

Virtual Volunteering Times

**A GREAT
PLACE TO
VOLUNTEER**

Volume 2 Issue 23

19 November 2021

Message from Chief Executive, Roland Sinker

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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

Food Court Update

A segregated seating area for patients and visitors has been introduced in the Food Court.

These areas are clearly signposted and chairs have been placed in a way that maintains social distancing.

Dear colleagues,

As we head into the winter I would like to set out the challenges we currently face. Particularly, how we can respond together as one hospital, and why we will thrive if we act as a united team. We're dealing with mounting pressure on all fronts. After a recent doubling in Covid cases, the current situation is fragile and in leadership briefings this week I've shared quite honestly that I'm the most concerned I've ever been since I joined CUH in 2015.

My thanks for everything you have done and continue to do for your patients. Awarding you the Covid Star might be just a small token, but it speaks to a simply vast appreciation felt not only by me and our Board, but also the people of Cambridge and the whole region.

With best wishes,

Roland



Dust off those Christmas jumpers...

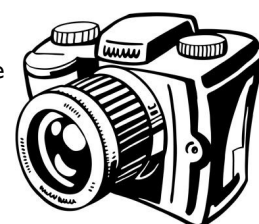
The mince pies are in the shops, advent calendars bought and at least one member of the Voluntary Services team has bought and wrapped all their presents. Sadly we're not able to invite you all in for a party so once again we'll be holding our Christmas parties over Zoom and we'd love you to join in. The dates for your diary are below so just email: volunteer@addenbrookes.nhs.uk to let us know you'll be there,

- Wednesday 8 December 10.00-10.30
- Thursday 16 December 15.00-15.30

Photo Competition 2021

The theme this year is **'Winter'** so whether you're a photography fiend or just enjoy taking a quick snap once in a while, this is just the competition for you! Once again our friends in CUH Arts will be our judges and there will be a prize for the winner and runner up. You may have a shot you'd love to enter or why not pick up your phone, dust off the camera and take a few winter-themed snaps.

The closing date is midnight on Sunday 12 December and the winner will be announced in Virtual Volunteering Times on Friday 17 December 2021. Please send entries via email to volunteer@addenbrookes.nhs.uk.



CUH Arts: Submissions invited for 2022 arts exhibition - 'The Best of Us'

CUH Arts invite all creative members of the CUH family, staff, contractors, and volunteers to submit their artwork for display in The Addenbrooke's Gallery.

Our 2022 theme is 'The Best of Us'. Any art form is welcome as long as it is deemed appropriate for public display. There will be an exhibition in our physical gallery as well as a temporary online gallery. Just select what you consider to be your best work created this year and the team will do their best to find a way to display it.

Entries will be accepted from Wednesday 08 December 2021 until Friday 14 January 2022, so there's plenty of time to get creative! The exhibition will then be on display from Friday 04 February to Sunday 24 April 2022. Contact art@addenbrookes.nhs.uk for details of how to enter. We look forward to seeing your creations!



Keeping busy over lockdown.... John, Volunteer Guide

It was forty years ago that John Phelps, a volunteer guide, came up with the idea of his latest novel. "What would happen if power was turned upside down, with big animals becoming weak and small ones strong?" he wondered.

The idea did not linger for long then, as there were more pressing matters to think about ... such as attending to a young family and working as a journalist at the "Cambridge Evening News." Since he retired eighteen years ago, he stayed busy and, among other things, wrote two novels and began to embark on a third. "Then, all of a sudden, that idea of forty years ago resurfaced and I had a burning desire to follow it up," he said.

So, just before the onset of COVID, he got to work on his new novel which could be described as "a futuristic fantasy with a hint of what could happen to the world if we are not careful." When COVID came along, there was no excuse. "I would not, by any stretch, call it a blessing in disguise, but it did give me more time".

The book is now in print, and a fourth novel, a whodunnit with a seaside newspaper office as a backdrop, is now finished as well. If you'd like to know more, John's books available from Waterstones and WH Smith.

However, he has not let writing or COVID stop him from pursuing other interests completely. "I like to play bridge, mostly on-line now, twice a week and meet friends for an occasional drink," he said. "Exercise is important, too, and I make a point of having a walk, cycle ride or swim every day. I also do a few exercises at home."

Where in the Trust? Riddle



What has one eye but can't see?

Answer's to last week's puzzles:

Riddle: Your left hand

Where in the Trust? C2 mosaic circles



Jane meets Jane at the Gransden Show!

On Saturday 25th September the 118th Gransden & District Agricultural Society Show took place in the village Great Gransden. A showcase for the trade stands of combine harvesters, tractors as tall as a two story houses, Land Rover Defenders of all ages, shapes and sizes, regional foods – breads, meats, pasties, cheeses (did I know Lincolnshire Poacher had 4 varieties including one for Christmas in the making now!). Charities-RNLI, Guide Dogs for the Blind; clothing; baskets of all shapes and sizes; woven fences; thatching. OK you guessed it, a real County Show but in miniature.

The Produce Marquee-judging fruit flowers veg. eggs honey jams chutneys cookery (cherry cake & rich fruit cake to die for!) cereals and pulses in 10 kilo paper sacks all grown in 2021, children's sections. The Flower Arranging Marquee-included 'The Olympics & men only class 'Odd socks' –what fun.



Outside and in the 3 Show Rings- parading Vintage Tractors, Heavy Horses, the Foxhounds, History Revisited with the Land Army display, with Romeo the beautiful Black Stallion, retired from Kings Troop Royal Artillery – boy was he having fun! Judging too of so many breeds of cattle sheep pigs donkeys and goats, horses–rein, ridden and driving, and the Pony Club.

No show would be complete without Punch & Judy, the Helter-skelter with coconut mats to slide down on, the 89 Key Marengi Fairground Organ, built in Paris in 1909 and finally the most wonderful Carousel with fabulous individually named gallopers.

Ladies in Pigs (LIPs) have been passionately spreading the word about how tasty versatile and wholesome pork is for over 30 years. Their stand looked professional, smelt wonderful, and with the samples **of their recipes cooked** on site tasted even better!

What a fabulous day out-make a date for the last Saturday in September annually.

Oh PS I did meet Jane Robinson too-a lovely surprise
Jane, ATC Guide



Attempted bicycle and scooter thefts—DNA path

The Trust has received reports that there have been some attempted thefts taking place on the DNA path in the evenings when staff are returning home.

The individuals targeted on this route have logged these incidents with the local police.

The attempts so far have been at the same spot half way between Cambridge and Shelford on the DNA path with two young males signalling bicycles or scooters to stop while blocking the path in order to grab the handles and take possession.

Please be vigilant of such suspicious activity both on site and off, reporting both to the police and our security team where you are able.



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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

The beautiful Poppy did a pawsome pose for this shot. It was a very chilly day and windy day but she really knows the camera loves her, especially her right profile!



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

Join the Alliance for Cancer Early Detection (ACED) Cohort

Are you age 40 to 80, cancer free or have completed treatment for cancer over a year ago, and willing to participate in follow-up studies?

Here is an exciting opportunity for you to get involved with cancer research and help us to understand how this disease develops and progresses. The project offers the opportunity to look at identifying risk factors and exploring new techniques and methods to detect cancer at an early stage.

If interested contact us online at <https://acedcohort.org/> or ring 01223 763353



New location for asymptomatic PCR pick up point

From Monday 15 November, the asymptomatic PCR pick up point relocates to the corridor in between G2 and J2, as shown on the map.

The facility will be open from 10:00-16:30 today, before reverting to its usual opening times, 08:30 to 16:30, Monday to Friday.

