

### Volunteer Awards Lunch

On Tuesday 27 September we were delighted to be able to hold our Volunteer Long Service Lunch. This year, it was a somewhat paired-down event with only those who had reached a long-service milestone since our last event attending. Don't worry as next year we're planning on inviting all volunteers.



After a welcome speech by Maggie, a 'Thank You' film was shown, followed by speeches from Chief Executive Roland Sinker and Chair Mike More. Volunteer long service awards were presented - the highest award being for Chaplaincy volunteer Rosemary for 35 years volunteering at CUH. Volunteers who had been nominated for a You Made a Difference Award also received certificates which were presented by David Wherrett, Director of Workforce.

After a delicious lunch it was time for the answers to the harvest and folklore quiz. Chaplaincy volunteer, Diane, was pipped to the post by Frank, Phlebotomy Marshall, both of whom received hampers. Ward volunteers Bernadette and Robert also received hampers for having the gold and silver tickets under their chairs, everyone else had some wild flower seeds.



Huge thanks to Activity Pack Coordinator, Karen, who once again created stunning flower arrangements for us.

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## Big welcome to Alex, Youth Volunteering Coordinator

We are absolutely delighted to welcome Alex to the office team to head up the opportunities we offer to our young volunteers, as well as working with all of your, our daytime volunteers of course.

“Lovely to (well, sort of...) meet you all! I’m Alex, and I’ve just joined the Voluntary Services team as the Youth Volunteering Coordinator. This is my first time working for the NHS, and I’m really looking forward to getting stuck in and working alongside the amazing team of volunteers here at CUH.



I recently graduated from studying English literature at university, and back in my sixth form days I volunteered as a youth health ambassador with my local health services, working to improve access to healthcare for young people in north eastern England – so youth volunteering sits very close to my heart and I feel so lucky that I get to come back and experience it from the other side! This is the first office which has greeted me with a wall of dog photos on entry (honestly, what more could you want?), and after less than a week in the role I already feel wonderfully at home within the lovely team here and I’m really looking forward to meeting all the rest of you soon.

I’ve arrived in perfect time to greet the new cohort of volunteers who are joining us next week, and I’m so excited about getting to know everyone properly. While in this role I’m keen to support the team in any way I can to keep our volunteering programmes in tip-top shape, and I’ll be on hand to help make sure you always have everything you need – most importantly, a friendly smile!

My door is always (metaphorically) open, so please do pop along and say hi if there’s anything you need!”



## And farewell to Joe

Hello all of you lovely people, and, sadly; goodbye!



As some of you are likely aware I am moving away from the verdant green meadow of Voluntary Services and onto pastures new and uncertain... I’ve had a truly lovely time here working with the incredible team in the office, chatting to you, and helping out where I can. I don’t think that there are many office roles where there are such a variety of things to do alongside the standard emails and phone calls: quizzes, lunches, celebrations, and a large amount of beetling the site about at various speeds trying to sort whatever needs sorting...

I started here on a temporary basis so it wasn’t going to last forever (L) but I am beyond confident that the amazing Alex will continue the great work that she’s been doing on the Young Persons’ Programme and in whatever else. I will always look back with real fondness on the work I’ve done here and the truly exceptional people I’ve met who make up our volunteering team, and I will greatly miss chatting to you all when you pop in to the office.

Right now, my plan is to have some time not working (alright for some, eh?) and use my newly-acquired driving license to get a van and build it into a house in it for me to live in!! However, I’ll still be on the Trust’s ‘Staff Bank’ (internal temp agency) which I’ve been on for the last few years, so if you don’t see me on the roads I’m sure you’ll see me back on site in the not too distant...

## Looking for volunteers for PLACE Events

Each year our hospital carries out Patient Led Assessment of the Care Environment (PLACE) events with the aim to get a clear picture of how our environment is experienced by patients and visitors. Assessors provide feedback on what is important to all of use, like privacy and dignity and how the environment meets the needs of patients with dementia or physical abilities.



This year PLACE events will take place on Thursday 6 October and Monday 17 October and volunteer assessors are needed to help conduct these.

