



Some familiar faces to help spread the word...

During the pandemic our volunteer numbers naturally dipped but we are now back recruiting with a vengeance. So on a walk around the campus we were absolutely delighted to see our brand new recruitment banners in place. One of the banners is opposite Car Park 6 outside the Clifford Allbutt building and the other one on the railings outside J and N wards. Many thanks to Sigrid, Tengyu, Yongqing, Jayden and John for their fabulous modelling!



But nothing beats word of mouth—so

please do let's friends/family/colleagues know we are back to recruiting.

We hope to be at Mill Road Winter Fair again this year so if you're free on Saturday 3 December and would like to spread the word about CUH volunteering, we would really welcome your support, just email us at cuh.volunteer@nhs.net.



New email address

At the beginning of November, CUH is moving across to a new email system: nhs.net which is more secure. The volunteer@addenbrookes.nhs.uk will be going offline so please use cuh.volunteer@nhs.net from now on.



Inside this issues:

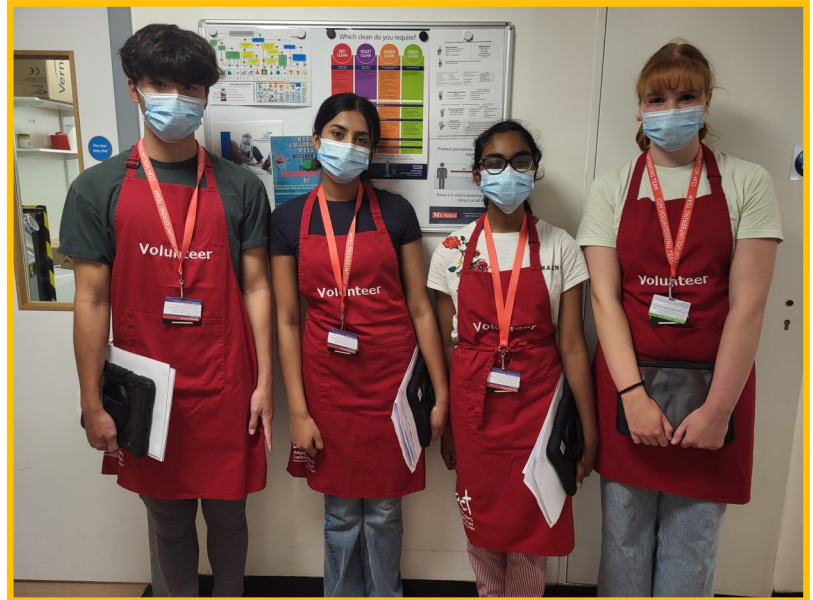
Young volunteers	2	Excitement in Southwold	3	CUH Arts	4	Early evening walk	4
Help at Hand	2	Facilities update			4		

Say hello to our new YPP volunteers!

At the start of the month we were thrilled to welcome keen new volunteers onto the October Young Person's Programme. This happy cohort will be with us right through until December, and after just a few weeks they have already got off to a brilliant start!

Activity packs in hands and friendly smiles on faces, these energetic volunteers have been heading straight from sixth form to the wards where they spend an evening per week chatting with patients, passing out puzzles, and helping to serve dinner. They have also been attending weekly Healthcare Information Sessions on topics including dementia, physiotherapy, patient experience, and occupational therapy.

As usual, the YPPs were supported by mentors who helped them learn the ropes of volunteering and gain confidence speaking to patients. Hats off to the superstar volunteers who stepped in to help us out – your mentees are doing you proud now they're tackling the wards independently!



It's been a joy to hear about all the wonderful (and, occasionally, random...) conversations our young volunteers have had with patients, and the walls of the Voluntary Services office are looking considerably cheerier thanks to the colouring sheets they've brought back as souvenirs from their shifts.

We have also been excited to launch the brand-new role of Volunteer Supervisor for this round of the programme. We have a handful of experienced volunteers who enjoyed their time on the YPP so much that they have chosen to revisit it and help out by providing hands-on support for the new cohort during their shifts. This brilliant lot will be with us for the duration of the programme – so huge thanks to them for giving up their time to share their volunteering expertise! Feedback on this new role has been really positive so far and we can't wait to see it develop in the future.

Next month we will hold our customary Healthcare Careers Event when our young volunteers will get to hear from a range of inspiring speakers about their roles at CUH and ask them questions about pursuing careers in healthcare and beyond. If their first-class volunteering is anything to judge by, then this YPP cohort all have very bright futures ahead of them!



