

Virtual Volunteering Times

**A GREAT
PLACE TO
VOLUNTEER**

Volume 2 Issue 22

5 November 2021

Letter of thanks from Chairman & Chief Executive of Cambridge University Hospitals

Inside this issue:

| | |
|---|---|
| Sad news | 2 |
| COVID rates | 2 |
| Afloat on the Thames | 3 |
| COVID booster & flu vaccinations—update | 3 |
| Paws Corner | 4 |
| Help with ‘paperwork’ | 4 |
| Note for guides & budding guides | 4 |

Over the next couple of weeks you should be receiving a letter of thanks from Roland Sinker and Mike More to thank you for your support, loyalty and commitment during the months of the pandemic.

This letter has been sent out to all 11,000+ staff and volunteers of Cambridge University Hospitals. The letter is being sent out centrally on the basis of information held on ESR (electronic staff records). This may mean it will be addressed to your official rather than preferred name. If you suspect that your details are not on ESR please contact us or if you have not received the letter by the end of November, again please contact us.



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

CUH Arts: Dance for Health Twilight Session



‘What a change of pace and dynamics! It was so quiet and altogether a different ward.’ Filipa Pereira-Stubbs

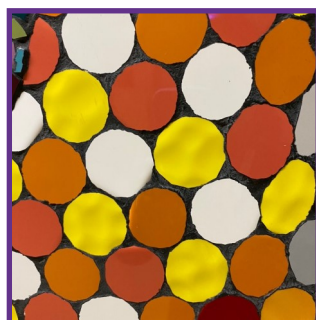
This month Filipa, lead dance artist of the Dance for Health programme, trialled a new “twilight” session on one of our Medicine for the Elderly wards. The shift of time from morning to late afternoon seems to have made all the difference, and was hoped to better integrate with patients’ and staff member’s daily routines. From ballet to country, the patients’ never fail to have new music choices to keep us on our toes! Moving forward, it will be interesting to see if this has an effect on patients’ appetite and readiness to sleep.

Food Court Update

From Friday 05 November a segregated seating area for patients and visitors is being introduced in the Food Court.

These areas will be clearly signposted and chairs will be placed in a way that maintains social distancing.

Where in the Trust? Riddle



What can you hold in your right hand, but never in your left hand?

Answer’s to last week’s puzzles:

Riddle: Rubber band

Where in the Trust? Grasshopper on way to Paediatric Day Unit

Sad loss of member of CUH Volunteer Family

It was with great sadness that we learnt of the passing of Volunteer Guide Joan on Monday 1 November.

Joan was a very dedicated member of the volunteering team for over 30 years. She started with us in the patient library when it first opened and stayed there for many years. She then moved to the Mary Wallace cancer drop in centre and did a weekly session there for 9 years then it changed to Maggies.

She then moved to clinic 7 and worked with the prep clerks, met some very nice people and made many friends. Whilst there she started in Outpatients as a guide and could be found there on Monday mornings helping patients and visitors find their way.

We send our deepest condolences to Joan's family and friends at this incredibly sad and difficult time.



COVID rates on the rise

As you are no doubt aware, the level of COVID infections within the community is on the rise and this is being reflected within CUH with patient admissions and ward closures.

We will never ask you to go onto a ward or to an area with suspected or confirmed COVID cases and review the daily Trust updates. If you would prefer to not come in, we will of course completely understand, please just let us know.

For the more information about the COVID situation in the last 7 days within Cambridgeshire please visit:

https://coronavirus.data.gov.uk/easy_read?postcode=CB2%209ND

As you will know, we encourage our returned volunteers to participate in the asymptomatic screening programme. The collection point for the tests has temporarily moved to Main Reception due to increased capacity within the Food Court.

Sue & Robbie's Summer Cruise on the Thames

It was a welcome relief when August arrived as midway through the month we were off to our narrowboat Cornmill for six weeks. In fact the Lidl supermarket had only been open a few days.

We travelled with friends of 30+ years which is always reassuring when going on a long trip to have company should we have encountered any problems. The locks along the southern Oxford Canal are narrow, ie just wide enough for one boat at a time so we travelled in convoy, mooring up together each evening.

