

# Virtual Volunteering Times

**A GREAT PLACE TO VOLUNTEER**

Volume 2 Issue 11

21 May 2021

## Exciting opportunities in Volunteers Week.....

It's National Volunteers Week in the first week of June and as always, we're going to be celebrating you, our amazing volunteers.

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### Opting out: Virtual Volunteering Times

If you would prefer to not receive Virtual Volunteering Times, please email [volunteer@addenbrookes.nhs.uk](mailto:volunteer@addenbrookes.nhs.uk) and we will remove you from the circulation list.

### 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**

Of course we can't celebrate with a big lunch at the moment, but whether you're interested in the arts or enjoy exploring our countryside and national heritage, we've got something which we hope will interest you.

We are delighted that the National Trust have kindly reserved some free entry tickets for the National Trust property, Anglesey Abbey during Volunteers Week. If you've not already discovered this delightful place, here's a little information to tempt you...

A passion for tradition and impressing guests inspired one man to transform a run-down country house and desolate landscape. At the age of 30, the future Lord Fairhaven began to create his first home. Wanting to inspire and surprise visitors, he created a spectacular garden with planting for all seasons and a cosy house in which to entertain. Life revolved around horse racing and shooting, and guests enjoyed 1930s luxury.

During Volunteers' Week the gardens are blooming into life and looking great, why not take yourself along and enjoy a tranquil meander around the grounds enjoying the spring flowers.

To book a space please email [volunteer@addenbrookes.nhs.uk](mailto:volunteer@addenbrookes.nhs.uk) with your preferred date (1st-7th June) and entry time (09.30-16.15) plus an alternative. Places will be allocated on a first-come, first-served basis.



## Where in the Trust? Riddle



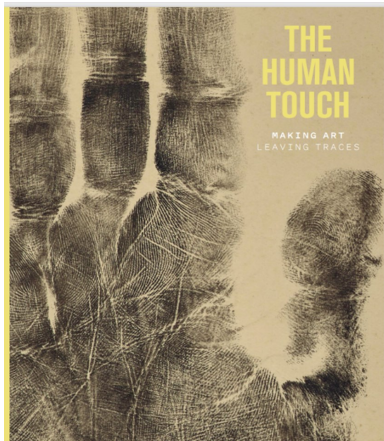
I shave every day but my beard stays the same. What am I?

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

Riddle: The letter 'e'

Where in the Trust? GSK sign

## Curatorial talk exclusively for CUH Volunteers



To celebrate National Volunteers' The Fitzwilliam Museum are inviting CUH volunteers to join Elenor Ling and Suzanne Reynolds who will very kindly be giving a curatorial talk sharing the highlights of "The Human Touch: Making Art, Leaving Traces exhibition". Below is a little more information:

The Fitzwilliam Museum  
CAMBRIDGE

Touch is our first sense. It develops in the womb as our brain first springs into life, even before ears and eyes have formed. The earliest traces of human creativity are the direct imprint of touch, grooves made by fingers or prints made by the whole hand. Through touch we make art, stake a claim to what we own and those we love, express our faith, our belief, our anger.

The language of touch shapes our existence. We are touched by emotion, stay in touch across vast distances and lose touch when a social bond is broken. When physical distancing is imposed on us, our sense of emotional connection feels threatened.

A world without touch is a world without art, sense or emotion. Touch is how we leave our mark and find our place in the world. Touch is how we connect.

The talk will be on Zoom and repeated twice so you can chose a date that works best for you:

**Tuesday 1 June 14.00-14.50**  
**Thursday 3 June 17.00-17.50**

To book a space please email [volunteer@addenbrookes.nhs.uk](mailto:volunteer@addenbrookes.nhs.uk) with your preferred date and we will send the details on to you. Spaces will be allocated on a first-come, first-served basis.



Elenor Ling



Suzanne Reynolds

## CUH Arts bring a spring boost with Boredom Buster Volume 2!

### CUH Arts bring a spring boost with Boredom Buster Volume 2!

It's Creativity & Wellbeing Week! To celebrate, the CUH Arts team have been sharing lots of creative activities with patients and staff, including these brilliant #BoredomBuster newspapers, which proudly feature our collaboration with The Fitzwilliam Museum, Cambridge.

