

Virtual Volunteering Times

Volume 1 Issue 20

9 October 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.

CUH Launches Flu Campaign

As always the beginning of October at Cambridge University Hospital sees the launch of our Flu campaign, this year at the Deakin centre on 5th October.

In the past, you will know as a CUH volunteer, you have been able to receive a free flu vaccination at the hospital.

COVID has meant that we have had to sadly suspend volunteering activity on CUH campus to help us reduce the footfall on site and at the moment this remains a priority to minimise the risk of infection to all. But we support the Flu campaign and know how very important this is.

We have therefore liaised with our Occupational Health team for their guidance on flu jabs for our volunteers and they have advised us

- If you are in an NHS eligible group and can access the vaccine via your GP please do so
- If you are outside of this group, you can attend the Deakin Centre (if you can do so safely*) at a quieter clinic time
- Please go directly to the clinic at the Deakin centre and then leave the site.

*Do not visit the hospital if you have:

- 1) A cold/sore throat
- 2) Vomiting or Diarrhoea – (contact the office to notify them when your last episode was)
- 3) Loss of smell or taste
- 4) Generally not feeling well
- 5) High temperature and new cough.

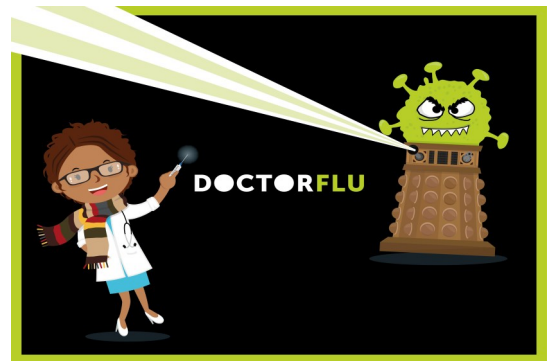
Please note: for high temp and/or new cough and/or loss of taste / smell, OH can provide a Covid-19 test if volunteers get in touch either with us or OH direct on 01223 216767. You should of course also isolate immediately as per advised guidance.

There will be the different types of vaccines available for different age groups (people 16 yrs+ and 65yrs +). You will need to fill out the consent form, **attached to this email** in advance and bring it with you - this will help reduce waiting times and the exchanging of materials such as pens etc. There two consent forms attached to this email, one for ages 16-64 yrs and one for ages 65+. If you are unable to complete the consent form in advance, the forms will be available at the clinic.

Please visit the clinic between **9:30am-11:30am or 3:00-6:00pm**, when the clinics are usually quieter. The first 2-3 weeks of the campaign are usually the most busy. The clinic at the Deakin centre is scheduled for 6 weeks in total, ending 13th November.

If you will need to drive and park on site to access the flu clinic, we have confirmed with the Access team that your badges will still work on the car park entry and exit. Please be aware however, that your badges are unlikely to work on building doors.

Finally, a reminder that if you are eligible to have your flu vaccine at your GP surgery or in your community we encourage you to do so rather than coming to the CUH site.



Bryce Canyon

From Volunteer guide, Arthur:

The National Park System of the United States encompasses 421 national park sites. Each park is unique and comprises many divisions such as Administration, Facilities Management, Visitors services, (which includes law enforcement) and Interpretation.

In 2010 I spent a week working in the Interpretation and visitors' services of Bryce Canyon National Park, Utah. Bryce Canyon is famous for its worldly unique geology.

Bryce Canyon is not a single canyon, but a series of natural amphitheatres or bowls, carved into the edge of a high plateau. The most famous of these is the Bryce Amphitheatre which is filled with irregularly eroded spires of rocks called hoodoos.



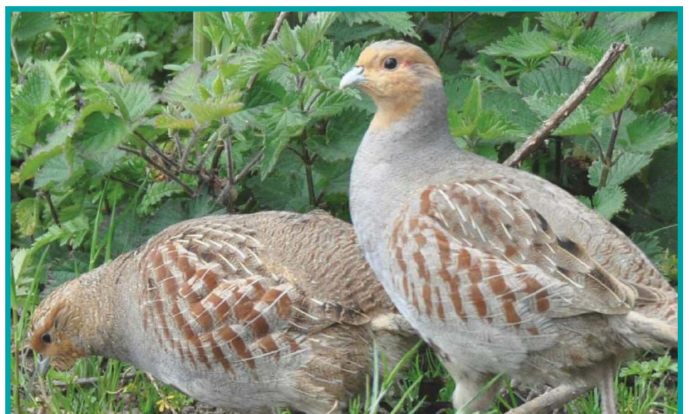
Arthur



Spotted at Addenbrooke's!

