



Virtual Volunteering Times

**A GREAT
PLACE TO
VOLUNTEER**

Volume 2 Issue 25

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Voluntary Services Office over Christmas

The Voluntary Services office will be closed from Friday 17 December 2022.

The office team will continue to work away from the office from Monday 20th to Wednesday 22nd December 2021. We will return to work on Tuesday 4th January 2022. Please contact us via email or leave a message on 01223 586616 and we will call you back.

Wishing you all a lovely Christmas

This time last year, when our best laid plans for Christmas had to be abandoned many of us comforted ourselves by telling ourselves we'd do it all next year. We are of course hoping that this Christmas we will be able to see our friends and family but perhaps this is less certain than we hoped.

Once again Covid has been at the forefront of our minds and planning for our volunteers' return on site has been our main focus this year. The great news is that we now have 80 volunteers returned to us in a variety of roles including Chaplaincy, Guides, Ward Visitors, Parking Marshalls and Wheelchair Collectors. So far this year you, our fabulous volunteers have racked up an astonishing almost 2500 hours of walking, directing, guiding, listening and chatting - thank you! The time you dedicate to our patients, staff and visitors is hugely appreciated throughout the Trust and you really do make a difference.



For those who have not yet returned, but planning on doing so, we are so looking forward to welcoming you back between the New Year and spring. You have certainly been missed at Addenbrooke's and the Rosie, by patients and staff alike.

In 2022 we are also looking forward re-opening our recruitment pipeline and welcoming new volunteers into the volunteer team. As always we are sure you will give them a very warm welcome. We hope to be working with other departments to develop new volunteer roles so watch this space!

For now, we wish you a very Happy Christmas and a safe and healthy 2022.

With best wishes

Maggie, Jane, Jack, Isabella and Olivia





CUH Arts: New Donations Gallery Installed

Last week, we installed a new exhibition of artworks recently donated to the CUH Art Collection. The space currently showcases artists Hilary Barry & Nerys Johnson. For those already passing through site, the gallery can be found between the Addenbrooke's Concourse and the Rosie on Level 2.

In donating the work from her "Lockdown" series of 2020, Hilary Barry said that 'I have a strong personal connection with Addenbrooke's, so it's good to have an opportunity to give something back to the doctors and nurses who've taken such good care of my family in the past, often under such difficult and demanding circumstances.' It's fantastic to see the mutual support between artists and our hospitals.



Nerys Johnson's work took inspiration from the tradition of flower painting. After studying Fine Art at degree level, Johnson had a fruitful career as a curator. Due to deteriorating health, she took early retirement and was able to devote herself fully to her artwork. As her range of motion reduced, she worked on a condensed scale and increasingly painted floral subjects. Nevertheless, her paintings retain their striking impact and bold colour.

Thank you to Hilary Barry, the Nerys Johnson Estate, all of our artwork donors and to all those who donate to Addenbrooke's Charitable Trust. Our collection and wider programme would not exist without this support!



If you are interested in donating a work of art to Cambridge University Hospitals, you can find the policies and procedures at: <https://www.cuh.nhs.uk/about-us/our-structure/other-departments/cuh-arts/donating-artworks/>

Volunteers step in again!

Twice in the last few weeks we have given urgent call out for some additional support from volunteers and once again you have stepped up and helped save the day. You are amazing!

As you know, the Patient Experience Team needed some help to open and stuff envelopes and the volunteers were so efficient that the task was completed quicker than anticipated and saved the hospital around £2000. Nicky Hallows, Head of Patient Experience explains "Things don't always quite go to plan, and the Patient Experience staff were extremely grateful to the team of volunteers who stepped up at short notice to help us with the no-tso-exciting task of taking surveys out of envelopes and putting them back in different ones! The flexibility of the volunteers who were able to come forward to help with this urgent job was much appreciated – we couldn't have done it without you."

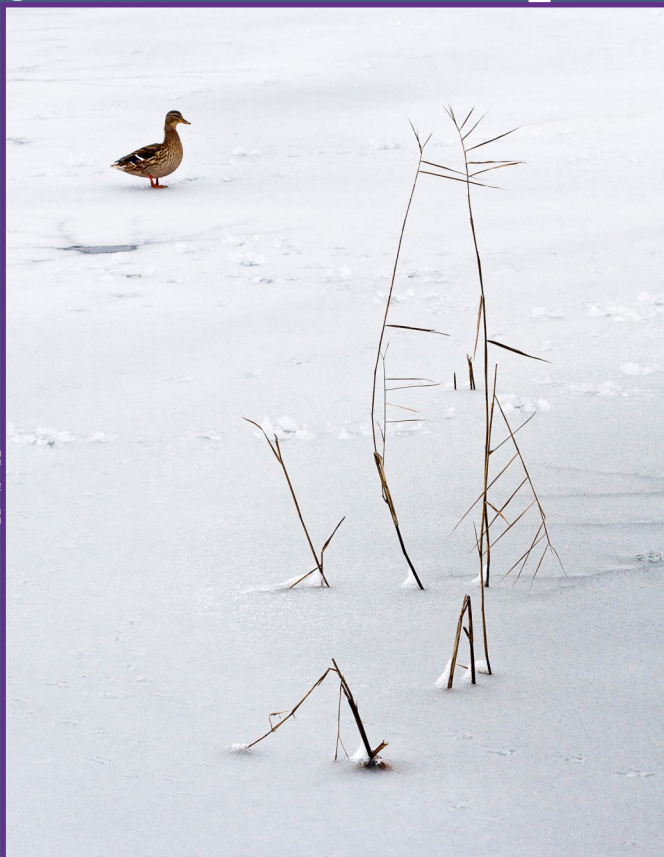


**Lily, Nicky and Charlotte
Patient Experience Team**

There has been a marked increase in the number of patients visiting the Phlebectomy Clinic at Newmarket Park & Ride so we put out a call for volunteers to support our existing Volunteer Marshalls and again, you came up trumps in some of the coldest weather so far this winter. Thank you to everyone who has helped us out - you really are amazing.

