep the battery going was rather pathetic. I smiled, the car smiled, we both felt liberated, if not a little guilty.....small pleasures!"



## Where in the Trust?



## Riddle

What goes in, but never through? I've got some and so do you. We might lend one, or even two, but only if our trust is true. What am I?

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

Where in the Trust? Cambridge Breast Unit  
Riddle: Anchor

## COVID Vaccinations

We were delighted to be able to invite all our regular pre-pandemic volunteers to have their Covid vaccination here at Deakin Centre, CUH. The vaccination being administered is the Pfizer/BioNTech Covid-19 vaccine. We will keep you informed of when new dates are available to be booked.

**This invitation does not currently relate to a second COVID vaccine – as soon as we hear we will inform you about arrangements for the second vaccine. It is likely that you will be contacted directly by email from the Vaccination centre. You will be required to return to the same centre for your second vaccination.**

If you are coming to the site by car for your vaccine you will still be able to park in Car Park 6 at the front of the hospital. As you won't have used your Volunteer ID card for a while you may need to press the call button on the car park to gain access.



## CUH Arts: 'Travelling Water' and 'Content' artwork

The transformation of the patient C&D lift lobby and stairwell took place in 2011, when illuminated artwork cases were installed and large sky paintings displayed on the stairwell. Do you remember what was there before?

Raphael Daden was commissioned to create the series of four colourful, acrylic, illuminated artworks, 'Travelling Water', which sit opposite the lifts. It was his nod to nature, when Raphael made this piece in response to the 'Nine Wells', next to the hospital.



Each of the flowing pieces echoes movement and patterns in water.

Wishing to continue with the theme of elements, the idea came to represent the big skies of Cambridge and what better place for these beautiful paintings, than the C&D stairwell. Local artist Jo Tunmer created three large paintings, which we hope you agree, provide a striking presence as you climb the stairs.



## Sad news of a colleague and friend

Sadly we inform you of the passing of a very popular and well known character around the Trust. John was a volunteer guide for thousands of visitors, staff and patients over his 14 year term with us.

Whatever the weather, however he felt, John always greeted everyone with a smile and caring words. He was a very kind man with incredible knowledge of the layout of the hospital and a can do attitude 100% of the time.

John could always be found on a Thursday at Main Reception and Outpatients ,early morning, ready and willing to take patients and visitors to where they needed to be, with a kind word and welcoming smile. He was a fantastic mentor, having shown the ropes to many guides past and present, and was always willing to help out wherever he could.

Fellow Thursday Guide Arthur "I don't want to make it sound as though he and I had a special kind of working relationship but we had a unique understanding between us that was based on both trust and friendship. Never without a smile or with a bad word to say for anyone he was simply a pleasure to work with.

The CUH flag has been lowered today, 29 January, in memory of John on the day of his funeral. John's family have set-up a fundraising website in his memory <https://togetherinmemory.pancreaticcancer.org.uk/in-memory/John-Goddard> should anyone wish to contribute to it.



## View from my....

Its clear that feeding the birds is certainly paying off for ATC Volunteer Guide Jane. She was lucky enough to see this beautiful greater spotted woodpecker from her kitchen window.

This weekend it's the RSPB Big Garden Birdwatch so why not spend an hour on your balcony or looking out of the window recording the number and type of birds you see.

<https://www.rspb.org.uk/get-involved/activities/birdwatch/>



## A GREAT PLACE TO VOLUNTEER

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[www.volunteering.cuh.org.uk](http://www.volunteering.cuh.org.uk)

### CUH Volunteers

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

## Paws Corner!

CUH PAT dog Hugo is a big fan of the wood burner, especially after a long walk out in the snowy fields.



## We need your ideas!

Some of our patients are spending many weeks on the wards and without visitors, time is really dragging. To help the patients pass the time we are taking puzzles packs containing suduko, word search, crosswords, quizzes and origami, up to the wards. We would love some more ideas for content and we know that you, our fantastic volunteers, will be able to come up with inspiration and creative ideas. Remember its all on an NHS budget!

Please be aware that anything going up to the ward needs to be paper-based and not use anymore equipment than a pencil or pen as everything is single-use. Any ideas, just email [volunteer@addenbrookes.nhs.uk](mailto:volunteer@addenbrookes.nhs.uk)

## Self isolation island discs

Janette Platter, Deputy Lead Chaplain, shares her favourite songs, book and luxury item.

### Discs

For my songs I've chosen ones that have significance within my family...

I'm a very devout Taylor Swift fan so she gets two songs. It felt impossible to choose only two, but I went with *Gold Rush* because it always makes my daughter dance when it comes on, and *King of My Heart* reminds me of when I saw her in concert a few years ago.

Dave Barnes' music featured at my wedding and *Home* is perhaps my favourite song of his. I find myself humming or singing the hymn *Be Thou My Vision* a lot of the time; it always reorients and calms me.

*All my Favourite People Do* by Marren Morris reminds me of where I'm from (Texas!) and is a good reminder not to get worried about what other people think, besides the people who know and love you best.

And currently, my four year old is always singing *Ain't No Mountain High Enough* whilst playing with his trains, and I think it's just the best thing.

### Book

*The Secret Garden* was one of my favourite novels growing up, and I recently re-read it following a move to a flat with a garden space to make my own. As I read, I was struck by how the main character Mary really struggles at first with her situation, but then she ends up discovering and creating something very life giving for her and for others. That inspires me to remember that though my circumstances may be difficult, my response is still within my control. I also love reading all the descriptions of the garden, wildlife, and life within a large country house in Yorkshire in Victorian times.

### Luxury item

And my luxury item is deep conditioner. I have very unruly curly hair if it's not moisturised, and I love a good pampering day when I can tend it properly :-)

