

Virtual Volunteering Times

A GREAT
PLACE TO
VOLUNTEER

Volume 2 Issue 19

24 September 2021

Boost your immunity this winter with a flu jab

We are pleased to be able to tell you that the CUH flu vaccination campaign has now begun and once again, it is open to you, our fabulous volunteers.

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The drop-in clinics are running Monday—Saturday each week from 07:00 to 17:30 in the Deakin Centre. There is no need to book, but **you will need to bring your NHS number with you.**

This year a specific vaccine type for our colleagues with increased risk factors has been purchased. This includes volunteers who are **under 65 years old** and who have been assessed as **either red or orange** from completing the Volunteer risk assessment completed after September 2020.

We will let you know more information about the COVID booster vaccinations when details have been finalised.

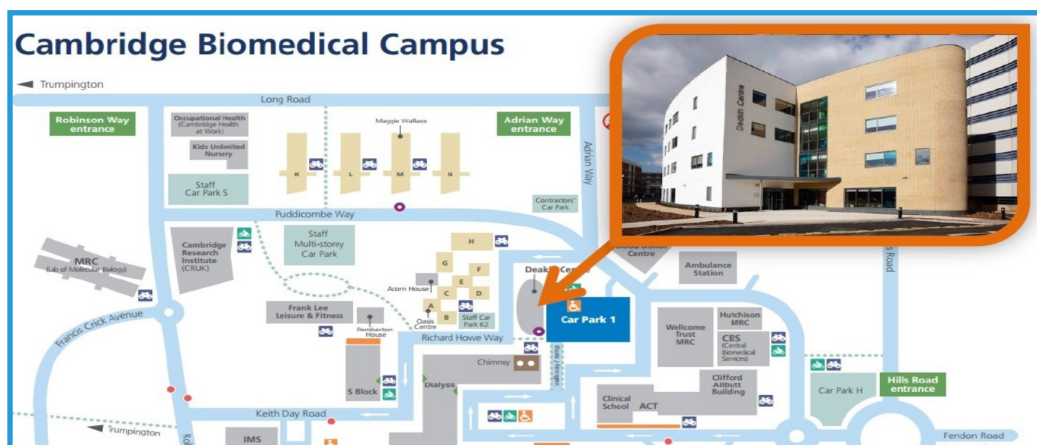


Travel Expenses

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.

Where in the Trust? Riddle



What room has no doors and no windows?

Answer's to last week's puzzles:

Riddle: The letter "R"

Where in the Trust? The Chapel entrance

CUH Arts: Art Donation by the Nerys Johnson Estate

CUH Arts is delighted to announce that CUH has been given 11 works of art from the estate of artist Nerys Johnson.

Nerys Johnson (1942 – 2001) studied Fine Art at University of Durham in the early '60s and is noted as a bold colourist and dynamic abstract painter. She made her home in the North East, where in 1967 she was appointed Keeper of Fine Art at the Laing Art Gallery, Newcastle. In 1970, aged 28, she became Keeper-in-Charge of the Durham Light Infantry (DLI) Museum and Art Gallery, Durham, and went on to establish a national reputation as an innovative curator with wide-ranging interests.

Her output was prodigious, and her works were displayed in numerous exhibitions, either as sole artist or contributor. Increasingly confined to her flat by ill-health, the inspiration she drew from flowers and foliage intensified. It is some of these paintings which we have accepted into the CUH Collection, and hope to place in their new home on the walls of our hospitals very soon.

"For a long time, flowers have been a major source of inspiration for my work.

They are alive, and I try to convey that sense of living. They grow, change, decay and metamorphose. In a drawing, the sense of movement, structure and rhythms is expressed through the marks and lines" Nerys Johnson



© Nerys Johnson Estate

Volunteering in Sudan - Simon, Pre-procedure Volunteer

I have a big anniversary coming up – 50 years ago I flew with other VSO teachers to work in Sudan.

Khartoum seemed very small for a capital – mostly two storey buildings. After a few days we set off for our projects in small towns scattered across Africa's largest country.

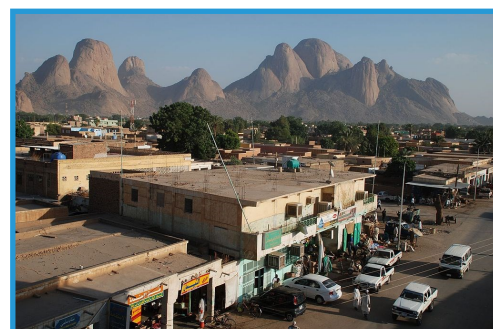
I was based in Hassaheisa a small cotton town on the banks of the Blue Nile an hour south of Khartoum. The streets were all dirt road, lined with souks and shops. The school was a large brick building with a corrugated iron roof, and a big earthen area for football.



