



# Virtual Volunteering Times

**A GREAT  
PLACE TO  
VOLUNTEER**

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## Volunteer Week 2022

Another year has passed and once again we will be celebrating Volunteer Week. It is so incredible that for the first time in two years we will have our merry band of volunteers on the CUH site - this brings us such joy after a rather tough few years.



We have three competitions for you this year and once again we have managed to secure some fabulous prizes.

If you know your King George IV from your King Henry VIII then our 'Right Royal Quiz' should be right up your street. The winner will receive tickets for the Cambridge University Botanical Garden, one of the most beautiful places to explore or just sit and relax that Cambridge has to offer.



For those who are creative with words, this year we have a poetry competition. Whether you fancy yourself as an W H Auden or maybe a Carol Ann Duffy, or maybe like most of us you've not written a poem since school, this is your chance to put pen to paper. The theme for the poem is 'Volunteering' and should be no more than 15 lines long. The prize for the winner is tickets for the Cambridge University Botanical Garden.

Our Plant Planet Quiz tests your knowledge of plants big, small and everything in-between. Those of you who have are daisy devotee or fanatical about foliage, this is your chance to get to the top of the tree with your horticulture knowledge. The prize is an exclusive tailor-made guided tour at Kingfishers Bridge Nature Reserve located just outside Wicken, Cambridgeshire.



The closing date for competition entries is Sunday 12 June 2022 and we look forward to receiving your entries via email to [volunteer@addenbrookes.nhs.uk](mailto:volunteer@addenbrookes.nhs.uk). Good luck!



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### Jubilee Weekend

The Voluntary Services team will be closed from Thursday 2 June until Monday 6 June.



### Save the Date!

We'll be celebrating our volunteers' long service at a special lunch on Tuesday 27 September. We will let you know all the details a little nearer the time!



## You are amazing!

*"To all the volunteers who come into Addenbrooke's on all the wards, not just P&Q. We think you are awesome and fantastic, you help us so much, particularly over mealtimes where we struggle to help all our patients, encourage them to eat and drink and generally and have a chit chat about their day and their stay here. Thank you for all you do, we really appreciate it and keep up the good work! "*

*"Volunteering is at the very core of being a human. No one has made it through life without someone else's help"*

Heather French Henry

*"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest complement, or the smallest act of caring, all of which have the potential to turn a life around."*

Leo Buscalia

*"Volunteers are invaluable to us, they go above and beyond for our patients by chatting, smiling and helping around the ward"*

Laura, Ward Manager, C5

***Thank you to all of the returning Volunteers to Main and ATC Reception. Our team really appreciate your help and support with directing patients and visitors across the Trust. It really is great to have you back.***

***Love from all of the Contact Centre Team!***

"Just was to say Thank You for each and every one of you for making such a difference to our staff and patients across the hospitals in your role as volunteers. It is so lovely to see so many of you back on site following the last couple of years with the Covid pandemic. I wanted so say a massive Thank You for all that you are doing, you really make a difference to our staff and patients and we are truly grateful for the time that you give to us."

Lorraine, Chief Nurse

"Volunteerism is the voice of the people put into action. These actions shape and mould the present into a future which we can all be proud."

Helen Dyer

"Its so lovely to have volunteers back in the hospital. We have missed all your smiling faces, the patients and the staff. You are such a help and credit to us all. Happy Volunteers Week!"

Michelle, Outpatients

"Volunteering is an act of heroism on a grand scale. And it matters profoundly. It does more than help people beat the odds; it changes the odd"

Bill Clinton

***"Volunteers are a key part of the CUH family"***

***David, Director of Workforce***

## CUH Arts: New Sir Roy Calne artwork donations

We are absolutely delighted to have received and installed two new donations of artwork by Sir Roy Calne. Sir Roy Calne is best known as a pioneering surgeon who performed a series of world's firsts in the field, but was also a passionate and talented artist.

Thank you to Shalini Ganendra for this generous gift, which she couriered all the way from Sri Lanka to London, where CUH Arts received the work! They have travelled many miles to now sit in pride of place at the entrance of the Sir Roy Calne Transplant Unit.



## Royal sightings..... and a near miss!

We were having a chat in the Voluntary Services office recently and the subject of royal sightings and interactions came up.. Here's what we found out.....

**Isabella camped out on the Embankment for Kate and Williams wedding. She has also been Royal watching at Sandringham on Christmas Day.**

Olivia saw the Duchess of Cambridge open the East Anglian Children's Hospice in Ipswich



Ceri sang for the Queen at the Royal Albert Hall. The Queen has a Christmas concert there at which her choir used to sing at it. Ceri was even part of a small group that sang once in Royal David City one year.

