



A month of firsts for our young volunteers

At the start of the month we were delighted to welcome 27 fresh-faced young volunteers to our ranks and this marked a number of firsts for us.

Previously we have had two cohorts of the Young Persons Programme, in January and September, but our very first summer programme provided an excellent opportunity to volunteer for those who live or study further away from the hospital.



Armed with iPads and activity packs the volunteers spent their time on the wards chatting to patients, handing out quizzes and word searches as well as helping with any tricky answers. Once lunch had been served these fabulous young people would often be going home to study hard for their UCAT (University Clinical Aptitude Test), not much in the way of a summer break!

As before, the YPP have had a series of healthcare information sessions, including dementia, radiology, occupational therapy and speaking to a consultant.

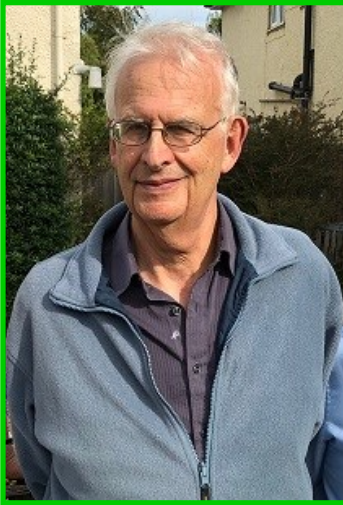
Many thanks for all our volunteers who stepped in to help mentor them, they



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A life of crime (writing)... John, Volunteer Guide



were an absolute credit to you.

“The only people who become journalists are either mad or not tall enough to make the Foreign Legion,” a fellow reporter told me.

It was my first day at the London office of Scotland’s “Sunday Post,” following an initial career in insurance. My new colleague’s name was Max and he was, of course, a wind-up merchant ... though, looking back, I am not so sure he was wide of the mark!

I have met quite a few “characters” since that summer day in 1967, and the mercurial Max was certainly one of them. He did, however, give me some valuable advice over a pint a little later. “You need a completely new attitude of mind,” he told me. “You’re a timid clerk no more!” I had been in insurance for eight years, and, from then on, tried to stay positive.

And, perhaps because I am a bit mad ... and 6ft 1in, tall ... I loved my second profession for most of the time. I loved every aspect of the business, from seeking out and writing stories to conjuring up headlines and putting pages to press. Most of my time as a journalist was in Cambridge.

Another reason for loving it was the “characters” I came across, both in and out of the work place. Outside the office, I have met the rich, famous, notorious and down at heel. Inside it, some of my colleagues could be described as mad, bad, sad and, in a few cases, dynamic.

I took early retirement nearly 19 years ago because I wanted to write at least one novel. I have, in fact, written four novels and two collections of short stories since then. My latest novel, due to come out around now, is a whodunnit with a provincial newspaper office as a backdrop. And some of the characters ...



All aboard! - employee opportunity

If you’ve secretly harboured a desire to work as a bus driver the perfect opportunity has now become available. Driving one of the new electric courtesy buses, you will spend your time driving around the campus alerting patients and visitors of your arrival, helping them onto the bus as necessary and dropping them off at their chosen bus stop.

If this sounds like the job for you, then get in touch and we’ll send your details onto the relevant team.

Volunteer@addenbrookes.nhs.uk

John has recently been accepted to



Accessing support for our armed forces just got easier...

In those frightening times at the start of the pandemic, many aspects of CUH changed dramatically, including the onsite support of our partner organisations who based themselves in ONE Place. As restrictions have been lifted, we have been delighted to welcome back Lesley, SSAFA volunteer onto site.

If you've never heard of SSAFA (Soldiers, Sailors, Airmen and Families Association) and the amazing work they do, find out more below.

"Here to provide lifelong support for veterans and their families. We can offer practical and emotional support when you need it. Through our dedicated staff and volunteers SSAFA works in partnership with other military charities and specialist organisations to ensure that those who turn to us for help get the support they need.

Contact us on 0800 917 0970 alternatively speak to our volunteer Lesley at Addenbrooke's Hospital. Lesley can be found at the information and advice centre (ONE Place) next to the main entrance every Tuesday 10:00-15:00

Lesley is pictured receiving her SIR JAMES GILDEA AWARD. In recognition for her exceptional contribution and commitment to SSAFA, the Armed Forces Charity.

Sir James Gildea was the founder of what was then the Soldiers, Sailors and Families Association (SSFA) some 137 years ago. It was only fitting then that modern-day SSAFA should introduce an award in his name to help to celebrate and recognise volunteers and employees who have demonstrated an exceptional contribution and commitment to SSAFA's activities and values.

