

Virtual Volunteering Times

**A GREAT
PLACE TO
VOLUNTEER**

Volume 3 Issue 1

14 January 2022

Introducing Ceri, Employee Development Manager

Inside this issue:

Christmas in Cornwall	2
A festive thank you	2
CUH Arts	3
Riddle & Where in the Trust?	3
Paws Corner	4
Help is at hand	4
Asymptomatic testing	4
Main Reception Works	4

Last chance to have COVID booster at Deakin Centre

This session is open to the general public as well as CUH staff so you are advised to book through the National Booking Service.

Friday 21 January
08:00-16:00

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

A warm welcome to the New Year, here we go with 2022! I wanted to introduce myself, my name is Ceri Morgan - as you may have guessed from my name - my origins are Welsh with my family hailing from Merthyr Tydfil, just outside of Cardiff.

I am 32 and have been recently blessed with a beautiful baby daughter named Matilda. I was lucky enough to study all across the country as my family moved around throughout my childhood, I went to university in Oxford (I still cannot understand the Cambridge way of punting), reading International Hospitality Management. From there I was a manager within Four Seasons Hotels and took up my interest in training. I have always adored learning - being taught and teaching; so I further qualified myself to become a college teacher and assessor.

Throughout my career I have always had a passion for volunteering, working in charity shops at weekends, and supporting local villages when living in South Africa. This has also been true for my other half and my family, with my mother volunteering for the CAB, my father volunteering as a mentor for ex-offenders, and my other half (Matt), supporting the local community, providing company, and collecting groceries and essentials when they are unable to do so themselves. Along with this - I was also part of a choir - we toured the world, traveling to Singapore, Australia, and China for the Choral Olympic Games. We took a lot of time to give back to the community - helping raise money through performances and going into care homes and hospitals to perform to the patients.

In my spare time, I adore walking with Matt, Matilda, and our wonderfully bonkers dog Shelby, who is a 9-year-old black lab who still thinks she is a puppy.

I am new to the NHS - my previous job was as a National Manager within a private company specialising in apprenticeships, but when I saw the job within CUH I knew I had to try, and here I am! I am incredibly keen to get stuck in with the incredible volunteers of CUH and work closely with the fantastic Maggie and her excellent team. I hope to see you out and about the hospital - if you see me please do say hello!



A Cornish Christmas, Anne, Clinic Volunteer

I didn't need to do any food shopping this Christmas - I was going to Cornwall! My destination was the HF house at St Ives where I was booked on a walking holiday. Mind you, with the limited hours of daylight at that time of year I anticipated more eat than walk. So, lateral flow test being negative, I was on my way.

The train journey involving 4 changes went well with no hold ups and 9 hours after leaving home I arrived. At Chy Morvah (HF house) I was warmly welcomed and shown to my room. Everywhere appeared to have been recently decorated and all the paint work gleamed. The view from my bedroom window was stunning, looking down on houses with the sea in the distance. Covid rules were that no one would go into my room during my stay - I just had to ask if I wanted towels changing or more coffee etc.



Food was great. For the evening meal there was always a choice of starter, main meal and dessert and all were beautifully presented.

My first day was a free bonus day without any planned walking so I was able to go and explore St Ives. It is renowned for good light and is frequented by artists. In the evening the rest of the guests had arrived and we walked down to the harbour to see the Christmas lights.

At last on Christmas Eve the walks began. There was a choice of 3 and we were all taken by coach to the south coast with drop off points depending on the length of walk chosen. I always did the long walk, so we alighted at Marazion (near St Michael's Mount) and did a coastal walk (in beautiful weather) to Porthleven where the coach picked us up. Back at the house there was mulled wine and mince pies waiting for us and then the evening meal at 7pm. Five of us formed the core of the long walking group and we bonded very well. Christmas day started in the rain, so waterproofs on. We all walked from the house along part of the north coast, even going through the grounds of a certain hotel in Carbis Bay of G7 fame! Just before we stopped for picnic lunch we passed a house where on the pavement outside a man had set up a table and was ladling out mulled wine for anyone who passed. How kind.



Boxing Day the sun returned and we walked from Botallack (tin mining area in the past), to Land's end. The sea was rough and spectacular around the rocks. The next day saw us at the southernmost part of England - The Lizard. Our picnic lunch was stopped early due to a gale force wind, so it was a good thing it was a south westerly, blowing us away from the sea.

Sadly all good things come to an end, and I had to say goodbye to Cornwall. Happy memories.

A Festive Thank You

While many of us were meeting up with family and friends during the Christmas break, some of our fabulous phlebotomy and pre-procedure marshalls were busy managing the queue of visitors at Newmarket Park and Ride and Gog Magog.

Many thanks to all for your help during this time, it is much appreciated by all the Voluntary Services, Phlebotomy and Pre-Procedure teams.



CUH Arts: Quentin Blake: The Drawing of my Life

Sir Quentin Blake and his artwork at the Rosie Hospital were featured in a BBC Two documentary on Christmas Day, with an audience of one million viewers.

The film highlights Quentin's belief in the healing power of art and includes his drawings on the walls of the Rosie Hospital. Interviews with patients and staff, including midwife Sue Prytherch, describe how they find comfort and positive distraction in the artworks.

"I still remember the art work from the birth of my first son 8 years ago in the Rosie Birth Centre. It's wonderful!"

CUH sonographer and Rosie patient

Did you miss it? Fear not! The documentary is available to watch on BBCiPlayer



Where in the Trust? Riddles



I'm a word that's hardly there. Take away 'y' start and I'm a herbal flair. What am I?



Answer's to last week's puzzles:

Cracker joke: A mince spy

Where in the Trust? Stock Shop gift shop

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

It was a bright but extremely chilly day at Holkham Beach when Dawn took the gorgeous Hugo for a lovely winter walk.

Thankfully there was a lovely fire to snooze beside when he got home.



Refurbishment of Staff Areas near Main Reception

We have been notified that the staff areas near Main Reception (kitchen and staff toilets) are going to be refurbished with a planned start time from the beginning of February. Each area will take approximately 3 weeks to complete and will be worked on one after the other.

If you have left any items in the kitchen, please pop in and remove them in good time as any unclaimed items will be disposed of, including removal of the lockers

Its okay to ask.....

Monday 17 January 2022 has been dubbed 'Blue Monday' - the weather not great, long dark nights and the arrival of post-Christmas credit cards.

If you are feeling low, overwhelmed or perhaps have money worries then please do not hesitate to get support. As volunteers you can access help from Health Assured, our free confidential 24 hour helpline.



Help is a call away

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

24/7 helpline: **0800 783 2808**

Asymptomatic Testing

Just a reminder to all those who have returned to volunteering that CUH that both staff and volunteers are encouraged to undertake fortnightly asymptomatic PCR tests. The test collection point is now located in the corridor between G2 and J2 from 08.30-16.30 and you will need to show your ID badge.

The test drop-off point is in a red wheelie bin (clearly labelled) in the left hand end of the covid testing area by S block.

Although not absolutely essential, it is a good idea to be signed-up to MyChart to access your results.

