



Volume 1 Issue 6 21 December

A GREAT PLACE TO VOLUNTEER

CUH Volunteers' Voice

Wishing you all a very Merry Christmas

We were delighted that after a 2 year hiatus we were finally able to welcome volunteers to attend our Christmas parties in person, rather than just over Zoom.

With a festive music playlist, Christmas crackers, Christmas cake and of course plenty of chocolate, we were all set for a great time. Polly from the CUH Arts team provided some creative entertainment with origami Christmas tree making followed by an opportunity to make a Christmas card using a lino stamps and a small printing press - the results were incredible.

A Christmas quiz followed, and at the second party there was the additional delight of Sue's delicious ginger cake and the Best Dressed PAT dog competition.

Many thanks to Polly for your help and support, Sue for the ginger cake, and all the volunteers for your feedback.



Christmas Closure

The Voluntary Services office will close from today until Tuesday 3 January 2023.

If you would like to volunteer over the festive period, please sign-in locally; support will be provided.

- Wards - please call the ward ahead to check the Covid/flu status. Support from Nurse in Charge.
- Guides - Support from outpatients reception & Contact Centre staff.

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Season's Greetings from CUH Arts

What a year it has been for CUH Arts!

The first annual CUH Arts Festival this summer marked a long-awaited gateway to be able to be more present in person at our hospitals and invite artists in once more to engage with our patients and community. We have relaunched our live music programme CUH Sounds, which brings musicians from Music in Hospitals and Care and Britten Sinfonia to our wards, clinics and public areas every fortnight.

In the New Year we will be welcoming Rachel McGivern, the first of three visual artists who will be working with patients and visitors in some of our clinical areas for the project CUH Creates. We have relaunched our [website](#) if you would like to find out more about our programme.

It was wonderful to be invited to meet some of our CUH volunteers community at your Christmas parties, thank you for having us!

We are looking forward to offering some unique opportunities for volunteers to be involved in some CUH Arts projects through 2023, so look out for future announcements.

Wishing you a warm and peaceful Christmas and Happy New Year!

Natalie, Rosie, Ellen, Polly and Cerys – CUH Arts team



The Snow...

by Diana, Ward Volunteer



We awoke this morning to lovely snow,
It gives me such an excited glow,

I long to go outside and play,
Unfortunately I can't find the sleigh,

We'll have to make an enjoyable plan
Perhaps we can make a happy snowman!

I must get the logs in for our wood burner
It keeps the whole house so much warmer.

I love to see the birds coming to feed,
They especially like the sunflower seed,

The Robin tuts when I come out
Just to remind me he is about.

Well I've just been outside to clear the path and road,
So I built a snowman and got him clothed!

Christmas is coming and family will be here,
So greetings to all and warm hearted cheer.

A farewell to Jackie, interim team administrator

This week we are saying a fond farewell and huge thank you to Jackie, who has been supporting the Voluntary Services team while we have been recruiting a new permanent member of staff, Lesley, who will be joining us at the beginning of January 2023. Below is a message from Jackie to you all:

“Dear Volunteers

Well who would think back in September when I started working in Voluntary Services, I would be writing this as we approach Christmas and all look forward to 2023.

One of my first tasks on joining was being involved in helping at the Volunteer Long Service awards, completing certificates showing years of service of up to 40 years, is truly remarkable and shows such loyalty and dedication and something I have been proud to be a part of.

Wednesday 21st December is my last day working in Voluntary Services, and will move onto a new bank position within the Trust, but on a positive note there will be a new permanent member of staff, Lesley who will be joining the team in the new year.

So thank you to all you ward volunteers, guide volunteers, activity pack coordinators/distributors, wheelchair volunteers, Phlebotomy Volunteers, Chaplaincy volunteers, PAT dog Volunteers, and whoever I have missed, it has been a pleasure meeting you all.

And a heads up to all the guide volunteers, my sense of direction is terrible to say the least, so if I need help finding my way around the hospital, I expect to be treated as a VIP so do come to my rescue.

A very Happy Christmas and New Year to you all.

Best wishes

Jackie”



Help is at hand...

The festive season is often joyful but can also be very challenging, upsetting and lonely, even if surrounded by people. Please reach out for support through Health Assured, The Samaritans, friends, family or your local community.



Help is a **call** away

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

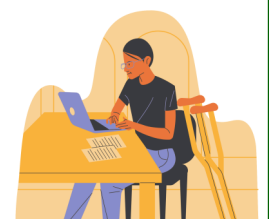
24/7 helpline: **0800 783 2808**



Share your news, photos and adventures...

