

# Virtual Volunteering Times

**A GREAT  
PLACE TO  
VOLUNTEER**

Volume 3 Issue 4

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## “You couldn't make it up!”

Jenny got a bit more than she bargained for on a recent visit.

“I have been very fortunate to have Addenbrooke's as my local hospital for the past 30 years, with both myself and my family requiring treatment over those years.

So, having adopted our retired Guide Dog, Olivia, 4 years ago and having her qualify as a Therapy Dog, it was a good opportunity to apply for and be accepted as a Volunteer.

We both really enjoyed our weekly visits to meet patients, staff and other volunteers, though it's fair to say that Olivia's favourite part was going into the office to get her regular biscuit treat.



Photo shoot

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### Asymptomatic Testing

We strongly encourage all returned volunteers to undertake fortnightly asymptomatic PCR tests (available on campus) and twice weekly lateral flow tests during the non-PCR test week.

Not everyone gets symptoms with COVID so for many, testing is only way to determine infection.

**Please do your bit to help protect patients, staff, your family and friends.**

Some of the ward visits were quite emotional but they were always very rewarding and over the year we were visiting we made many friends. But of course when the pandemic struck all our visits stopped and it's hard to believe that it's now nearly two years and counting.

However, getting the regular emails and phone calls from the Volunteer's office has been really good and despite not being able to visit it still felt that we were part of the team.

A few weeks ago I was at the hospital for a routine check-up and walking along the back of the hospital to travel home I could see a crowd of people and I wondered if there was some sort of protest going on!

I'd just got a bit closer and was spotted by Jane from the Volunteers office. “Hi Jenny” she called out “lovely to see you- get a fleece on you can join in our photo-shoot” After an hour, I said, I'm going to have to phone home to let my Husband know where I am but I can't tell him what I've been doing- he'd never believe it! What a day, you couldn't make it up.

It was lovely to see the team again and I'm now going through the current paperwork to return to another volunteering role. The “crazy day” made me realise how much I'd missed the visits and friendship and I'm definitely looking forward to starting back again in the very near future. Hope to see you all there.”



## CUH Arts: Dance for Health Film goes live!

*“Take a moment to close your eyes, and breathe. Now breathing can often feel like a complicated thing. Rest assured it’s not. You will always breathe in, you just need to let the breath out a little bit.” ~Filipa Pereira-Stubbs, lead Dance Artist*

We’re excited to share with you the first of a series of four films from our Dance for Health Programme, which can be found on the main CUH NHS Youtube channel here: <https://youtu.be/Nq23ys1fBcc> . This film is a warm invite to all our CUH Community (staff and volunteers) to take five minutes for yourselves. Filipa gently leads us through some gentle, seated movement to release tension and find some deeper breath. All you need is a chair.



In this series, we’re hoping to extend the reach of the programme to those patients in primary care, those who are waiting for treatment, or those who have already danced with Filipa on site and wish to continue.

The films have four different themes/audiences:

- **Waiting for Surgery** – working with the Fit for Surgery Team, Filipa (lead dance artist) devised a film specifically to help those on waiting lists prepare for their stay in hospital and keep moving in an appropriate manner.
- **Anxiety** – a movement exercise designed to aid patients ease anxiety
- **Staff Wellbeing** – a short targeted exercise to encourage staff to take 5 minutes for their wellbeing
- **Anatomical Improvisation** – an exercise encouraging self-directed, improvised and spontaneous movement.

We look forward to seeing the possibilities they bring!

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## CUH Annual Awards

The CUH awards is our chance to recognise, celebrate and reward outstanding achievement across our whole organisation. Events will take place throughout the year alongside our You Made a Difference programme and culminating in a special ceremony at a high-profile Cambridge venue.

