

# Virtual Volunteering Times

**A GREAT PLACE TO VOLUNTEER**

Volume 2 Issue 10

7 May 2021

## A warm welcome to Isabella.....

Hi there, my name is Isabella and I am temporarily covering the Young Persons Programme Co-ordinator role following Jacks transition to Volunteer Coordinator. I would like to tell you a little about myself and my background.

I am 22 years old, lived and studied in Cambridge all of my life. I am part of a huge family, and as the eldest of four, being surrounded by people is very important to me. I love to socialise with friends, visit museums, long walks and playing with my beautiful dog Bronte. I studied Economics, Sociology and English Language at Long Road which I loved. However, decided that university wasn't for me and went straight into work.

I have been working for CUH Foundation Trust for just over three years now. I have mainly worked as part of the Staff Bank Services, in various Divisions. My usual type of work includes data handling and training so I am really keen to get involved with the Voluntary team as the work they do is much more interactive and people orientated.

As a member of staff working in Addenbrooke's, I have always seen and appreciated the work of the Volunteers. However, until working closely with the team, I never quite comprehended the incredible gap Addenbrooke's feels without your presence.

I am really looking forward to helping to get you all back again and hopefully meeting you face to face. The team are working so hard to try and get back to some sort of 'new normal' for all of us. It will be such an exciting day when you return!



### Inside this issue:

CUH Arts	2
Gateau in Gamlingay	2
Challis Gardens	3
Medicine for Members	3
Paws Corner	4
Lateral Flow tests	4
Deaf Awareness Week	4
Simon's Poem Challenge—update	4



## Portable CD players

It can be very lonely and boring on wards and sometimes patients are just not feeling well enough to read or do a puzzle. We often have requests for the loan of a portable CD players for inpatients and it would be great to have some more to loan out.

If you have one in good ,working order which you no longer need it, we would love to make use of it. We don't need headphones. Just email us [volunteer@addenbrookes.nhs.uk](mailto:volunteer@addenbrookes.nhs.uk) to let us know.

### 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**

## Where in the Trust? Riddle



I am the beginning of everything, the end of everywhere. I'm the beginning of eternity, the end of time and space. What am I?

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

*Where in the Trust?* Old phone booth in Concourse

*Riddle:* Cutlery

## CUH Arts: Behind the scenes with CUH Arts

The maternity hospital at the current site, was opened in October 1983 and named after local entrepreneur and philanthropist, Sir David Robinson's mother, Rosie. It was his very generous donation for its building costs that made it possible.

You may have noticed a painting and a life-size sculpture of Rosie holding a baby, beyond the main reception of our maternity wards. The sculpture was created by local sculptor Christopher Marvell and stood proudly for many years. However, in 2013 she befell a minor accident and lost her nose.

Our Arts Project Manager, Lesley Bermingham, came to the rescue and lovingly restored her so we hope she'll be enjoyed for many more years.



## Thursday Guides gather for Gateau in Gamglingay

On Thursday 22<sup>nd</sup> April Chris and Jane met at the home of Sue & Robbie for coffee. What a delight to escape and drive west across the countryside of Cambridgeshire. On leaving Longstowe village cowslips were now in abundance on the road side verges, below the 'sloe' blossom of the black thorn amidst the 'just' breaking green shoots of the neatly manicured hawthorn hedges...lamb's too lazed in the sun in their usual field en route.

"Wrap up for winter" advised Sue, "Our patio faces north!" How right she was!



However the warmth of welcome, the hot mugs of coffee AND "I thought I would make a Victoria sponge, but I wanted to cheer it up with fresh raspberries and cream!"

Conversation ranged - who fired the gun in 'Line of Duty', how did HRH's coffin get into the Vault below? (No Jane did not spot it being lowered just before the Piper played!). The late Shirley Williams lived in and around Chris's village-he was to be a verger at her funeral. The changes to clinic layout noted following Robbie's visits to CUH. How will we know where to guide? And so much more.

All too soon it was time to leave but not after Jane and Sue had warmed in that Spring sunshine on their tour of the Garden.

## The Challis Garden.... Andy, Volunteer Guide

I've kept myself busy since this dreadful pandemic disrupted our lives by gardening. I have an allotment, and look after the gardens of four local ladies. But most fun has been working with other volunteers (keeping a respectful distance) in our local community garden. The Challis Garden is a hidden gem in the centre of Sawston, tucked away down an alley off the High Street, between the butcher's and the optician's. There's a small carpark and a lovely wrought-iron gate leading to a 2 acre haven of horticultural heaven! There's an extensive cottage garden, a vine house and vegetable plot and a big area of open lawn surrounded by interesting trees and dotted about with wooden tables, chairs and benches. One side is flanked by an old barn, a second by a row of sheds converted from the old pig styes and the third by a couple of old hen houses used for storing logs and other items. Further on, there's a mature orchard and a pretty pond, as well as a perimeter walk bordered by a variety of shrubs.

