

Virtual Volunteering Times

**A GREAT
PLACE TO
VOLUNTEER**

Volume 2 Issue 21

22 October 2021

How does a hospital need to change to combat climate change?

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In under two week's time, world leaders will be working out how to resolve the climate crisis. We invite you to share your views on how CUH can best contribute to doing the same.

CUH's new Green Plan is currently being drafted as the first phase of actions the Trust will take to meet the NHS net-zero commitment. We are looking for staff and volunteers from all areas and job roles to join us in an online discussion where we will present the climate change issues facing our hospitals and how we could potentially address them, and invite you to share your views with us.



Please express your interest in attending a focus group by emailing PatientExperience@addenbrookes.nhs.uk by **Wednesday 27 October 2021**. The team Patient Experience Team will then contact you with more information about CUH's plans to cut carbon and grow resilience in the 2020s, together with joining details for the online discussion.

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

'Gog Magog Gang' Lunch

Some of our wonderful Pre-Procedure Marshal Volunteers met up for a lovely lunch this week.

(L-R: Liz, Dianne, Frank and Simon)



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



Where in the Trust? Riddle

What kind of band never plays music?

Answer's to last week's puzzles:

Riddle: An umbrella

Where in the Trust? Cambridge Heart Clinic (K2)

CUH Arts New Exhibition

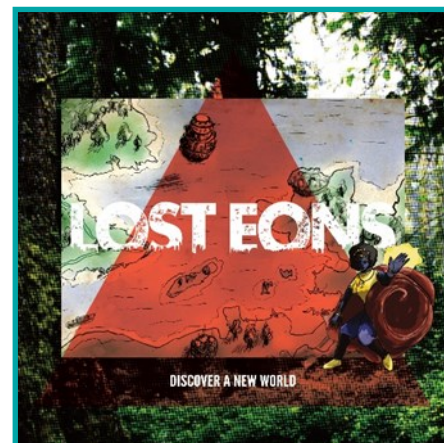
We are very excited to be opening a new exhibition in our main gallery space (located on level 2 between the Concourse and the Rosie) on Friday 22nd of October. The new display celebrates the work of two artists-in-residence from the Cambridge Biomedical Campus (CBC) Public Art Programme, David Blandy and Hannah Jane Walker.

In collaboration with CBC staff and students, Blandy has produced a new role-playing game. *Lost Eons* imagines CBC in a far-distant future, where floods have reclaimed the Fens and humans have hybridised with flora and fauna. Participants invent characters and an entire fictional world surrounding them, from myths to maps. On show will be a selection of their creations, from initial sketches and their inspirations to final illustrations and pages from the game – and a QR code to access the game.

During her residency, Walker sought to make visible the human motivations, vulnerability and resilience of staff – qualities which often go unregistered behind the formal output of a researcher's work. Her final artwork, *Making Visible* is the result of a series of online creative writing workshops led by the artist with staff in the research

sector. Three phrases were selected from the group's writing to be made into neon art works by collaborator Anna Brownsted, and were thought to most epitomise the qualities of hope, connection and brightening. On display will be photographs of the works and accounts from the group.

If you're passing through the hospital, come and check it out! The display runs until the end of January 2022.



Updated Individual Risk Assessment (Version 7)

As you know, CUH holds the safety of patients, visitors, volunteers and staff at the very pinnacle/uppermost of everything they do. Consequently restrictions and safety measures have been put in place since the beginning of the pandemic to safeguard all of us. This includes the recovery process for our Volunteers - which begins with completion of the Occupational Health Individual Staff Risk Assessment. In line with guidance our Occupational Health department have revised the Individual Staff (volunteer) Risk assessment to reflect changes in government advice, changes in prevalence rates etc. As a result since March 2020 updated versions of the Individual Risk assessment have been released. Each time a new version is released staff are required to complete it. Volunteers, as staff, are also required to complete the most up to date version of the risk assessment.

So although we appreciate you have already completed v6, or may have begun completion of v6 if you are in the process of returning, unfortunately we now require you to complete v7. Version 7 is online but don't worry, we are here to help you complete it, whether over the telephone, Zoom or face to face. When submitting your completed risk assessment, you will need to scroll to the top of the page and click on the green 'Add' button.

We will be in contact with you directly when it is time for you to complete it and provide you with more information.