We have a number of awards categories designed to seek out success across the whole spectrum of fields and disciplines and showcase our unique values of Together – Safe, Kind and Excellent. Please take a look and think about who you will nominate and which of your colleagues exemplifies our values in their everyday lives. The categories are:

<b>Stronger together</b>	Team of the year award
<b>Helping us to grow</b>	Excellence in education and development award
<b>Improving together</b>	Striving to be even better award
<b>Collaboration</b>	The partnership and coalition working award
<b>There for me</b>	Award for the compassionate colleague
<b>Inspire</b>	The leadership award
<b>Keep us safe</b>	The outstanding contribution to patient and staff safety award
<b>Kindness, compassion and care</b>	The public choice award
<b>All of us</b>	Outstanding contribution to inclusion award
<b>Discovery</b>	The innovation and advancement in health award

Nominations are now open, so there’s plenty of time to review the categories and think about who you would like to put forward. You can nominate multiple people in multiple categories.

Further information is available on the annual awards hub of the CUH staff portal: <https://cuhstaffportal.co.uk/awards-2022/>

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## A day in the life....

Hospitals are amazing places to work and there is a broad range of roles to choose from. Each person, regardless of their role, is key in enabling our Trust to deliver excellent patient care for all those in need. This time we hear from Alison, who works in our Learning and Development Team.

### What is your role?

Trainer & Facilitator in Learning & Development

### How long have you been doing your role?

20 years - I started as a secretary in Day Surgery for 2 years before moving into Learning & Development

### What are the main things you do?

- Design and run training courses and workshops for staff on a variety of subjects, for example, resilience, appraisals, medical terminology, IT skills. At the moment all our workshops are run virtually on zoom.
- I also facilitate the Corporate Induction Welcome programme for new starters to the trust.
- Design elearning modules including the mandatory core modules that everyone has to do when they join the trust.
- Career and skills development advice to staff
- Maintain intranet pages and DOT courses (our learning management system)
- Lots of ad hoc projects for example, staff awards ceremony



### What do you like about your role?

The variety of work and also the people – we are a close knit team and have all been together for a long time. Also everyone I come across in CUH is awesome!

### What is less enjoyable/more difficult in your role?

Nothing!

### What is your shift pattern/length of a shift?

I work Monday to Friday from 9.00-15.00 but sometimes work other hours if needed, for example running a workshop for a student open day on a Saturday

### Something which may surprise us about the role?

We are a very 'can do' team which means we get involved all sorts of projects in and around the trust, in places where you wouldn't expect to find us, for example, watching brain surgery in a neuro theatre, was one memorable occasion!

### Something about me...

I am a beekeeper and member of the Cambridgeshire Beekeeping Association.

I am a qualified sports massage therapist and have a private studio at home. My regular clients have been with me for years 😊



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**CUH Volunteers**

**We're on the web!**  
**[www.volunteering.cuh.org.uk](http://www.volunteering.cuh.org.uk)**

## Paws Corner

Remembering PAT dog Mylo, the big cuddly bear. Our thoughts are with all his family and friends.



## Its okay to ask.....



### Help is a call away

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

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

## End of restrictions and free testing for the general population

The Government has announced plans to end all Covid restrictions in England from Thursday 24 February and free mass testing from Friday 1 April 2022.

As a healthcare provider, CUH will always take a more cautious approach to infection prevention and control measures to help protect our patients, our volunteers and staff. The measures in place regarding visiting, volunteering, and wearing appropriate PPE and other infection control measure are regularly reviewed and we will notify you are should there be any changes. In the meantime please:

- Remain vigilant about mask wearing, social distancing and hand hygiene
- Continue to take part in the asymptomatic staff testing programme (if you have returned to volunteering) and arrange a PCR swab if you are symptomatic
- Follow the isolation guidance set out <https://cuhstaffportal.co.uk/workforce-2/covid-19-staff-guidance-from-occupational-health/>

## Where in the Trust? Riddles



You will find me with four legs, but no hair. People ride me for hours, but I don't go anywhere. Without needing to be tugged, jerked or switched on, I always manage to be ready for work. What am I?

**Answer's to last week's puzzles:**

Riddle: Sand

Where in the Trust? Outside D2 ward