The award has been presented to Lesley Fuller in our Cambridgeshire, City and South Division who, last year had achieved 30 years of supporting SSAFA. Lesley was nominated for her constant support to the Division by fundraising and awareness activities, particularly in Addenbrooke's Hospital. Combining fundraising and awareness in her presentation layout has brought SSAFA to the notice of many, resulting in widening of SSAFA assistance to clients.

The SSAFA Cambridgeshire & Bedfordshire Branch comprises 4 Divisions; Peterborough & Fenland, Cambridgeshire, City & South, Huntingdonshire & East, and Bedfordshire. The Branch is staffed by volunteers, including Visitors, Caseworkers, and Fund-raisers as well as various other roles. If you are interested in volunteering with our Branch, please visit:

<https://www.ssafa.org.uk/cambridgeshire-bedfordshire> and click on the VOLUNTEER tab to find out more and enrol."



Lesley receiving her award



CUH Arts - Kintsugi People

“Scars show that you have lived. I don’t think they should be hidden away, you should be proud of them.”

~Colin (participant)

We are delighted to have opened a new exhibition, *Kintsugi People*, in our Addenbrooke’s Gallery, on show between 22nd July - 9th October 2022.

Kintsugi is the Japanese art of mending broken pottery with a lacquer dusted with precious metals, such as gold or silver. Rather than hiding the joins, Kintsugi highlights them and makes the pottery more valuable by virtue of the fact it has been broken.

The *Kintsugi People* project was devised by Dr Carol Holliday, psychotherapist and lecturer at the University of Cambridge. Through her 30 years of clinical practice, she found people often used metaphors of brokenness, fragmentation, splits or cracks to express distress or describe traumatic events. Finding a poetic relationship between this language and the art of repair, Carol was inspired to create the *Kintsugi People* project as a positive representation of how we can heal and learn to embrace our own histories, both inside and out.



The people photographed in the exhibition volunteered to take part in the *Kintsugi People* project through an open call. Each volunteer worked with Carol and photographer Ryan Davies to create the pose which best represents them. Carol then hand-painted the gold leaf over the photographic print to create these beautiful portraits.

CUH Arts is delighted to work with Carol to bring this exhibition to our hospitals. We do recognise, however, that everybody responds to illness and accident in their own way, and that not all scars are visible. If you are worried or in distress, there are people there to support you. Speak to your clinicians or GP, or call the First Response Service on 111 and select option 2. CUH Staff can always access Health Assured, 24 hours a day, or speak to a member of the Occupational Health team.

Artwork copyright Carol Holliday, photography by Ryan Davies.

A few quick updates....

**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
www.volunteering.cuh.org.uk

CUH Volunteers

We're on the web!
www.volunteering.cuh.org.uk

Happy 2nd Anniversary!

It is now two years since CUH set-up the offsite phlebotomy service at the Newmarket Park and Ride. Our amazing volunteers have been there come rain, shine, wind and snow from October 2020 and have been nominated for You Made a Difference Awards and now the whole off-site phlebotomy service including our volunteers have been nominated for one of the new CUH Awards.



Many thanks and congratulations to you all!

If you'd like to join this amazing volunteer team, just get in touch with us at volunteer@addenbrookes.nhs.uk

We'd love to hear from you.....

We'd love to hear more of your news, adventures or projects so why not put pen to paper or fingers to keyboard?

You might be more of a photo journo so send us some fabulous shots for us. Just email volunteer@addenbrookes.nhs.uk



Training opportunities

RITA (Reminiscence Interactive Therapy Activities): An really useful interactive tool which allows patients with dementia to use apps, games, view archive BBC footage and old photographs to provide entertainment and spark conversations. The online training session is 1/2 hours long and being held between 13.00-15.00 on **Wednesday 31st August** and can be accessed from home. News on more generalised dementia training will be coming soon. Email volunteer@addenbrookes.nhs.uk and we will forward your details on.

SAGE & THYME: Online interactive workshop ;teaches clinical and non-clinical staff at all levels, students and volunteers, evidence-based communication skills required to provide support to someone with emotional concerns.

Tuesday 20 September between 09.00-11.30 - book by logging into DOT and searching SAGE & Thyme. If you any problems, logging in, please let us know.

CBC wellness webinar - the menopause

The next Cambridge Biomedical Campus (CBC) wellness campaign webinar will be all about the menopause. In this webinar, which will take place on 14 September, 12:30-13:30, Emma Tytherleigh will explain how women's hormones change in this phase of life and discuss the myriad of symptoms women can experience.

Sign up on the CBC Eventbrite page [CBC Wellness Campaign: More about the Menopause... Tickets, Wed 14 Sep 2022 at 12:30 | Eventbrite](#) .