There was excitement for the Voluntary Services office team recently when an eagle-eyed member of the group spotted something very unusual outside the Deakin Centre.

Zippering across the ground like cartoon roadrunner, we were concerned the bird had escaped, was injured and perhaps a little lost. So it was time to call in our resident expert ornithologist! With his many years of National Trust experience, YPP Coordinator Jack, was quickly able to identify the bird as a partridge. Fortunately, we didn't need to intervene to help the partridge as it promptly flew off.



High drama in Kefalonia

After a long lockdown, Library Volunteer Michael recently visited Kefalonia but the weather had a surprise in store.

Hurricane Ianos hit the island around 3pm.

The weather rapidly worsened, with howling winds and torrential rain. Around 5pm the power went, and with it, water supplies, as our water was pumped by electricity. Before it got completely dark, we had a light supper, then could only go to bed. By this time telecoms were also down.

It was a difficult night, punctuated by the crashing of things getting knocked over, and by the manic banging of window shutters. All this time the wind and rain continued unabated.

Next morning we got up to find ourselves paddling in our bedroom. The wind had driven the rain under our double glazed windows leaving about an inch of water. Our balcony was covered in glass from a broken privacy screen. We had another Government warning to stay indoors, but had no desire to do otherwise, as the extreme weather continued all day. With no running water, we were unable to flush the loos, but instead collected buckets of water by mopping our bedroom floor. Food was running low, and we had little that day, apart from the rest of a loaf, the remnants of yesterday's Greek salad and warm bottled water.

Next morning, after 36 hours, the wind and rain had dropped. It was the day of our departure. More in hope than expectation, we gathered at our pick up point, to be told our coach couldn't reach us in the north of the island due to landslides, fallen trees and downed electricity cables. Instead, we were gathered in a little convoy of cars and driven over mountainous side roads to St Efimia, a small port on the eastern side of Kefalonia. Here was desolation: yachts smashed on the harbour wall, mud everywhere, gaping holes in the road. But our coach had managed to get that far, and with detours to avoid electricity cables and yet more fallen trees, got us to the airport in the south. We were very late, but the flight had been held for us. Never has airline breakfast and coffee seemed so delicious!

But our hearts went out to the people of Kefalonia. Their 6 month tourist season had already been reduced to 6 weeks by Covid restrictions, and now the island's infrastructure was destroyed, along with vines, olive trees and fishing boats. We hoped there would be an appeal, but sadly it seems not.



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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 !

Griffin, Poppy and PAT dog Patience love spending time running around the countryside but its always good to have a quick breather.



Contributions to VVT

We would love to receive more of your contributions, whether it's a reflection of your time volunteering, your Self Isolating Island Discs, your Top 5 movies, View from My, reflections of a holiday or adventure you've been on or maybe what you've been up to while staying at home, some photos, or an account of an adventure you've been on. We have published some guidelines to assist you:

- Follow our Trust values—together Safe, Kind and Excellent.
- Word count: **400-500** maximum words for a longer article, 300-350 for shorter articles
- As always, do not breach any confidentiality or use names which could thought to be a person's real name
- No lewd language
- Positive, uplifting material

New CUH Arts Exhibition

Our CUH Arts team have been busy beavering away on their autumn exhibition which is going live very soon. During lockdown CUH Arts were inundated with beautiful pieces of artwork and heartfelt messages from our staff, patients and the local community, who came together to show their appreciation for CUH.

To commemorate this unique period of time, our CUH Arts team has put together a special exhibition in our hospitals to showcase some of the pieces we received. The exhibition will run for three months and the team plan to share a video walkthrough of the exhibition for those who can't see it in person. We look forward to being able to share this with you all soon!

View from My.....



A slight twist this week, we have a view from Diane's veg patch. Diane thinks a bird must have dropped a seed resulting in these beautiful sunflowers —12 flowers in all.

Where in the Trust? Riddle



I can make two people out of one. What am I?

Answer's to last week's puzzles:

Where in the Trust? Outside
Oncology Outpatients

Riddle: Age