

# Virtual Volunteering Times

**A GREAT  
PLACE TO  
VOLUNTEER**

Volume 3 Issue 5

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## The war in Ukraine: a message to CUH staff and volunteers

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We are deeply impacted by the traumatic scenes we are witnessing in Ukraine as a result of the Russian invasion. The suffering of the Ukrainian people, many of whom are now fleeing their homes to become refugees, is a rapidly unfolding tragedy of huge proportion.

The human cost of the current violence stands in such stark contrast to the intensity of the effort we've made in this hospital over the last two years to preserve life in the life of a global pandemic. A number of the outstanding colleagues who have cared so successfully for our patients during this period are from Ukraine, Russia and other eastern European countries now caught up in the consequences of this conflict.

We wish to express our solidarity, our support and our deepest sympathy for anyone affected personally by what is happening. The fighting between two countries bears no relation to the united team of people who make up CUH. Please take time to look after yourselves and each other at this time and be aware that a situation like this affects us all in different ways.

Healthcare is of course on our minds and colleagues who are in touch with team in hospitals in Ukraine are offering advice and support where they can. Some of us are supporting the Disasters Emergency Committee, or other humanitarian aid charities.

While we rarely comment on global events, we feel that this situation demands a difference response. On Wednesday evening, the Addenbrooke's chimney was lit in the colours of the Ukrainian flag for one week as an expression of our support for its people and everyone caught up in this conflict. As we respond to this situation, we also recognise that there is violence, conflict and loss of life in other parts of the world that also affects our staff, but is not currently making headlines.

This is our opportunity to make it quite clear that here at Addenbrooke's and the Rosie hospitals we stand together for peace, and with the deepest respect for the value of every human life, everywhere in the world.

With best wishes

Roland and Mike



**Roland Sinker**  
Chief Executive



**Mike More**  
Chair

### 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.**

## CUH Arts: Project Callouts

### Kintsugi People

We are seeking volunteers (any member of CUH or the public) to be photographed for an exciting new photographic exhibition in The Addenbrooke's Gallery called *Kintsugi People*. The project has been developed by Carol Holliday, a lecturer of psychotherapy at Cambridge University with 20 years' experience of clinical practice, in collaboration with photographer Ryan Davies.

Kintsugi is a Japanese art form where broken ceramics are mended using gold, thus rendering the ceramic more valuable by virtue of the fact that it was broken. The exhibition will show 8-12 large-scale black and white images of people with visible scars on their body, and the scars will be painted over with gold leaf, to highlight the scar – see example image. Carol wants these images to be hopeful and celebratory of bodies that have needed 'repair', to show how we can heal and live well after traumatic events.

We are looking for volunteers who have scars from surgery or accidents and are over the age of 18. Anyone interested in being photographed will have a discussion with Carol and be invited to a photography session in Cambridge. Dates for the sessions are: 26<sup>th</sup>, 27<sup>th</sup>, 28<sup>th</sup> March or 9<sup>th</sup>, 10<sup>th</sup> April (there is flexibility in these dates). Sessions would take no longer than 2 hours.

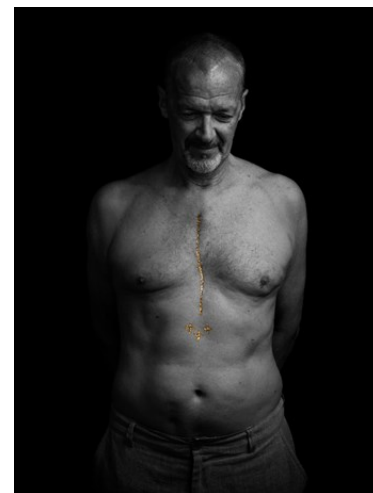


Image copyright Carol Holiday

The exhibition will contain no explicit photography and you will take an active role in the selection of images. You will receive digital copies of your photograph.

If you are interested and would like to take part, please contact [art@addenbrookes.nhs.uk](mailto:art@addenbrookes.nhs.uk) to register your interest.

### The Dark Heals: Andrea Cockerton Residency

The deadline has been extended to get involved with our current campus-wide artist residency.

The CBC public arts programme and our campus expansion developers Prologis are hosting a creative residency with sound artist Andrea Cockerton. We are inviting our community to express themselves, or to tell a piece of your story from the past two years by contributing written or spoken words, images, and video clips.

