



Virtual Volunteering Times

A GREAT PLACE TO VOLUNTEER

Volume 3 Issue 7

8 April 2022

Volunteer Long Service Award Celebration

After a two year break we are keeping our fingers crossed to be able to host our Annual Long Service Awards Lunch in June this year. It will be a fantastic opportunity not only to celebrate everyone that is due for a Long Service Award between 2020 -2022 but also an opportunity for us to get together and say thank you in person to our amazing volunteers. As usual we will open the invitation out not only to those due a long service award but to other volunteers too.

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Whilst we usually host this on site in the Hexagon we are looking at the possibility of an alternative external venue, within the Cambridge area. With this in mind we are gauging interest as to who would like to attend (to get an idea of numbers) and if you would be happy to travel in the event of an off-site venue.

We are hoping to hold the event in the third week of June (week beginning 13th June). Due to the Queen's Platinum Jubilee celebrations at the beginning of June you will appreciate that there is a higher than normal demand for venues so we need to make a reservation asap. Thank you therefore for responding asap and, please, with this in mind could you email volunteer@addenbrookes.nhs.uk to **no later than Thursday 14th April** to let us know your response to the following questions.

- Would you like to attend the Volunteer Long Service Awards Lunch?
- Would you be happy to travel to an external venue (within the Cambridge area) for this event

If you believe you were due a 5, 10, 15, 20+ award in 2022, and haven't heard from us regarding your award, please get in touch with us as soon as possible.

Asymptomatic Testing

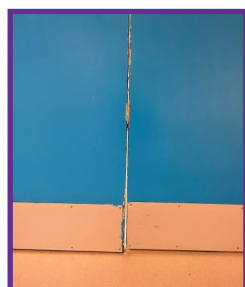
We strongly encourage all returned volunteers to undertake fortnightly asymptomatic PCR tests (available on campus).

Easter

The main Voluntary Services office will close for the Easter break from Good Friday and will reopen on Tuesday 19 April.



Where in the Trust? Riddles

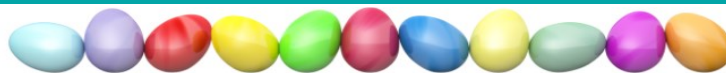


I have four legs but no tail. Usually I am heard only at night. What am I?

Answer's to last week's puzzles:

Riddle: Beet/Beat

Where in the Trust? Addenbrooke's Museum corridor



CUH Arts: Dance for Health Updates

This week, CUH Arts attended the Senses and Health/Care Environments Conference, spotlighting the work of our Dance for Health programme. Our session included practical music and movement activity, held by Dance for Health's lead artist Filipa Pereira-Stubbs, to enable delegates to experience the programme from a patient's perspective. The conference was funded by the Wellcome Trust and held by Sensing Spaces of Healthcare.

We also released the second of the Dance for Health films, this time focusing on using gentle movement to help shift anxiety. Anxiety and worry are common experiences in everyday life, but particularly so when experiencing health difficulties or anticipating a stay in hospital. Whether from home or from the hospital bed, we hope this film can bring some ease to our community when it is most needed.



Image Credit: Toby Peters

Watch the whole thing here: https://youtu.be/ENYny-_UV44

Covid-19 vaccinations

Vaccination as a condition of deployment

You may be aware that, following consultation, the Government has revoked legislation to make Covid vaccination a condition of deployment for health and social care staff. We still believe vaccination is the right thing to do for our staff to protect themselves, their families and our patients and we welcome this decision and support the rights of our staff to make individual decisions about their vaccination status.

Accessing Covid-19 vaccinations

The Covid vaccination centre at the Deakin Centre closed in January, but you can book Covid-19 vaccinations (1st, 2nd, 3rd and booster doses) via the **National Booking Service** and the Cambridgeshire and Peterborough CCG regularly update the list of drop-in clinic locations on their **vaccinators on tour website**.

As you may have seen, the Joint Committee on Vaccination and Immunisation (JCVI) has advised that an additional Covid-19 booster jab should be offered to people aged 75 years and over, residents in care homes for older adults, and people aged 12 years and over who are immunosuppressed from this Spring. If this is applicable to you, please do take up the invitation. This latest guidance does not include all healthcare workers. We will update you on any additional booster vaccinations for healthcare workers/volunteers as and when we receive further guidance.

Lateral flow tests

We know many volunteers are concerned about access to lateral flow tests now they are no longer free for the general population. We are awaiting further guidance on what this means for healthcare staff and volunteers and will update you as soon as possible.