Mary Challis died a spinster in 2006 and left her house and garden to the village. The garden had been sorely neglected and little remained of the beautiful garden it must have been when Mary was younger. A group of volunteers has laboured for the past 15 years to make the garden into an attractive place for the people of the village, and a variety of events for adults and children are held throughout the year. The Covid lockdown has curtailed most of these but the volunteers have maintained and improved the garden and kept it open to the public as much as they could. It's turned out to be a godsend for many local people, with small groups and families coming in regularly, and many local groups holding open-air meetings. There's a lovely little café opposite the entrance that does takeaway beverages, and a disabled toilet on site,



I've been a volunteer there for the past 12 years or so, and go along every Tuesday and Thursday morning to help with the mowing, the vegetable plot and whatever else needs doing - and there is always something to do whatever the season or weather! I also make lots of jams and chutneys from the fruit and veg we grow, and we sell them to visitors along with our own honey and a range of garden plants. We even have some Mary Challis Apple trees for sale. There's a lovely old apple tree by the entrance which is apparently a unique variety and we've grown some saplings from it.

So if you are ever in Sawston, do pop in and have a look round. We're open 9.30 - 12.30 on Tuesdays, Thursdays and Saturdays, and 14.00 - 16.00 on Sundays.

## Medicine for Members lecture - 19 May 2021

The next Medicine for Members lecture takes place on Wednesday 19 May 2021.

Join the CUH experts for a discussion about the exciting work happening here in Cambridge to change the way we detect and treat cancer.

Cambridge Cancer Research Hospital will rewrite the story of cancer; it will bring together world-class clinicians from Addenbrooke's Hospital with cutting-edge Cambridge research and industry, enabling early detection of cancer and delivering bespoke, precision treatments that will radically improve patient outcomes.

### Ways to watch:

<https://zoom.us/j/93462675051?pwd=TzFQOG9lbC9lWUVlVjdhcZCTWpOQT09>

Webinar ID: 934 6267 5051

Passcode: 564346

The talk will be streamed live on the [CUH Facebook page](#).



**A GREAT  
PLACE TO  
VOLUNTEER**

Voluntary Services  
Box 214  
Cambridge University NHS Foundation Trust  
Hills Road  
Cambridge CB2 0QQ  
Phone: 01223 586616  
E-mail: [volunteer@addenbrookes.nhs.uk](mailto:volunteer@addenbrookes.nhs.uk)  
[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!

I may not be on the Electoral Roll but I still have opinions that I would like to be heard.

I have not had my usual salary of strokes, cuddles and treats for over a year now. I expect an improvement in 2021. More cuddles, more strokes and treats in the office when I return to volunteering.

Hugo 



## Free Lateral Flow Tests

It is so lovely to be able to go shopping, meet up with friends and family and get back together with your sports team for a match.

However although these are things to enjoy, the easing of restrictions may also naturally bring about some anxiety as well. For peace of mind, you may wish to undertake a rapid lateral flow test, available free of charge at <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>.

A positive lateral flow test must be reported to NHS Test and Trace and this will trigger a confirmatory PCR swab.



**Help is a call away**

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

**24/7 helpline: 0800 783 2808**

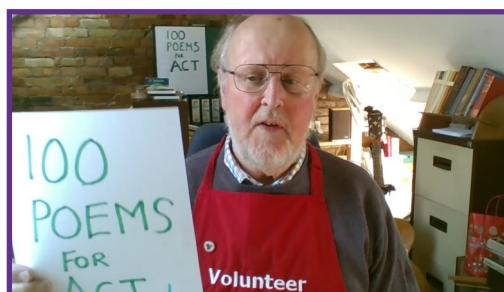
## Its Deaf Awareness Week

Many of us are, or know, people who have a degree of deafness and it is good to know how we can help when communicating with someone with hearing difficulties: The [UK Council of Deafness](http://www.ukcouncilofdeafness.org.uk) have produced some tips:

- Face the person while you are speaking, don't turn away
- Repeat yourself if necessary
- Never say 'It doesn't matter'
- If the person doesn't understand you, don't give up!
- Write it down or draw a picture
- Speak one at a time, don't talk over each other
- Keep your mouth visible
- Smile and relax
- Don't speak too quickly or too slowly

## Simon's 100 Poems for ACT challenge

In our last edition we told you that Ward and clinic volunteer Simon was raising money for ACT. He completed his challenge to read 100 poems, taking him 3 hours and has raised a staggering £502.28. Thank you and well done Simon!



**act**  
Addenbrooke's  
Charitable Trust

## Staff Governor Candidates

The Foundation Trust Governor elections open on Monday 10 May and you will be receiving details of how to vote. As volunteers you are eligible to vote in the Staff Governor elections, the list of candidates are available:

[https://backup-cuh-production.s3.amazonaws.com/documents/Statement\\_of\\_Nominated\\_Candidates.pdf](https://backup-cuh-production.s3.amazonaws.com/documents/Statement_of_Nominated_Candidates.pdf)