Hassaheisa School



Suakin - Old Town



Kassala

I'd only had three-week teacher training, so to my priority was meeting pupils and planning lessons. There were 40 to a class, in their final year of secondary and facing important exams.

I soon began to feel at home. The men all wore galabias (ankle length white shirts) and the women multi-coloured tobes (head to toe flowing garments). It all looked very graceful.

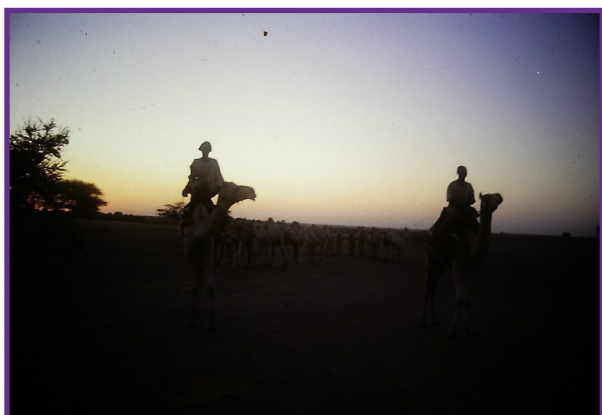
The country was flat, very dry except for the cotton fields and the Nile flowing through it. I spent a wonderful weekend in village living in a mudbrick house with a pristine sand-strewn floor.

Being the only European in town I was invited to many homes, especially to share the marvellous 'breakfasts' at the end of each Ramadan day's fast.

I went back to Khartoum for Christmas, and later we travelled more widely – to Port Sudan on the Red Sea coast, visiting the ruins of Suakin, an Arab port abandoned 50 years before. We met Haddendowa tribesmen and travelled on the roof of a train to Kassala where we tried to climb its extraordinary balloon-shaped mountains.

Sudan is a very poor country, but we encountered a very dignified and hospitable civilization. It was very male dominated but I had the chance to teach English to the daughter of a leading businessman.

Sudan taught me how to welcome foreigners and set the course for my life as an educational publisher. As a young volunteer I learned and gained far more than I could ever teach or give. And the secret of volunteering is that it gives you chance to experience something quite new and demanding, and to contribute in a meaningful way.



Camels at sunset



Ferry on the Blue Nile



On the train roof



Pupils in Sudan



Simon & friends in village

A GREAT PLACE TO VOLUNTEER

Voluntary Services
Box 214
Cambridge University NHS Foundation Trust
Hills Road
Cambridge CB2 0QQ
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

Paws Corner

If you were at DogFest in Knebworth Park recently you might have come across Dawn with the very handsome Hugo. Together with other PAT volunteers, Dawn and Hugo spent time raising funds and awareness of the charity.



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

'The Virus' by Diane, Ward Volunteer

When lockdown came and we were all alone,
At least we had zoom and the telephone.
Outside everyone had to wear a mask,
To recognise friends was quite a task.
While trying to pass people in the street,
Leaping into the road was quite a feat.
Don't get run over or squashed by a car,
As we often had to move and jump so far.
'Hello, How are you' was the cry,
When seeing people and friends walking by.
So the village became a busy spot,
Walking visits to the Wale, the river and pond we did flock.

We treated ourselves to extra goodies,
Eating was such fun for naughty foodies.
Our shopping was delivered, quite a treat.
The house was clean, no dirty feet.
The garden flourished, being tended so well,

Sometimes too cold for flowers to be tempted to dwell.
So many were working with computers from home,
In their pyjamas, and at desks in their sitting room.
With no visitors arriving for coffee or tea,
And no family or friends for us to see.
We all miss the hugs and chats and fun,
But our vaccinations are now all being done.
Now we are emerging from the darker side,
But we still try to keep our distance wide.
Parties and events are now beginning,
Soon we can even all be singing.
So soon we can holiday, see family and friends,
Deliver our presents and make amends.

So thanks to the great nursing staff everywhere,
To hospitals and scientists who all had to prepare,
To help us get well and survive this catastrophe
To keep us all well, healthy, and virus free.

