

Virtual Volunteering Times

**A GREAT
PLACE TO
VOLUNTEER**

Volume 2 Issue 15

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Making the most of opportunities... Vicky, Library Volunteer

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Travel Expenses

When you return to volunteer with us, please remember to claim your travel expenses by **25th of EACH MONTH**.

We will only keep a volunteer's last 2 claims on the system so please ensure you keep your own records.

Many thanks

Mandatory Training

To be able to return to volunteering at CUH your mandatory training needs to be up to date. Login to DOT <https://learning.addenbrookes.nhs.uk/login/index.php> to access it but if you have problems logging in, please email the DOT team:

DOT@addenbrookes.nhs.uk

Many thanks.

During Lockdown I had to close my little Reflexology business as I was not allowed to have such close contact to my clients. This presented me with a rare opportunity to have a lot more time on my hands. With 2 teenage children who were capable of home schooling themselves I had time to look at taking a course on something new.

I had wanted to learn to be a yoga teacher for several years and had done a lot of yoga during the first lockdown on Zoom. I suddenly thought that maybe this was the perfect time. I was not sure if I could learn online to teach yoga but actually it has proved very effective and I am now a fully qualified Yoga Teacher. I am delighted to have had the opportunity to get this qualification and really grateful that something positive has come out of this difficult year we have all had.

My family have been very supportive and all also had a go at being my practice students so one way or another we have all kept busy and flexible! I plan to run yoga classes from my garden so if you are a budding yogi then do look me up! Namaste Vicky



Health Assured counselling support

At times life is wonderful but of course it is also emotionally and physically tough at times. As volunteers, you are able to access Health Assured, the CUH Employee Assistance Programme which has been upgraded to offer more support.

In addition to the 24-hour confidential helpline from Health Assured, all CUH staff and volunteers now have access via 0800 783 2808 to up to eight structured 50-minute counselling sessions via Health Assured. Initially, these will be structured telephone/video counselling sessions, with qualified counsellors or psychotherapists.

If you are interested in the structured counselling sessions, please call the Health Assured Helpline and quote Cambridge University Hospitals. You will undergo a clinical assessment to assess your counselling needs.



Help is a call away

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

24/7 helpline: 0800 783 2808

CUH Arts: Sharing news from ITU

Our creative partners at A Space Between work with artists and hospital communities around the world to develop high quality creative resources. One example of this is 'Colour to Connect', an empowering scheme which encourages patients to draw colouring pages for one another. More recently they collaborated with Art for Charity Collective to design and produce hundreds of colouring books as gifts for NHS staff who worked in critical care settings during the most recent peak of the pandemic earlier this year. At CUH we were lucky to receive 260 of these books, with their own little pack of colouring pencils, which have been distributed to our critical care staff over the past month. What a great way to offer space to unwind!

You can visit <http://www.aspacebetween.co.uk> to download free colouring resources, find out how to contribute your own drawings, or to order your own version of the book which automatically donates another to a critical care professional.



Easing of restrictions - a cautious approach

Some of us are feeling excited and others daunted by the easing of many of the restrictions in England coming into effect on 19 July.

As a hospital, to protect our patients, staff, volunteers and visitors we will always need to take a more cautious approach than the wider population to the easing of restrictions. This means that all of our COVID secure measures will remain in place when government guidance changes on 19 July:

- Facemasks must be worn at all times
- Social distancing must be maintained - 2 metres
- Visiting continues to be restricted and we ask patients to attend appointments alone
- The Food Court remains a staff only area



A review of this is expected during the first week of August, but please be reassured that we are still working towards the phased return of volunteers from the end of July.

Where in the Trust? Riddle



I have a head and a tail that will never meet. Having too many of me is always a treat. What am I?

Answer's to last week's puzzles:

Riddle: An electric fan

Where in the Trust? C&D lifts sign

A wander in Wales, Anne Haematology Day Unit Volunteer



Snowdonia



Swallow Falls



Portmeiron

Betws-y-Coed area



Bodnant Gardens



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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

PAT Dog Bertie knows its going to be a hot weekend so it will no fun with a fur coat. He is planning a shady walk in the early morning where it will be and then snoozing somewhere cool in the afternoon.



Big Butterfly Count 2021

With the warm summer sun, its wonderful to get outside to spend some time in our lovely natural environment. Between Friday 16 July to Sunday 8 August 2021, rather than just sunbathing, why not spend 15 minutes counting butterflies?

With many of the our most common butterflies species in decline, the Big Butterfly Count is asking for as many people as possible to find a spot outside and spend just 15 minutes counting the species and number seen, then submitting the information online at www.bigbutterflycount.org or via the free [Big Butterfly Count app](#). Many thank to James Moss at Kingfishers Bridge Nature Reserve, Wicken for the photos.



Volunteer and help get the jobs done

Community Volunteer Opportunity

**ROYAL
VOLUNTARY
SERVICE**

The Royal Voluntary Services are reaching out and asking for some of our lovely volunteers to consider getting involved in helping out at local vaccination centres.

The Royal Voluntary Services have seen a drop in the amount of volunteers signing up for shifts, so subsequently last month, they've had to reopen their national recruitment scheme.

Volunteer stewards are a key part of the large scale vaccination programme across the region and are highly valued throughout. Volunteers can sign up for a full day or even a half day, but are asked to commit to two shifts per month. This role assists with the smooth arrival of people coming in for vaccinations. You will ensure the efficient flow of people to clinical assessment, vaccination and exit while respecting social distancing.

Local NHS teams will call forward Steward Volunteers as they are needed and this will vary by area, so don't worry if you are not asked to help straight away. You may like to apply for the Community Response Volunteer role alongside the Steward Volunteer role. These volunteers support local vulnerable people with shopping and prescription collections. This is also a great opportunity to get back out there into the volunteering world and feel like you are making a real difference to people's lives. There are a variety of vacancies within Cambridgeshire and Norfolk so if you think you might like to help out please use the link above to sign up: <https://nhsvolunteerresponders.org.uk/i-want-to-volunteer/volunteer-roles/steward-volunteer>