

# Virtual Volunteering Times

**A GREAT  
PLACE TO  
VOLUNTEER**

Volume 2 Issue 14

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## Caring Together: Could you help a carer?

### Could you help provide breaks for carers in East Cambridgeshire?

Did you know that there are carers within your community that need your help? Caring Together have launched a new service to help people looking after a family member or friend in East Cambridgeshire to take a break from their caring role.

Because of the popularity of this much needed support they are now needing the help of more volunteers able to provide company for the person the carers look after so that the carer can take a break.

If you live in East Cambs and enjoy talking, listening and reminiscing and would like to know more about supporting carers in your community, then Caring Together would like to hear from you.

This is an opportunity to make a real difference to the lives of carers and the people they care for in East Cambridgeshire.

Find out more at [caringtogether.org/help-us-help-others/volunteering/breaks-for-carers-east-cambridgeshire](https://caringtogether.org/help-us-help-others/volunteering/breaks-for-carers-east-cambridgeshire) or email [volunteers@caringtogether.org](mailto:volunteers@caringtogether.org)



We provide information and advice, run services in our local communities and campaign for carers' rights.

[caringtogether.org](https://caringtogether.org)



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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:

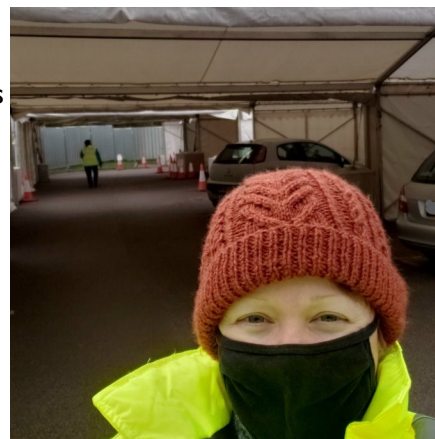
[DOT@addenbrookes.nhs.uk](mailto:DOT@addenbrookes.nhs.uk)

Many thanks.

## Newmarket P&R Phlebotomy Marshalls Do it Again!

The mood the in the Voluntary Service office was very buoyant when we heard that the fabulous Phlebotomy Marshall volunteers had been nominated again for a You Made a Difference team award. Through rain and shine, these volunteers direct cars to help ensure the queue of patients attending for blood tests runs smoothly. It is wonderful to see their contribution has been recognised.

Many congratulations to all the team!



**Andy ready for everything the weather can through at her**

## CUH Arts

### Building Cambridge Children’s Hospital: Creative Conversations with patients & families

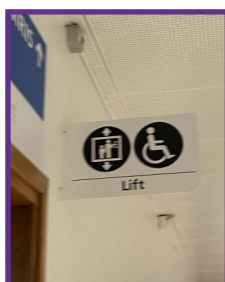
Over the last few months, CUH Arts has been teaming up with the Cambridge Children’s Hospital architects to run a special set of virtual creative workshops with young patients and families from across the region.

We’ve been exploring themes including “dream hospital”, “home from home”, and “a day in the life”, with the aim of capturing their ideas and feelings about designs for this exciting new hospital. Each session has been live illustrated by professional artist Chris Glynn, and his drawings are helping to creatively capture the conversations.

We find that art can provide people with a powerful alternative (and fun!) way of communicating, interacting and connecting with others.



## Where in the Trust? Riddle



I can wave my hands at you, but I never say goodbye. You are always cool when with me, even more so when I am high! What am I?

**Answer's to last week's puzzles:**  
Riddle: Watermelon  
Where in the Trust? Fan at crossroads by concourse



## A beautiful wedding... Karen, Library Volunteer

For those due to get married, the pandemic has added an additional layer of unwanted stress. In May one lucky couple were able to go ahead with their ceremony and Karen created the floral arrangements. Many of you will already be familiar with Karen's artistic talents from our Long Service Lunches.





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## Paws Corner

With the Tokyo Olympics just 3 weeks away, Lola thought it was a good idea to get some practice in the hurdles.



## CUH Volunteers

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

## Take me to my happy place.... Favourite holiday locations in the UK

With holidays abroad looking rather tricky, a great opportunity to explore our amazing country presents itself, so where is good to go? Jane, Voluntary Services Deputy Manager, tells us her favourite UK holiday destinations:

### Yorkshire Dales

I've been a regular visitor to the Yorkshire Dales since I was a young child and I absolutely love it. We always stay in the Grassington area. As a child it was at a converted water mill on the River Wharfe and more recently in the our pod caravan at a site nearby. It's the combination of hills, rivers and happy memories which keep me going back year after year.



**Stepping stones over the River Wharfe**

### Scottish Highlands and Islands

I've spent a couple of holidays touring around the northwest coast and the Western Isles. It was not entirely luxurious as we were camping and travelling in a very leaky old Landrover (I had to wear waterproofs inside). On more than one occasion we needed to tie our tent to the Landrover and trailer to stop it blowing away (I appreciate this isn't necessarily selling the location!). We also had the most glorious sunshine, visited wonderful white sandy beaches and had some amazing walks.



**Stunning beach in North West Highlands**

### New Forest

The New Forest has everything I love — great walks, cycling, some lovely landscapes and best of all, fabulous horse riding.

### North Devon

I enjoy the rugged beauty of north Devon and have had many happy holidays exploring there. These days there is the added bonus of having friends and family to visit there too - what more could you want?

### Lake District

As well as a general love for the dramatic peaks and beautiful lakes, in a previous job I spent many weeks working in the Lakes and getting to know some of the people. A couple of the long distance footpaths I've walked ended in the Lake District and there is nothing better than seeing the finishing point of Lake Windermere after 7 days of hard walking.



**Out for a hack with Jimmy in the New Forest**