This new 48-page printed newspaper is compiled by our hospital arts colleagues in Bristol, offering creative respite and conversation starters for people in hospitals and care homes all over the country. Nature and imagination are the name of the game in this second edition, bringing a blast of fresh ideas and a glimpse of the great outdoors to patients, residents, staff and carers.

With lots of things to make and do, and interesting articles on anything from art and poetry to science and history, the Boredom Buster is designed to reduce loneliness, exercise the grey cells and tickle the chuckle muscles to have a positive impact on mental health.

CUH Arts is teaming up with CUH Volunteers Services to distribute 2000 copies across wards and clinics in the coming weeks, with funding generously contributed by Addenbrooke's Charitable Trust.

Follow CUH Arts on Facebook: @ArtsCUH



## My Tipping Point!..... Dave, Volunteer Guide

My wife Jackie and I have watched Tipping Point for some years now. (Normally from a recording, which we will watch before our evening meal). Tara (ex CUH volunteer), my daughter, would always laugh at our knowledge of the terminology used during play. 'Ghost drops', Kamikaze drops', 'Riders' etc.

One Christmas, for a laugh, she bought us the Tipping Point board game. (Which includes a cardboard model of the machine). Whilst playing with it on Christmas Day, Tara took a picture of us and Tweeted Ben Shephard, the host of the TV show. To our amazement he responded - on Christmas Day! How nice was that! Tara suggested that I should apply to be on the show, to which I just laughed and dismissed the idea straight away. Little did I know....



A couple of years on. A message from my daughter with a link to an advert asking for applications to appear on the show. Why not? I probably won't get picked. Quite soon after I received a phone call confirming my acceptance to the selection process. Then another call with some general knowledge questions (not too difficult), then a little while later a request for me to attend an 'interview' at a hotel in Peterborough.

This entailed sitting around a conference table with about 15 other applicants where we completed a time limited written general knowledge quiz. Followed by each applicant standing at the front, facing a camera, talking about themselves for 5 minutes or so. I happened to be the last one up, which meant I had heard everyone's presentation. This was a double-edged sword as, although I may have picked up some pointers, my carefully prepared script was now out the window and I was in full ad-lib mode. Seemed to go alright, but I couldn't be sure. No indication given on the day.

We were told we would be notified in the next couple of months. Two or three weeks later, a surprise phone call. I'm on the show in a few months' time! The show is recorded at Bottle Yard Studios in Bristol. Travel expenses and overnight accommodation (where appropriate) is reimbursed on the day. I decided to drive and take my wife.

My recording was scheduled for 2pm, but I was to arrive around noon to start the procedure. Met in the car park by a member of the production team, I was led to a reception room and there met my fellow contestants. After a talk on the rules and regulations, we were given lunch and a chance for a chat. (Don't give anything away, I don't want them to know my weaknesses). I had been asked to bring a couple of different shirts and the team take them on set to see which is best on camera. Next to make up. (Plenty of powder on my shiny dome). Also the fitting of a radio mic. Getting exciting!



**Showtime:** Off to the studio. We arrive at the edge of the 'stage', where the control room area is. Monitors and control desk etc. Then meet our host, the great Ben Shephard. Just as friendly in real life as he appears on the screen. We are led up onto the stage and allocated a podium boy/girl/boy/girl. Strange no obvious cameras to be seen. Ben has a chat with us and we each test out our buttons. (No practice drops). **Cameras roll:** Ben does the usual introduction to the show and then we each say who we are and where we are from.

**The Game:** I will not describe the game blow for blow here. It's quite strange to be on a set that I have seen so many times on the TV, but that is a bit comforting in a way. I can't say that I feel nervous. Maybe a little apprehensive as to whether I will be quick enough on the buzzer.

For the first couple of rounds the questions are simple, and the strategy here is to pick the right time to play a counter. Which column (drop)? Is the shelf ready to pay out? Quite often at first it is better to wait for others to play a counter to 'set-up' the shelf. However in my game, the player to my left immediately passes the go to me, grrr! I'm fortunate and get 4 counters. Good start. The next question is won by the other male contestant. He passes to me. (Conspiracy I'm thinking). Another 4 counter drop for me. I'm happy.



..... The player with the lowest score is out at the end of the round and that's the one who passed to me first. I then survive the second round and have accumulated a good score. The third round is a head to head. Questions a little trickier, but I hold my lead and win through to the final. Between rounds we are escorted off stage while the crew removes a rostrum. The eliminated player(s) can then stay and watch the next round on a monitor.