In the meantime we would encourage you to try and access these via the **national online system** or via local collection points such as pharmacies and community venues.

We encourage all volunteers who have returned to taken up the free PCR asymptomatic testing programme. Please let us know if you are unsure of how to access this.

A trip to Belgrade.... Arthur, Ward



On the 21st March I travelled to Belgrade to support the British Athletics team at the World Indoor Athletics championship. An Air Serbia flight from Heathrow went without hitch and I joined a group of 17 like-minded supporters with one day to sightsee before the competition commenced. Belgrade is not the prettiest or the most interesting of capital cities and I guess not too many of you would have visited but we did enjoy a walking tour around the city. I have shown a couple of photos from our walk and probably the best view in town of the riverfront, from the Sava flowing to join the Danube on the edge of the city.



River Sava

The fabric of Belgrade is very much shaped by its chequered history, which in the late Middle Ages frequently changing from being part of the Ottoman empire to the House of Hapsburg. Then in World War II the city was heavily bombed by the Luftwaffe and finally by the Allies.

Following the fall of Communism and the break up of the former Yugoslavia, Belgrade was once again bombed this time by NATO at the time of the Kosovo war. Not surprising then that the city does show signs of wear in places.

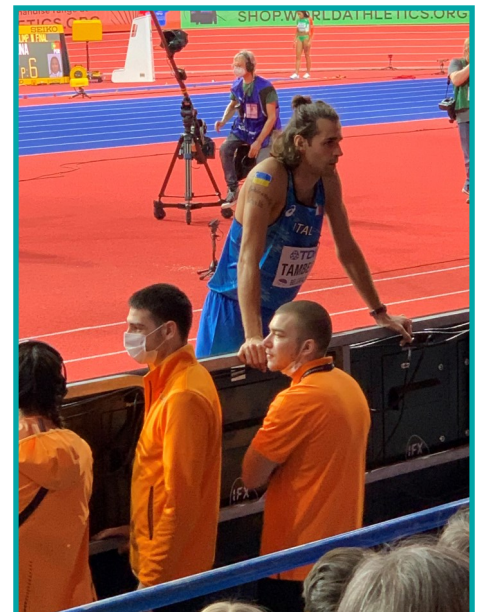
Now, following the 2000 presidential elections, belated new development has slowly begun to take place, especially along the waterfront and in years to come it will hopefully attract many more visitors to boost its economy. The people were very friendly towards us and enjoyable evenings were spent taking in local colour.

As for the sport it was a wonderful event, although not from a British perspective! The star performances for me were a world record for Mondo Duplantis of Sweden in the pole vault, 6.20m which was the very last activity in the stadium on the final night; Yulima Rojas from Venezuela again breaking the world record in the women's triple jump with 15.74m, the home crowds favourite Ivana Vuleta with a winning 7.06m in the women's long jump and a special mention to the ladies high jump winner Yareoslava Mahuchikh from the Ukraine who travelled by car from her home in Ukraine to compete! This to great applause from the majority of the audience. I must also mention the Italian High jumper Gianmarco Tamperi, see photo, a great character who entertained the crowd and wore on his shoulder a representation of the Ukraine flag and the names of two competitors who were trapped in that country – well done to him.

After a few drinks to celebrate a great trip, we headed home the following day with Wizz Air to Luton and time to look forward to the World outdoor championships in Oregon in July!



City walk



Gianmarco Tamperi



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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

It's the end of an era for the PAT team as Patience has relocated to Wales with her family.

Huge thanks to Sandra and Patience for their dedication to CUH, you are both missed.



Patience on a beach near her new home



Life is amazing and then its awful....

With so much going on in our lives, pressures on time, finance and general concerns, it is easy to feel overwhelmed. Please do ask for help, it is free, confidential and could make all the difference.

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

Huge congratulations to our Pre-procedure Marshalls

We were absolutely delighted to receive another You Made A Difference Award in March. Our wonderful at the Pre-procedure volunteer marshalls at the Gog Magogs received their nomination providing the daily service of manning the stations, help ease the anxiety of patients and helping the system flow regardless of the weather.



Temporary opportunity for returned volunteers

We have been approached by the Outpatient Urology department who are in need of some volunteers who would be happy to help putting together their "patient packs". This involves putting leaflets in an envelope with some A4 information sheets. The information sheets may need photocopying first. The location will be in a small seminar room with a photocopier nearby.

Days and times for this are flexible so you should be able to do when ever suits you (Monday – Friday only).

If you would be interested in helping with this task please send us an email with your availability to volunteer@addenbrookes.nhs.uk .

