

Virtual Volunteering Times

A GREAT PLACE TO VOLUNTEER

Volume 2 Issue 12

4 June 2021

Inside this issue:

Thank you!	2
CUH Arts	2
Keeping busy	3
Paws Corner	4
Where in the Trust & Riddle	4
Songs for Volunteers	4

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.

Opting out: Virtual Volunteering Times

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

Its Volunteers Week....

Volunteers Week is when the nation focuses on the amazing work of all types of volunteers: environmental, youth organisations, clubs for the elderly, parish councils, sports and of course within healthcare to name but a few. We all know that volunteers are incredibly important to Addenbrooke's and Rosie, providing that extra something which makes the hospital such an amazing place to be cared for.

Unfortunately many of our 'Red Army' have not been able to return yet but as you know, we are working hard towards our goal of seeing you all back in a role when the time is right. In the meantime, we so hope you have be able to enjoy some of the treats that we have had the pleasure of organising for you. You may be visiting Anglesey Abbey with some friends, learning more about the Human Touch exhibition at the Fitzwilliam Museum, planting some wildflower seeds, or just tucking into a gingerbread volunteer. Whatever it is, it is sent with enormous gratitude and appreciation for all your dedication, patience and loyalty to the volunteering here at CUH.

Of course, we're not the only ones who know your value. We hope you've watched the video messages from our Chief Executive Roland Sinker, our Chair Mike More as well as our Director of Workforce David Wherrett.



"You're the very best of CUH"

David Wherrett

"I want to thank all of you for everything you have done supporting us from afar"

Roland Sinker

"We all know how important you are to the hospital"

Mike More



More messages for our wonderful volunteers.....

"We miss our volunteers here in Patient Experience! We very much look forward to your eventual return: your work in supporting the patient experience surveys and distribution of information relating to complaints and PALS is hugely appreciated by the teams and make a difference to our patients."

*Nicky Hallows,
Head of
Patient Experience*

"Volunteers contribute to the delivery of patient care across a broad range of volunteering roles. You make a difference to those visiting the hospital, whether its through the guiding roles or wheelchair collection, and for our in-patients you give them your time, a kind smiling face and practical support. In addition to this you also make a difference to our staff by being around and helping with a range of tasks."

Karen Clarke, Associate Director of Workforce

I would like to say a huge thank you and send a virtual hug to all of our wonderful volunteers especially those from the outpatients reception area. We all miss you and your smiling faces and our patients often ask when you will all be able to return and help them again. Hopefully we will see you all in the near future and until then take care and be safe.

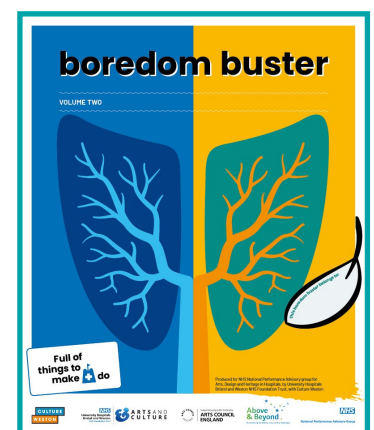
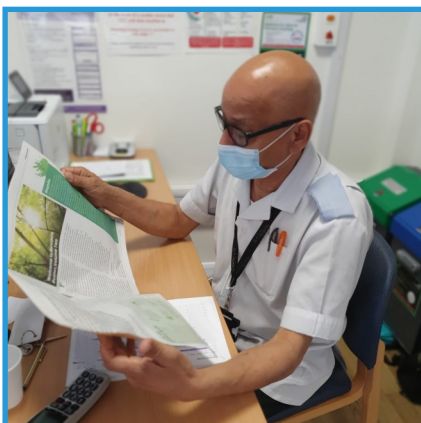
Michelle, Outpatients Receptionist

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

CUH Arts and our Volunteer Services team are busy delivering #BoredomBuster newspapers to wards and departments around Cambridge University Hospitals NHS Foundation Trust. We got a big thumbs-up from the discharge lounge on Friday!








This wonderful resource was designed and produced by our friends at University Hospitals Bristol NHS Foundation Trust and Culture Weston, and contains a range of articles and activities from arts and poetry, science and history, all centring around the theme of nature for a positive distraction and wellbeing boost. We're proud to see an article about our creative collaboration with the The Fitzwilliam Museum, Cambridge which led to some beautiful 'Relax, Look, Imagine' creative wellbeing resources for staff and patients.

Generously made possible at Cambridge University Hospitals by Addenbrooke's Charitable Trust.



Keeping busy..... create an origami heart

We know that the British weather can be somewhat changeable so if its wet and windy outside then here's a something to keep you entertained for a few minutes. We would love to see photo's of your origami masterpieces so please email them to volunteer@addenbrookes.nhs.uk

- | | | | | | | | | | | | | | |
|---|---------------------------------------------------------------------------------------|---|------------------------------------------------------------------------------------|---|-----------------------------------------------------------------------------------|---|------------------------------------------------------------------------------------|---|------------------------------------------------------------------------------------|---|------------------------------------------------------------------------------------|---|------------------------------------------------------------------------------------|
| 1 |  | 2 |  | 3 |  | 4 |  | 5 |  | 6 |  | 7 |  |
| | Start with a square piece of origami paper (you can cut out the piece of paper below) | | Fold the paper in half by folding the top corner to the bottom corner, then unfold | | Fold the left corner to the right corner, then unfold | | Fold the top corner to the centre | | Fold the bottom corner to the top edge | | Fold the bottom left and right edges to the centre crease | | Fold the top and side corners back |

Why not cut out the square below and create your very own rainbow heart?



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 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

Answer's to last week's puzzles:

Riddle: A barber

Where in the Trust? Cambridge Heart Clinic (K2)



A Pack of Paws Corners

Where in the Trust? Riddle



I'm an instrument through which sounds are made, and yet, not something that can be played. What am I?

Songs for Volunteers...Kelvin, Radio Addenbrooke's

Radio Addenbrooke's presenter Kelvin gives us his Top Ten playlist for volunteering. In no particular order:

- | | |
|---------------------------------------|----------------------------------|
| • Help! | The Beatles |
| • You Raise Me Up | Lucy and Martha Thomas (YouTube) |
| • I'd Like to Teach the World to Sing | The Seekers |
| • Like a Bridge over Troubled Water | Simon and Garfunkel |
| • Thank You for the Music | ABBA |
| • On the Sunny Side of the Street+ | Frank Sinatra |
| • Wind Beneath my Wings* | Bette Midler |
| • It's a Lovely Day Tomorrow | Vera Lynn |
| • I'm Gonna Be (500 miles) | The Proclaimers |
| • If I Ruled the World | Harry Secombe |



+This is the favourite song of my mother-in-law, Molly, who has spent most of her working life as a carer.

*This is for the Air Ambulance volunteers and medics who saved the life of 17 year old Alice from Godmanchester two years ago. Alice is booked to come on my show when broadcasting resumes.