Jane got free tickets for a performance of Swan Lake at the Royal Opera House and while waiting to take her seat saw that the kerfuffle in the foyer was due Princess Diana arriving.

While working at a hospital in London, Jane was within 2 feet of Princess Diana who said "Oooh hello" to Jane and her colleagues.

Jack used to work at Anglesey Abbey. Prince Philip visited the National Trust property but unfortunately Jack was working at another property, Wicken Fen, at the time.

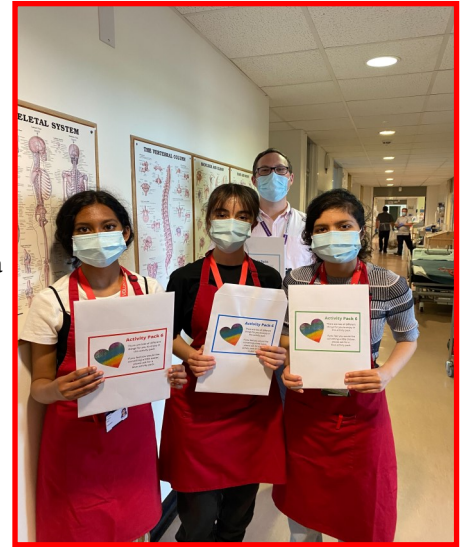
Although more national treasure than royalty, Jack did drive David Attenborough and a film crew around Wicken Fen in a boat for a week!

## Young volunteers back on the wards....

It has been a very long time coming but last week we were absolutely delighted to welcome members of the January cohort of the Young Person's Programme (YPP) on site. Despite it being exam time, these amazing young people took time out of their studies to spend time on the wards with our patients.

Supported by their mentors, the YPP volunteers spent their time chatting to patients, working with the housekeeper and other staff members to distribute the evening meal, as well as serve drinks. Based on care of the elderly wards and trauma and orthopaedic wards, they used the knowledge gained in the Healthcare Information Sessions, in particular the session on dementia. A wide range of interesting conversations were had, activity packs distributed, quizzes completed, bringing a smile to many patients' faces.

This week they have been on the wards without their mentors and have been getting on wonderfully. Thank you to all our YPP volunteers, you really have made a difference to our inpatients.

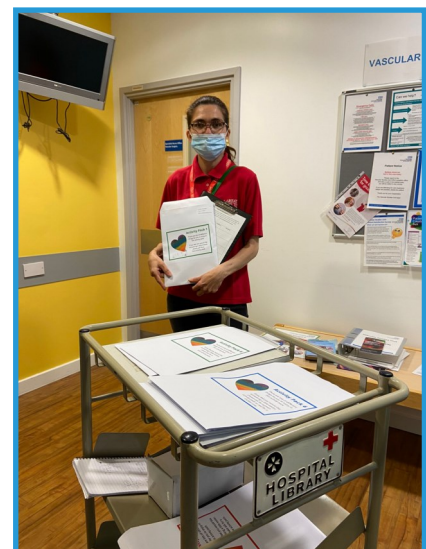


## First volunteer in brand new role

**Activity pack distribution volunteer** Those activity packs don't get to where they need to be themselves so we're looking for volunteers to help distribute them around the wards and clinics. Engaging with patients to ensure they understand the variety of packs available, the volunteers will help improve the patients' experience with a friendly smile and chat.

Maria was a survey volunteer but on returning to volunteering decided she'd like to take on this new role. Spending time on 4 wards, Maria really enjoyed chatting to patients, doing puzzles and brightening our patients' day.

If you are interested in either of these roles, please email [volunteer@addenbrookes.nhs.uk](mailto:volunteer@addenbrookes.nhs.uk)





## A GREAT PLACE TO VOLUNTEER

Voluntary Services  
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[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

It's not just us humans who like to celebrate.

Here's PAT Dog Lola ready to go to a Platinum Jubilee Party with her friends, perhaps there will be some corgis there too!

PAT Dog Hugo has also got into the patriotic spirit with this Union Flag bandana.



## Always there for you.....

Although many of us will be celebrating over the long bank holiday weekend, for some it will be a time of heightened loneliness and struggles with anxiety and other mental health issues.

Please always remember there is help available for free from the Samaritans **116 123**, whatever you're going through.



### Help is a call away

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

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



## Where in the Trust? Friday Fact



Trooping the Colour is also known as the Queen's Birthday March

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

Where in the Trust? Paediatric Recovery, Level 3

