

Virtual Volunteering Times

A GREAT PLACE TO VOLUNTEER

Volume 2 Issue 19

10 September 2021

'Life in Lockdown'



On Sunday 29th August Bank Holiday weekend we attended Yelling Church Flower Festival. The theme was 'Life in Lockdown'

It was amazing-there were 28 exhibits around the Church-each one with a story or message of how the tiny village of Yelling lived through the Lockdown. Ladies Making Scrubs; the Social club closed, putting the barrels of beer outside to 'help yourself' and donate, then receiving a regular supply and raising money for the East Anglian Air Ambulance; NHS workers celebrated in the Chancel; Hands-Face Space-depicting the sunflower lanyards, too. The lockdown depicted in flowers was so moving.

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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



'COVID 19' was the first arrangement to greet you in the south doorway-the blue was stunning and the replica 'spikes' so poignant



'NHS Workers' was in the Chancel the colours depicted in Chrysanthemums



'Scrubs' – one lady in Yelling Village organised 12 ladies to make scrubs-42 sets were sewn in total! The model is wearing another set, material is seen, the old sewing machine etc

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.

'Haircuts' "Salons and barbers shops were closed so some of us took to DIY haircuts with varying success"



'Hands-Face-Space' "We all know the drill. Sunflowers lanyard for those exempt"- ceramic hands held sanitizer etc

Sad news of the passing of a friend and colleague



We are deeply saddened to inform you of the passing of volunteer guide Tony.

Dedicating over 15 years to Addenbrooke's, Tony, together with his wife Joy, spent many years helping our patients keep in touch with the outside world by selling newspapers and magazines on the wards.

More recently, Tony and Joy could be found in Outpatients Main Entrance on a Friday morning helping patients and visitors find their way to their destination, with a kind word and gentle smile.

The CUH flag was lowered on Monday, the day of his funeral, as a mark of respect. Tony was had many friends and family and was a well known member of the Cambridge University rowing fraternity. The church was packed and there was a guard of honour with Caians in their blazers outside the church holding oars as a guard of honour.

Our thoughts are with Joy and family as well as the Tony's friends at this very sad time.

CUH Arts: The Talented Staff at CUH

Not only are our staff at CUH committed to being Safe, Kind and Excellent in what they do, but many of them are talented and original artists as well. Check out these beautiful drawings by Administrator Maygan Kenny. Maygan completed a series of portrait drawings of the Neurophysiology team during lockdown, spending more than 200 hours of her own time to give us a beautiful and expressive collection of her colleagues as she knows them. A selection of 20 of these drawings are currently displayed outside ward A3, if you find yourself onsite. A massive thank you to Maygan and all those who go above and beyond to keep teams smiling and bring us a little closer together in difficult times.



Where in the Trust? Riddle



Two in a corner, one in a room, zero in a house, but one in a shelter. What am I?

Answer's to last week's puzzles:

Riddle: Cloud

Where in the Trust? Crossroads mirror

Walking in Val Camonica - Anna, Chaplaincy Volunteer

I am Italian by birth, but have lived in Shelford for over 40 years: I love it here, but of course I miss my family and the mountains, as well as the sea!

I want to tell you about a most amazing walk I did with my brother in Val Camonica, one of the largest valleys of the central Alps, in eastern Lombardy, famous for its rock engravings which were realized over 8,000 years and are protected as a UNESCO World Heritage Site. My brother is a great walker, and has been walking these mountains for over 40 years, always alone, as he does enjoy their peace and tranquility. I was 'allowed' to walk with him on condition I did not talk.

We set off at 4am on a beautiful June day and we walked for hours crossing fields, and then taking more and more steep paths up the mountain. We passed pastures where cows are led to feed for the summer, and I enjoyed hearing their bells tinkling – as we ascended their sound got fainter and fainter. We passed wonderful meadows full of vibrant wildflowers, amongst them gentians of deep blue and purple wild azaleas, and we even crossed under a waterfall! The path went up and up, and the views were incredible: the cows we had passed an hour earlier now looked like tiny dots... By now we had left behind us the beautiful woods and the sun on the rock was getting hotter. I could see the wisdom of such an early start! We could hear the cries of eagles circling above us, too high to see.

