

Virtual Volunteering Times

Volume 1 Issue 23

6 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.

Calling all photographers!

Its dark early, its colder and we're not able go out and meet our friends and family as we would wish to. However, there is some good news we can share with you....

Whether you're a 'happy snapper' or a 'phone photo fanatic' or you're a 'photographic phenomenon' we'd love you to enter our exciting new competition which will be judged by Natalie Ellis and Lesley Bermingham from CUH Arts. The person who takes the 'best in show' picture will get a fabulous prize!

There are 3 categories you can enter:

- Symmetry
- Happiness
- Calm

You may have a wonderful photo which you've already taken or there might be an opportunity to get out and about and take some more but we would love to see your skills. It doesn't matter how good (or otherwise!) you think you are, we would love to see your pictures and you never know, you might just win.



Like any competition, there are a few things to bear in mind so here goes:

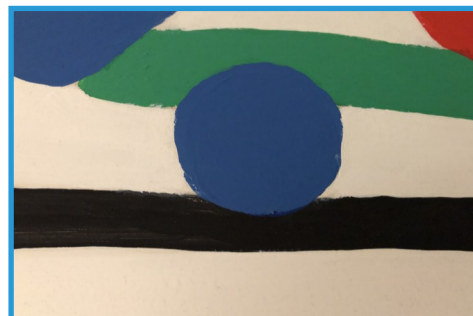
- Only one entry per category per volunteer
- Closing date for entries is midday on Friday 4 December
- You must be happy for us to share your photo in Virtual Volunteering Times
- All entries must be emailed to volunteer@addenbrookes.nhs.uk - please use the subject title 'Photo comp' and the category e.g. 'Calm'. If you are unable to email your entries, just drop them into the Voluntary Services office by the entry date.

We look forward to seeing all your wonderful entries!

Save the date

If you or someone you know is interested in a career in nursing, midwifery or as a healthcare support worker, CUH Careers are holding an exciting virtual open day event on Saturday 6 March 2021. More information to follow as we receive it.

Where in the Trust?



Riddle

Can you name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday Saturday or Sunday

Answer's to last week's puzzles:

Where in the Trust? Addenbrooke's Tower

Riddle: A blackboard

Out and about..... Ingrid

Library Volunteer Ingrid tells us of her recent holiday.

We were away for a week in Wales. The first holiday this year! We went with my friend and her husband and stayed in a lovely self-catering cottage. It had easy access and all the facilities for wheelchairs as my friend is a wheelchair user. It seems I am advertising for this cottage but if you know of anybody who needs an easy access self-catering cottage this is the place to go to and I am happy to share the details.

It was near Porthmadog, one Welsh name I can pronounce, in the middle of nowhere with only Buttercup and her mates and sheep as neighbours. We visited gardens, had a steam train journey and saw 3 castles, Caernarfon, Conwy and Beaumaris. I have to say, when you see one castle you have seen them all. They were all built by Edward I and he must have used a template as they are all the same. Very imposing and strong as they were meant to subdue the Welsh. The last castle we visited, Beaumaris, was never finished as Edward probably got bored with it, he had 7 castles built already, and decided to go up north and bother the Scots a bit.



Buttercup and friends

CUH Arts: NHS Heroes Portraits

Initiated by Oxford-based portrait artist Thomas Croft, Portraits for NHS Heroes is a social media project that went viral during the first lockdown. Croft offered to paint the first NHS key worker to get in touch, and encouraged other artists to do the same. There are now over 10,000 portraits nationwide, capturing those who are working so hard to save lives amidst the Covid-19 pandemic.

We are so proud to be featuring portraits by our own CUH staff in our current exhibition.



Sukhpreet Singh Dubb
Oral and Maxillofacial Registrar
 Painting by Martyn Harris



Emma Ward
Living Kidney Donor Co-ordinator, Transplant
 Painting by Martha Templeton

A time for reflection

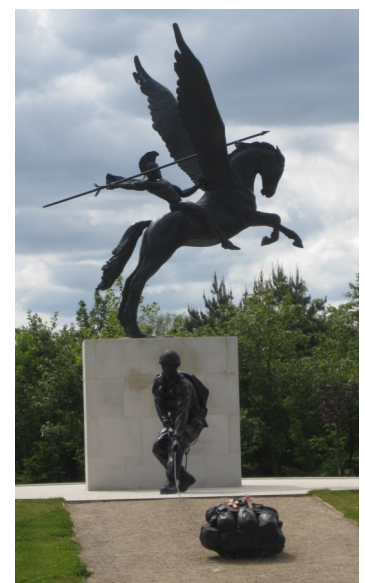
With Remembrance Sunday this weekend, Volunteer Guide Arthur tells us about the National Memorial Arboretum.

As we approach Remembrance Sunday it is a sobering thought that since the end of WW2 there have been only two years in which a serving member of the armed forces have not lost their lives.

The National Memorial Arboretum is a UK registered charity and 150-acre visitor site on the edge of the National Forest in Staffordshire. Part of the Royal British Legion, but a separate legal body, it exists to ensure that:

- the unique contribution of those who have served and sacrificed is never forgotten
 - the baton of Remembrance is passed on through the generations
- there is a year-round space to celebrate lives lived and commemorate lives lost..

Over 300,000 visitors a year visit this spectacular site which contains almost 400 memorials nestled amongst some 25,000 trees. A visit at any time of the year is both memorable and thought provoking.



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Cambridge CB2 0QQ
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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!

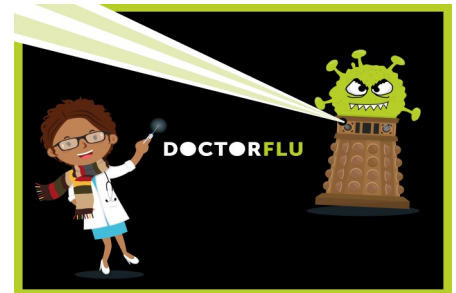
Here's Flossy, Jane's 'PAT Dog in Waiting' who loves nothing better than a run through the fields.



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 clinic is still being held in the Deakin Centre until the 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, a lot more time at home and probably on the sofa, we've been thinking about our favourite films. We'd love to know what your choices would be - but to help inspire you, here are Olivia's five favourite films:

The Lion King (1994) - kicking my selection off with some classic Disney. Always hard to pick a favourite but this will always win!!

Breakfast at Tiffany's (1961)- one of my favourite Audrey Hepburn films- my favourite scene is the acoustic "Moon River" cover.

Pretty Woman (1990) - it would be a BIG mistake if I didn't put this in... huge! Who doesn't want the fairytale? The dresses (and that necklace!), the rags-to-riches story, definitely one to suit my love of happy endings

Schindler's List (1993) - changing tack a little with this one. This film will always be poignant and hold a special place for me, with arguably one of the most touching scenes of the girl in the red coat- one spark of colour amongst the black and white; one scene so many connotations!

Funny Girl (1968) - it was a toss-up between this and *Hello, Dolly!* Huge Barbra Streisand fan so couldn't get away with not putting one in- I only wish I could sing as well!!