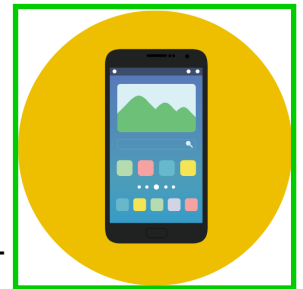
You don't need any specific knowledge of healthcare to take part in a PLACE assessment. Some recent personal experience of inpatient care is useful, although not essential. You may be a patient, relative, carer, friend, patient advocate, volunteer, trust member, trust governor or part of our community.

To volunteer please contact us at: [ourplace@addenbrookes.nhs.uk](mailto:ourplace@addenbrookes.nhs.uk) or phone 01223 256123.



## Wayfinding App update

Visiting hospital can be a very anxious time, and visiting a hospital so large and maze-like can only add to stress levels. As previously reported, a Wayfinding App is being developed to help navigate around the site but don't worry, our amazing volunteer guides are still very much needed.



The latest update on the app is that the photographs which form the backbone of the app have been taken. It took longer than expected because the hospital is bigger than the developer had estimated, so the photographer had to come twice to take all the photographs.

The developer is now creating a beta (test) version, which is expected towards the end of October this year. They'll send a file that can be downloaded to android phones, which means any volunteers who want to test-drive the app will be able to. In the meantime, the project team has been working with Estates and Comms on the implementation and a communications plan for the app. The app will be published on the CUH website and in app stores at the end of November. Comms will advertise it on the website and on social media and we're looking at having some leaflets and posters in the hospital.

We'll of course let you know when we know more information.





## 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: [cuhvolunteer@nhs.net](mailto:cuhvolunteer@nhs.net)  
[www.volunteering.cuh.org.uk](http://www.volunteering.cuh.org.uk)

**CUH Volunteers**

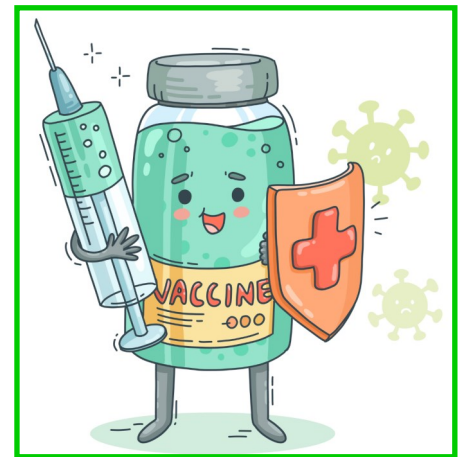
**We're on the web!**  
**[www.volunteering.cuh.org.uk](http://www.volunteering.cuh.org.uk)**

### Boost your immunity this winter

**Flu jabs** The flu vaccination programme begins on Monday 03 October, with drop-in clinics in the Deakin Centre running Monday to Friday each week from 07:00-17:30. **You do not need to book to receive your flu vaccine, but please bring your NHS number.**

You should attend for your flu vaccination as soon as possible. There does not need to be a gap between receiving flu and Covid-19 vaccinations.

Remember, flu can be life-threatening, so protect yourself, your family and your patients, and get your vaccination.



**Covid vaccinations** Covid vaccinations will be available to book from 10 October in the Deakin Centre here on site.

If you would like to have your covid jab with us please do let us know so we can begin to get those booked with Occupational Health.

If you have had your jab with your GP or out in the community could you also please let us know so we can pass this information onto occupational health and your MyChart information will be updated with your latest jabs.

### Mill Road Winter Fair

This year we are hoping to attend Mill Road Winter Fair and we need your help please! This fun event is being held on Saturday 3 December on Mill Road, Cambridge and we will be there to promote volunteering here at CUH.

If you'd like to come along to help out, just drop us an email to with your availability. As it's the beginning of December and we're likely to have an outside stall, it could well be wet, windy and cold.

**SAGE & THYME Training:** 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.

Monday 31 October 09:00-11:30

Thursday 24 November 09:00-11:30

### CBC wellness Campaign: Early Evening Halloween Nature 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>