The canal travels through the Oxfordshire countryside and is one of my favourites. We had to manoeuvre through lift bridges which were open but we did have to stop and raise a couple which thankfully nowadays are electric or by using the windlass which thankfully nowadays are electric or by using the windlass to wind the structure up. I should explain a windlass is a metal L-shaped tool with a square socket at one end, used for operating the paddles on lock gates - an essential narrowboat piece of equipment.

The canal travels through Banbury and we were amazed to find a new Premier Inn built on one side and a new Lidl supermarket on the other together with a new retail/restaurants area still under



One of several lift bridges in the up position that we manoeuvred under.

As we travelled nearer to Oxford, the canal runs alongside the River Cherwell even becoming the river for a short stretch. For some inexplicable reason (something to do with water control in flood conditions), there are a couple of triangular shaped locks where you can get more than one boat in.

On reaching the Dukes Cut we turned right and made our way onto the River Thames, turning right heading for Lechlade in Gloucestershire. This area is so rural and apart from an occasional pub there are no towns or shops whatsoever, so we had stocked up with provisions in Banbury.

We took two and a half days to reach Lechlade where we decided to stay for a couple of nights.

We had decided to have fish and chips on the first night eating 'alfresco' and on the way back from the 'chippy', Robbie and Keith were stopped by a Policeman who was standing on the road bridge to stop any river traffic from going any further. We had heard earlier that afternoon that a WWII grenade had been found by some "magnet fishermen". The Bomb Squad had been called and they were about to blow up the grenade. When it did go off, we had an amazing view and heard the huge bang too! Not something we see every day.



Approaching the new Premier Inn, Banbury



Looking at our boats from Lechlade



Self service through Northmoor Lock, River Thames



Cornmill and Watermist in Aynho Lock with a couple of canoeists we had invited in to join us



Robbie walking the cats, Oxford Canal



Start of the Claydon Lock Flight, Oxford Canal

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 had your second dose vaccination before 31 May and haven't yet booked your booster – third dose, please book with Occupational Health directly by emailing OHCovidVacBookings@addenbrookes.nhs.uk with the following information:

- Your name
- Your NHS number
- The date you received your second dose
- Three options for dates/times you would be available to attend to receive your vaccine

If you have been vaccinated elsewhere, please email occupational health using the above email address.

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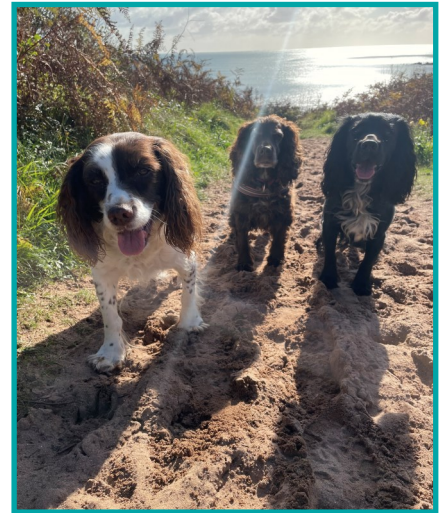
CUH Volunteers

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

Paws Corner

With the sun shining, the sea flat and shimmering, it was a fantastic day for 'Team Spaniel' to visit their local beach.

With lots of running around, playing ball and trying to bite waves, the gang were ready for a snooze during the afternoon.



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



Help with 'paperwork'

We are always delighted to see our volunteers but please do get in contact with us before dropping in, particularly if it is for help with paperwork.

We are restricted in the numbers of people allowed in the office at any one time and with infection rates on the rise added to the usual winter pressures of flu and norovirus on their way, it is even more important to keep all of you safe.

We are fortunate that more volunteers are returning to us so the office is much busier than over the previous year. The safety of our volunteers, patients and staff is uppermost in our priorities and we thank you for supporting us in this.



Note to guides or budding guides

Since the end of July we have been delighted to welcome back our volunteer guides onto site.

Due to COVID restrictions we are only able to allow one guide at any one time. With this in mind, your previous shift -time, day and location, may not be available, when you come to return. We will of course try and do all we can to accommodate your preferences.

For budding guides (those who were previously in other volunteer roles and have never guided before). We had hoped to be able to provide mentoring in the guide role by now but this is still not possible, due to social distancing Therefore we will only be placing established guides in this role for the foreseeable future.