Winter Photo Competition

Many thanks for all the entries to our winter photo competition and a big thank you to our friends in CUH Arts for judging. Once again the standard was very high and it was a very difficult decision on which photograph would come first and runner up.



'Wishing' by Gerry, Chaplaincy & Guide Volunteer

1st

Judges Comments: The composition and focus is really well done to show the plants and the duck both clearly, and we feel it tells a winter story well.



'Audley End' by Philip Gray

2nd

Judge Comments: We feel this image has great atmosphere and is really well captured.



'Nature at its best. Depleting chlorophyll at Anglesey Abby'

Louise, Rosie Volunteer

**Highly
Commended**

Judges Comments: This was a strong contender – it is a great shot with a lovely subject but the colours could have been a tiny bit brighter.



Winter Photo Competition... some more entries



'Old Hunstanton Walk' by Arthur Ward Volunteer



'Bank of snowdrops' by Arthur Ward Volunteer



'Kings College' by Anne, Ward Volunteer



'St Andrew's Church, Impington'
by Ingrid, Phlebotomy Volunteer



'Over the Treetops' by Charles, PAT Volunteer



'Winter sun', by Simon, Parking
Marshall & Ward Volunteer

Ideas of things to do over Christmas...

If you're stuck for ideas of what to do during the Christmas break, we've come up with some ideas which may interest you. With the current Covid situation, please ensure you check that any events you are attending are definitely going ahead as guidelines are of course subject to change.

Watch a pantomime



Whether you get tickets for a professional one such as Aladdin in Cambridge or one put on by your local amateur dramatic society, there is nothing like a pantomime to get you in the Christmas spirit. If you don't want to go to one, then there's bound to be one on TV.

Go for a country walk

We are so fortunate to live in a beautiful part of the country so why not get out in the fresh air and go for a lovely country walk? If you'd like to visit a new area, why not search online for local walks or download an app on your phone? Why not take some hot drinks, soup or combine it with a pub lunch to make a day of it?



Eat drink and be merry

Roast turkey, pigs in blankets, Christmas pudding, cheese, wine, sherry or a trusty gin and tonic - it is one of the things that Christmas Day in particular is known for! Don't worry, if you over-indulge you can always start the traditional New Year exercise regime early!



Tra-la-la-la-la la-la-la-la

There's nothing like a great sing-song so why not join in a carol service? Again, there are formal services you could go to but if you'd prefer to stay home and join in from the comfort of your own home, there are definitely some to watch on TV in the lead up to Christmas.



Christmas lights

The dark winter nights in December are perfect for viewing light displays. There are tickets still available at Wim-pole Winter Lights Trail and the Christmas Adventure Quest at Audley End. Alternatively, why not have a walk or drive around your village or local town and see your neighbours' display.



Watch TV Christmas specials

You may be an avid fan of EastEnders, or maybe love a bit of vintage Morecombe & Wise, whatever your choice there is nothing better than seeing how your favourite TV characters or celebrities are celebrating.

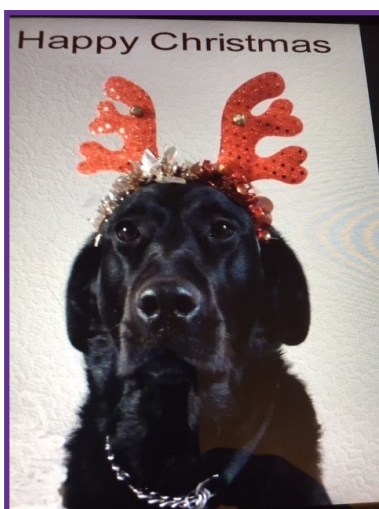


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E-mail: volunteer@addenbrookes.nhs.uk
www.volunteering.cuh.org.uk

CUH Volunteers

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



Support for you.....

It's been another tough year and this time of year is particularly difficult for some of us so. If you're struggling please do get in touch with Health Assured who will be available to talk to you, whatever the time and whichever days you need them. It is free to access and completely confidential.



Help is a call away
Health Assured offer a free confidential advice and counselling service for CUH staff.
24/7 helpline: 0800 783 2808

Paws Corner

PAT Dogs Merlin and Olivia have really got really into the Christmas spirit recently. Griffin and Poppy from 'Team Spaniel' were really waiting patiently for their other team mate Patience who had was far too comfortable lounging by the fire and eating Christmas treats.

Where in the Trust? Christmas Cracker Joke



Who hides in a bakery at Christmas?

Answer's to last week's puzzles:

Cracker joke: So he can Ho Ho Ho

Where in the Trust? Cardiac Rehab noticeboard