A 'string' of sausage dogs.... Joe, Guide and PAT volunteer

What a superb day we had on Sunday the 9/10/22. Janet and I plus our little star Alfie went to Southwold for the annual sausage dog walk. This year was aimed as far as possible to beat the amount of single breed dogs on a walk. The world record stood at 1700 sausage dogs, which I understand was held in the USA.

The set up was just above the beach with loads of tents selling everything you would need for your pet. Plus lots to eat and drink. The atmosphere was brilliant, the whole area revolved around the DJ who was in a very large trailer. He was keeping the party atmosphere buzzing.

What we all liked was that everybody was taking notice of all the dogs, asking questions, giving advice to those who wanted it, or perhaps didn't. It was just lovely to see the dogs enjoying themselves. I know they were because they kept barking!!! I'm sure that's a sign of happiness, or I could be wrong.

Imagine this, 1 or 2 dogs barking is quite noisy, the sausage dog has quite a sharp getting into your bones via yours ears, bark. Now multiply this by 50 or more. The mind boggles. They seem to be in packs of 50 plus because when one barked they all did. I'm sure that some of them must have been barking when they were born because they never stopped.

Although it was mainly for sausage dogs, all other breeds were welcome, but not counted for the record. There was a large inflated sausage dog that all the dogs had to walk under, this way they could be electronically counted.

They then went onto the beach and walked towards the pier at quite a fast pace. We just ambled along talking to other owners until we came to a cafe, the majority carried on. We later found out they went to the pier where they sold Fish and Chips, we had to make do with a sausage sandwich. Next year we will be first there. The queue must have been massive.



CUH Arts - Addenbrooke's Art Sale

Addenbrooke's Art Sale: 14 October – 4 December 2022

We're delighted to have installed our most recent exhibition, The Addenbrooke's Art Sale; an opportunity to enjoy artworks from a broad range of local artists and even purchase something unique for yourself or friends and family.

CUH Arts sent out a call for artwork submissions to local artists, societies and galleries. We had a fantastic response and have chosen a range of prints, paintings and drawings, showcasing the breadth of local talent. We hope you enjoy it!

All works are for sale and 25% of each artwork sold will go to supporting our CUH Arts Programme. CUH Arts is our hospitals' arts programme, dedicated to shaping care through creativity. If you're in the hospital, please do have a peak, it's on the corridor between the Concourse and the Rosie Hospital. And keep an eye on Face Book, where we're hosting an online gallery for those at home.



To enquire about purchasing an artwork please email us at cuh.arts@nhs.net

Follow us or share your experiences of Arts in Hospital @[CUHartsNHS](https://www.instagram.com/CUHartsNHS)

CUH Arts is generously supported by Addenbrooke's Charitable Trust. To find out more about our work, please visit www.cuh.nhs.uk/arts



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: cuh.volunteer@nhs.net
www.volunteering.cuh.org.uk

CUH Volunteers

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

Halloween Walk Early Evening Walk

Join John Nicholson from Heart and Soul Chaplain at CPFT and David Lynch, Mindful Coach on a 45 minute early evening Halloween walk in nature to reflect on your life and to cherish with gratitude the world about you. Starts at the Rosie Hospital Main Entrance at 17.00.



You don't need to register for this event but if you register you will get reminders and also be informed if it needs to be rescheduled. Sign up on the CBC Eventbrite page <https://www.eventbrite.co.uk/e/cbc-wellness-campaign-early-evening-halloween-nature-walk-tickets-414183994477?utm-campaign=social%2Cemail&utm-content=attendeeshare&utm-medium=discovery&utm-source=strongmail&utm-term=listing>

Help is available...

With the nights drawing in many people struggle with the shortened days, may go out less and feel more isolated. If you need to talk:



Help is a call away

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

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

Don't forget....!

Clocks go back by an hour on Saturday night.



All Gender Toilets

Some existing public use, single cubicle toilets across CUH have been modified to create toilets available for all genders. They include a toilet, wash hand basin, and sanitary bin. Female, male, and accessible toilets are also still available.

All gender toilets offer choice – for example parents with children, people with carers – and they are inclusive, providing the opportunity for people to make choices about which toilet they may need or prefer to use based on their individual requirements. Facilities for men or women only have also been retained, as we know, from talking to different staff and patient groups, it is important to be able to offer a choice.

The all gender facilities can be found in: C&D block, A block, The Rosie Hospital, the management bridge. Many of these facilities were mixed use prior to modification. Locations in the Addenbrooke's Treatment Centre (ATC) have been identified for future modification.

Users can contribute any feedback to this pilot project via email: cuh.cefmprojects@nhs.net. All feedback will be treated as confidential.