

# Virtual Volunteering Times

**A GREAT PLACE TO VOLUNTEER**

Volume 3 Issue 6

25 March 2022

## Keeping our Dementia patients entertained

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Although Dementia is not a natural part of ageing, sadly the condition impacts around 850,000 people, plus families around the UK. With recent studies showing 1 in 14 over the age of 65, and 1 in 6 people over the age of 80 being diagnosed with this disease. In essence, the majority of us will know, or know of someone with some form of Dementia.

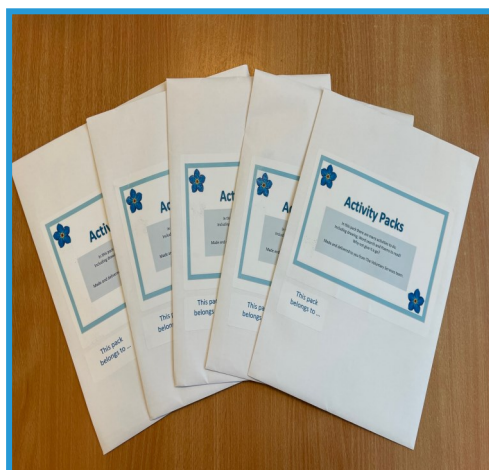
To help support patients with dementia to keep their minds active, a new series of dementia activity packs has been created by the Voluntary Services team in conjunction with Jacqueline Young, Dementia Specialist Nurse.

The packs have been printed on different coloured sheets to take into account the change in vision which people with dementia often experience. Included in the pack are some word searches, dot to dot, poems to read, Sudoku, colouring in and a life-story activity which can be completed independently or with a member of staff, volunteer or visitor.

These new packs are being piloted by the Dementia Champions on four wards until Dementia Week from 15th-22nd May at which point the feedback on the activity packs will be reviewed.

### Asymptomatic Testing

We strongly encourage all returned volunteers to undertake fortnightly asymptomatic PCR tests (available on campus).



Don't forget to put your clocks forward one hour on Saturday night

## Where in the Trust? Riddles



I can come in a jar, I can come as a punch, I can come as a win, you can eat me for lunch. What am I?

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

Riddle: **A desk**

Where in the Trust? **Welcome to the Rosie sign**



## CUH Arts: CCH Creates! Artist-led Workshops

### Join us for CCH Creates!

Cambridge Children's Hospital is hosting two events with artist Harold Offeh as part of the Cambridge Festival - an interactive webinar with leads from each of the partner organisations on 31st March, and an in-person event at Cambridge Junction on 5th April.

Both will showcase Cambridge Children's Hospital's trailblazing approach to integrated care, and celebrate the way that this is strengthened through an ambitious Arts Strategy. Come along to explore the cutting edge vision and research behind the hospital and get creative making your own artworks.

Everyone welcome! Tickets are free and can be booked online at: <https://www.eventbrite.co.uk/e/cch-creates-cambridge-childrens-hospital-webinar-tickets-269594844437> (for the webinar)

or: <https://www.junction.co.uk/cch-creates> (for the in-person event).



Image copyright Carol Holiday



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## Ukraine—wall of hope and peace, in the Chapel

As we have seen events unfolding in Ukraine there has been a natural desire to want to respond to the suffering and distress taking place. To aid this within the Chapel there is a **'wall of hope and peace'**. A place where you can come to reflect for a while, to express the longings, hopes and prayers you have for Ukraine, and other conflicts around the world which are close to your hearts.

We appreciate some may also want to respond through more practical contributions or financial gifts, and we would direct you towards the established humanitarian organisations, such as the [Disasters Emergency Committee](#), through which these can be helpfully channelled.

The **'wall of hope and peace'** is one way we bear witness to what is taking place and affirm our solidarity with those who stand for peace in Ukraine. The **'wall of hope and peace'** will remain available over the coming weeks so please continue to use it to as you find it helpful. If you would like someone to talk to, Chaplaincy is available, please contact us on 01223 217769 or via [chaplaincy@addenbrookes.nhs.uk](mailto:chaplaincy@addenbrookes.nhs.uk).

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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 Kara, who is a Medical Secretary.

### What is your role?

I started working at CUH in September 2001. I had been working as a medical secretary in a GP Surgery for six years, but decided I would like to broaden my horizons to somewhere on a larger scale. CUH was definitely a much larger scale! I felt quite panicked when I had to go to different places in the hospital to collect notes etc. as was worried I would get lost! Twenty years down the line and my feet just seem to take me where I want to go - you get very used to finding your way around!



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

I started working in DME (Medicine for the Elderly). I worked with two other secretaries. At the time we worked for around two consultants each and were full time. This has now changed significantly with the department expanding. My two colleagues (who I remain close friends with) retired and I am the secretary for the whole department, looking after 14 consultants – with more to come!

The role has changed over the years and especially since changing computer systems to Epic. We used to go onto the wards a lot to collect medical records and have more contact with the ward staff. We used to type up discharge summaries. These things changed when we went paperless, however now with all of the consultants I look after I wouldn't be able to do those things.

### What are the main things you do?

The main part of my job is dealing with patient queries. I get a lot of calls from patients and their relatives. I really enjoy being able to help patients. It gives me a great sense of job satisfaction to be able to talk to them and help them. Sometimes it is just to be able to talk to someone on the phone is what the patient needs. During lockdown, the calls I had from patients increased. I think because they felt isolated at home and needed someone to talk to. If this helped them in any way, I was very glad to be on the end of the phone to them.

### What do you like about your role?

Contact with patients is definitely the best part of the job, although sometimes can be challenging. Another main part of my job I enjoy is typing the letters from clinic appointments. The letters can be quite long and complex because our department covers the patient as a whole and not just one part of the body. I enjoy typing the letters as you get a feel for the patient and if you get a call from them, you are aware of their story.

I think the worst part of the job (and probably what most secretaries would say!) is taking minutes, although it is very useful to be a part of the meetings to find out what is going on in the department.

During the pandemic I have been partly working from home and coming into the office. I enjoy coming into the hospital to be able to touch base with my consultants. Email is great, but not the same as a face to face catch up! When I am working in the office I enjoy a little jog from the Babraham Park and Ride to wake me up in the mornings. I used to do it every day when I was in the office full time. However working from home is useful to be at home to get my 13 year old son out of bed and off to school! That can be more energetic than the jog to work!

After twenty years I sometimes wonder, should I have a change, but CUH is the kind of place that you get attached to. Once you join, you tend to stay!

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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](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

There's nothing like a swim in the sea on a sunny day - PAT dog Jack is certainly a fan!



## 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**

## Contributions to VVT

This magazine is about you and for you and so we would love to receive more of your contributions, whether it's a reflection of your time volunteering, what you've doing been now we're able to go out and about, some photos, or an account of an adventure you've been on. We have published some guidelines to assist you:

- Follow our Trust values - Together Safe, Kind and Excellent.
- Word count: 400-500 words for a longer article, 300-350 for shorter articles
- As always, do not breach any confidentiality or use names which could identify a real person
- No lewd language
- Positive, uplifting material
- Do not write or include any comments which could possibly bring the Trust into disrepute.

## Tree planting... Sheila, Chaplaincy Volunteer

I work as a volunteer every week on my local RSPB Reserve. In the warm sun this week we were planting new trees to replace the ones lost through Ash Dieback disease. The brown stumps you see in the photo are the protective cuffs for the saplings - a mixture of hawthorn, oak, wild rose and others. The cuffs are of course biodegradable.