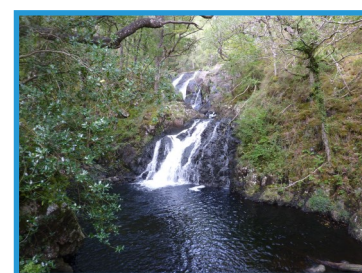
Arthurs trip to wales

During September I took my self off to an area of Wales that has become like a second home to me; Dolgellau and the looming Cadair Idris mountain range that looks down on the town in the valley below. I first discovered Dolgellau following a four-week Outward Bound course at Aberdovey at the Sea School there, when I was 19 and living in Peckham, south London, so you can imagine what an adventure that would have been. I enjoyed it so much that when I was a little older I volunteered to go back as an instructor for a few weeks. Being as we had staff who were great climbing enthusiasts, Dolgellau and its mountain range was an area that featured heavily in both our physical and social activities when off duty. My love of the area was born. I cannot recall the number of times that I have been back but for my 70th birthday I took my family, children and grandchildren to the area and we all climbed Cadair Idris together, fond memories are retained.



Dolgellau

For my time on my own in September I stayed at Y Meirionnydd a small hotel in the town centre with the mountain in the background. My first walk was a six mile walk in open country with fine views of the northern escarpment of Cadair Idris, passing Cregennen Lakes and a small chapel and cemetery seemingly miles from civilisation. Having had a new knee a couple of years ago, this walk over rough ground was fairly tiring but massively rewarding.



Waterfall on way to Cadair Idris

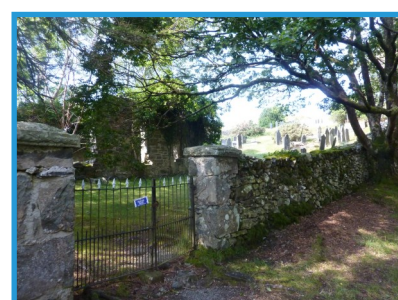
Further walks took in fine views of the Mawddach estuary and my visit was concluded with a walk through beautiful woodlands, visiting a spectacular waterfall and passing the site of a former gold mining operation at Cefni Coch, where mining ceased in 1865. I returned to Cambridge after four glorious days with weather to match, I cannot wait to get back to Dolgellau and would recommend the area to anyone who enjoys the outdoor life.



Waterfall on way to Cadair Idris



Gold mine tramway from 1865



Cemetery miles from anywhere

Keeping well this winter - flu and COVID boosters

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.

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**. When you attend, the vaccination team will discuss the different vaccination type options with you.

COVID booster vaccines

If you received your 2nd dose of the COVID vaccine before or on 30 May 2021, **you must 'express your interest' in receiving the Covid-19 'booster 3' via MyChart by 22 October 2022**. Please follow the link below. **You must not share this link with anyone outside of the CUH family**. Your request will be processed by the team and you will receive an invitation at a later date to book an appointment if you are eligible. You will need:

- The date of your second dose
- To confirm your job role matches the definition on the page as part of the registration process
- Your NHS number

<https://mychart.addenbrookes.nhs.uk/MyChart/publicforms.asp?mode=showform&formname=MyChartVaccinationRegistration>

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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

Here is PAT Dog Jack getting some cuddles from some very appreciative staff members.

The staff PAT Dog sessions have now ceased until 2022 but our grateful thanks go to Paula and Lola, Nick and Jack plus Charles, Pablo, Hattie, and Baloo who have brightened many people's working days over the last few months.



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



Parlez with a Porcupine with Shepreth Wildlife Park

Once again Shepreth Wildlife Park are giving staff and volunteers an exclusive opportunity to 'meet' one of their amazing animals.

This time, you've got the chance their spikiest inhabitants, the porcupines.

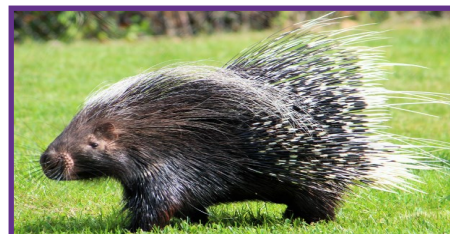
Meet the porcupines - Tuesday 26 October, 11:15 - 11:45

Join Zoom Meeting

<https://us06web.zoom.us/j/94873023471?pwd=Qy9BbGcxYlBdTUpha3cwTHQ2TFZtQT09>

Meeting ID: 948 7302 3471

Passcode: shepreth



Osteopathy autumn offer

Now is a great time to deal with that neck, back or shoulder pain that has been getting you down. Based at the Frank Lee Centre, Yousif and Anne are qualified osteopaths who specialise in work-related muscle and joint pain.

Take advantage of their autumn offer and save £20 off the normal fee of £50 on your first appointment. To book visit www.vivos.org.uk, email them at vivos@live.co.uk or call on 07582 128662 or 07871 636213.