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 contact us at our **new email address:**
cuh.volunteer@nhs.net



Congratulations to our YPP graduates

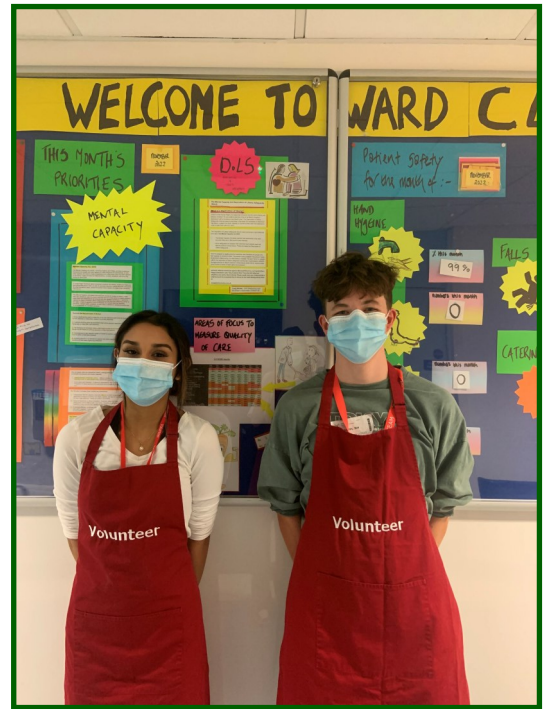


We can hardly believe how fast the time has flown since our cohort of 37 fresh-faced volunteers arrived for their first day on the Young Person's Programme back in early October.

Since then they have spent a total of over 650 hours on the wards chatting to patients, serving meals, and delivering activity packs – and I wouldn't like to guess how many teas and coffees they must have made between them!

They have also each participated in 10 hours of information sessions from a range of healthcare professionals, including a nurse, dietitian, dementia specialist, and physiotherapist, as well as learning about non-clinical topics such as patient experience, estates management, application skills, and more!

It's been a joy to watch these young volunteers blossom in confidence and capability as the weeks have gone on, and we're so proud of everything they have achieved in their short but jam-packed time with us. We were all sorry to see these brilliant volunteers go once their 10 weeks on the programme were up – which is why it's so wonderful that so many of them are choosing to stay on with us in the new year!



Some are joining the ranks of our regular daytime volunteers while others will be using their volunteering expertise to mentor new starters on the January YPP during their first ward shifts. Our brand new 'supervisor' role has also proved such a success that we will also be bringing this back for any mentors who want to carry on supporting the January cohort throughout the whole programme.

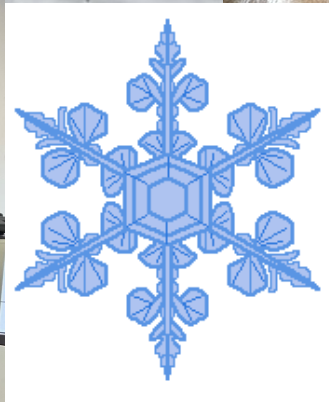
We really couldn't be more proud of our YPP graduates and wish them all the best for the bright futures they have ahead!

'I have walked away each week feeling a real sense of enjoyment and satisfaction from the thought that I have been able to help a patient and would definitely recommend the programme to anyone interested'

'Excellent opportunity to know more about the healthcare and a rewarding experience talking to a lot of people'

'Volunteering enables you to meet so many incredible people ... I find it so uplifting to hear what everyone has accomplished in their lives and also what they intend to do when they get back home'

Festive and frosty PAT dogs



A few quick updates....

**A GREAT
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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

Training opportunities

Dementia Training: Whether during your volunteer shift or as part of your day to day life, at some point you will come into contact with people with dementia. Delivered by Dementia Specialist Nurse, Jacqueline, this session you will learn tips on communication, types of dementia, support for dementia within the hospital as well as gain an insight into what it can be like living with a dementia. With the number of people developing dementia increasing year on year, this is a very valuable session to attend **Tuesday 24 January 2023 from 13.00-15.00**

Resuscitation Training Being able to provide basic life support is a skill which can literally save someone's life. If you would like to learn it, or brush up your skills you can now book onto a session being run by our Resuscitation Team: **Tuesday 3 March 2023 from 14:00-16:00.**

Places on this training are limited so please ensure you book on as soon as possible by emailing: cuh.volunteer@nhs.net.

We will be bring you news of more training opportunities as they are finalised so keep an eye on our newsletters.



Update on Wayfinding App

At the moment the wayfinding app is going through the last minute changes to the Beta version, of which there are very few, and then these will be incorporated into the Android App,. Once the Android Appt is finished with a last minute check, it will also transfer to the iPhone App, and it will be ready to be launched.

Comments from Volunteers are being accommodated as far as possible. Anything that has proved difficult this time can be looked at again when we get to the first review/revision.

We'd love your book donations

Christmas is a time when one often receives a book as a present, so if you've finished with the following genres of **paperbacks in good condition**, we would love to take them off your hands:

- History
- History of war
- Biographies - published less then 5 years ago
- Modern fiction - published less than 3 years ago - including fantasy fiction and romance

If donating a bag full of books please call/email ahead before bringing them in.

Many thanks!