**The Final:** The questions in the final can be a bit more of a challenge, although the answers are multiple choice. The contestant works their way through six categories and bid for up to 3 counters on each. My first category is Sport. Not my forte and I get it wrong. But I do well on the other categories, either through luck or knowledge. (I always say go for the 3 counter questions, with multiple choice there's always a 1 in 3 chance of guessing the answer, if you're not sure).



Play well and have a bit of luck and there's a chance of getting the Jackpot counter to drop. In that case, instead of the money you have accumulated so far in the game, you would win £10000. (With a double counter in the same drop £20,000)! Watch Series 11 Episode 23 to see how I did.

Whatever the result, you are not allowed to reveal the result until the programme is aired. In my case this was about 14 months later. Addendum: Yes - Ben is a genuinely nice guy. (And he's not orange).



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**CUH Volunteers**

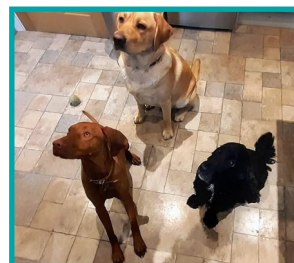
**We're on the web!**  
**[www.volunteering.cuh.org.uk](http://www.volunteering.cuh.org.uk)**

## Paws Corner!

Dog sitting my Granddogs, lots of fun, walks and treats.. Frankie, 9 month old Hungarian vizsla, my sons dog, but is a handful and known as a cling on dog, basically never leave your side, very loving and elegant, has been to gun dog training too. Loves the sunshine and lying next to us.

Pud Pud a 9 month old labrador is my daughter and son in laws best mate. He was a bride boy at their wedding and is quite laid back.. Likes to be the centre of attention.. Which he will be until September when we will become proper grand parents..

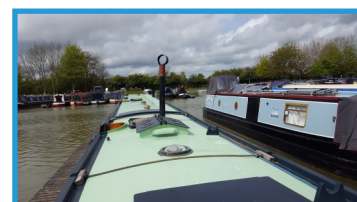
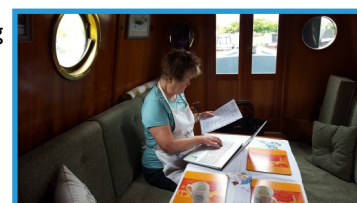
Digby is my boy, the old fella of the tribe, he'll be 10 this May.. thinks the young ones are but too juvenile for him, and gives them a wide berth.. He'll be enjoying his next new adventure next week in our caravan.. We're all looking forward to that. Hopefully be back soon in our Pat dog role, Digby is missing his treats and pats...



## To cruise or not to cruise? Jane, Volunteer Guide

"When Jane asked me to send photos of our first break away on our Narrow boat 'Nonsuch' following 12<sup>th</sup> April, I enthusiastically agreed. Little did I know it would be cold, windy, wet and quite frankly not the weather for Cruising even on the Leicester arm of the Grand Union Canal, out from Crick Marina where we are moored.

We finally braved it May Bank Holiday weekend for 4 nights – not to cruise but to make Nonsuch ship shape after months of Lock down. We returned on Saturday 8<sup>th</sup> for an overnight visit – you can see that my study at home had moved to the Saloon (Boat not Pub!). However if / when we finally get out of the Marina, on to the Grand Union Canal, this is the view from our mooring. Inspired? You bet!"



## A visit to the woods.... Sue, Volunteer Guide

Robbie and I are lucky enough to live in close proximity to a number of bluebell woods so on Sunday 9<sup>th</sup> May we made the effort to visit Waresley Woods.

Not too surprising many others had the same idea, so the car park we had intended to leave the car in was full and overflowing.

We decided to continue into the village of Great Gransden where we managed to park up by the church. Thankfully a friend had told us about the footpath a few yards away from the church being only a short walk to the woods. So off we trekked with our walking boots on. We could see the woods to our right and even though we deviated through the hedgerow a couple of times, thinking that was the right way to go, by the time we did find the gate into the woods a good 15 minutes had gone by! Mind you, once through the gate what a sight to behold. A sea of bluebells to our right and left and as we walked along the path the delicate sweet aroma in the air got more pronounced with each step we made.

The bluebell flowers are out so much later this year, due to the cold April, so if you have the chance there is still time to see them. Otherwise, do add a reminder to next year's calendar.