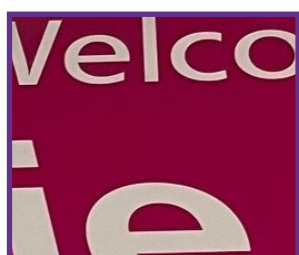
There will be two outcomes from this:

- Everything submitted will be shared in a digital collage 'wall' online, you can choose whether to share your name or remain anonymous.
- Andrea will compose and record a music performance in response to everything shared, using high quality 3D sound, creating an immersive listening experience so if you close your eyes you feel surrounded by the soundscape. This will be launched at a live online event and then available on demand.

Please consider contributing to this unique creative project, no offer is too small to be included! Visit [www.thedarkheals.com](http://www.thedarkheals.com) to find out more and find the submission portals, which are open until 25 March 2022.

If considering your experiences brings up thoughts or feelings that you need to speak to someone about in confidence, please access the range of wellbeing resources on the Staff Portal or consider using the free confidential counselling helpline available from Health Assured on 0800 783 2808.

## Where in the Trust? Riddles



My first is in chocolate but not in ham, my second's in cake and also in jam, my third at tea-time is easily found, my whole is a friend who's often around. What am I?

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

Riddle: A desk

Where in the Trust? Outside the (old) Discharge Lounge

## 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 Joseph, who works in our Postal Department.

### What is your role?

Team Leader, Postal Department

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

I joined in CUH Team in 2007, in the Postal Department. I am currently holding the position of a team leader. I work full time, 37.5 hours per week, Monday to Friday.

### What are the main things you do?

The Postal service is one of the largest business mailing operations in the region and our team, includes 11 staff. I start my day with quality checks, which includes staffing and ensuring timely delivery of postal items. As a team we handle the mail over the entire Addenbrookes site and other organisations of CUH.

### What do you like about your role?

As a team leader, I am very proud of how our small team supports each other and works together like a "well oiled machine". We always try to make sure short staffing does not affect the quality of our work and will always focus on CUH values: "Together, Safe, Kind and Excellent"

### Something about me...

I am originally from India and it was a huge change to go from being a lawyer to a postal team courier, but was so delighted to join in the CUH family.



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## Message from the Magog Trust: Joan Barnes, CUH Volunteer Guide

In her lifetime Joan was a force to be reckoned with! She made a huge contribution to the life of the local community and beyond, including as a founder member of the Magog Trust and one-time Vice-President.

As a lasting tribute it is proposed that a bench dedicated to her and her late husband Ray, who was also a founder member, be placed on the Magog Down, which so many people from far and wide come to enjoy.

We are writing to all the organisations, with which Joan was involved, to see if they or their individual members or friends would like to make a donation towards this bench.

Donations by cheque please, made payable to the Magog Trust, and sent to Wendy Elsbury, 7 Anvil Close, Stapleford. CB22 5SS, Telephone 01223 844559.

The closing date for the appeal is Monday 18<sup>th</sup> April 2022.

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## 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](mailto:volunteer@addenbrookes.nhs.uk)  
[www.volunteering.cuh.org.uk](http://www.volunteering.cuh.org.uk)

### CUH Volunteers

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

## Paws Corner

After a long walk in the countryside, there is nothing better than lounging on a comfy chair.



## 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**

## Young Person's Programme

As the days are getting longer and our coats slightly thinner, our January YPP Programme is now sadly coming to an end and we are now beginning preparations for our next cohort.

Our young person's programme has again been run as a virtual experience, meaning the ward participation part has not taken place. However this hasn't stopped us from trying to make the most of the programme, giving the young people weekly presentations from staff from all over Addenbrooke's, including consultants, Dieticians, Occupational Therapists, Employment Development Managers and many more.

For eight weeks we have held a different 45 minute Healthcare Information session -the same topic, repeated twice a week, with an additional Healthcare Careers Event and an end of programme celebration with special guests such as the Medical Director and Chief Nurse.

We are so appreciative of our staff here at CUH, and it's been incredible to allow young people to have a window into the workings of different teams and be inspired by the fascinating stories that they have to tell.

So as this cohort comes to an end, we are excited to be meeting some new young people in our next programme!



**Jayden & Tengyu, YPP volunteers**

## Travel update: M11 junction 9 to 10 bridge repairs

Highways England has notified us of essential maintenance work on the junction 9 bridge on the M11 which will result in a closure of the M11 between junctions 9 and 10 in both directions, over four weekends from Friday 11 March to 04 April. Please be aware of the diversions which may affect your journey to and from work.

Further information and updates will be available on the [Highways England website](https://www.highways.gov.uk)