On and on we walked, till we reached a refuge. These offer accommodation for the night and basic provisions and cooking facilities for long-distance walkers, and are fenced by low railings to keep any wondering cattle out. It was lunchtime, and my brother agreed to a pause... we sat down on a bench and while I was eating my sandwich, grateful for the rest, he was scanning the landscape with the new binoculars I had given him. 'No!!!', he cried out, 'I can't believe it!'. In all those years he had never managed to see an ibex, but there was one, a young animal, but with impressive horns, moving slowly in our direction, 'hiding' behind rocks as he descended towards us... 'hiding', but for his huge horns, of course. He must have decided we were ok, so he came and stood expectantly outside the railings. My brother rushed inside the refuge to get some cooking salt: essential for cooking pasta and definitely a good mineral supplement for the ibex, who proceeded to lap it up contentedly, feeling safe, as we were 'caged in' anyway. It was such a treat to be able to interact so closely and at some length with one of these aloof, majestic creatures, kings of the Alps.



<https://cdn.animalencyclopedia.info/wp-content/uploads/2018/02/alpine-ibex-1-1024x681.jpg>

Blown away by big cats, astonished by aardvarks or mesmerised by monkeys?

If you love all things 'wild' then Shepreth Wildlife Park have just the thing for you on Tuesday 14 September at 16:00. You will be able to meet the marmoset monkeys from the comfort of your own home via Zoom, see link below:

Meet the marmoset monkeys – Tuesday 14 September at 16:00

[https://us06web.zoom.us/j/88964772089?](https://us06web.zoom.us/j/88964772089?pwd=anNkOG9MWEZiL0NtcGVjd0c1YTFFZz09)

[pwd=anNkOG9MWEZiL0NtcGVjd0c1YTFFZz09](https://us06web.zoom.us/j/88964772089?pwd=anNkOG9MWEZiL0NtcGVjd0c1YTFFZz09)

Meeting ID: 889 6477 2089

Passcode: 485171



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www.volunteering.cuh.org.uk

CUH Volunteers

We're on the web!
www.volunteering.cuh.org.uk

Paws Corner

Paula and Lola had a wonderful time on Monday bringing cheer and smiles to so many staff.

Thank you both



Support for you, 24 hours a day.....



Help is a call away

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

24/7 helpline: 0800 783 2808

Hebridean & Cornish Adventures by Cecilia, Dance & Movement Volunteer

When Quin, my husband, goes fishing for a week in the spring, I rent a cottage on a Hebridean island, dig out my compass and walking boots and spend a week climbing mountains or doing coastal walks. Yes, there is a risk walking on your own and I assess each excursion for its risks and have safety measures in place in case of a problem.

Colonsay: There are no big mountains on Colonsay, it's a small, tranquil island steeped in legends and I spent most of my time walking its wild coastal landscapes, expansive white, sandy beaches and high cliffs inhabited by colonies of seabirds. I also walked across the ½ mile causeway at low tide to its sister island, Oronsay, an RSPB reserve.

Skye: If you're interested in history, Skye is full of structural relics, ruins of houses, forts, chambered cairns, duns, Iron Age brochs, hut circles, and Pictish stones. But I was there for the mountains and the magnificence of the Cuillins. I climbed the Beinn Dearg, a horseshoe behind the Sligachan Hotel. And later on in the week, with a couple of friends over for the day from Inverness, we got to below the narrow summit ridge of Garbh-bheinn but had to retreat due to mist and rain. Half an hour later, there was a cloudless blue sky – typical of how fast the weather changes in the Cuillins.



Rhona over for the day from Inverness, on Garbh-bheinn in the Red Cuillin, Skye, looking at the descending mist getting lower and lower



Raasay: Raasay is just 14 miles long with around 150 residents and is a 15 minute ferry ride off Skye. The garden gate of my little cottage opened onto the beach and I once spotted a family of otters playing on the shoreline. I hiked up Dun Caan crossing through forests, open moorland, past old mines and small lakes to the summit, a flat-topped hill that towers over the island. I took an electric bike to the northern end of the island and crossed the wet, seaweed covered rocks of the causeway to the tiny island of Eilean Fladda.

Looe: This year, I broke with tradition and rented a 17th century cottage on Bodigga Cliff a couple of miles outside Looe on the south Cornish coast. I spent happy hours on the South West Coast path and took a boat over to Looe island where during WW2, a bomb was dropped (and the crater is still there) because the Germans mistook the island for a ship. ps. Looe harbour sells a variety of fabulous fish.

Walking the South-West Coast Path towards Polperro, a few miles from Looe