

# CUH Volunteers'

# FRIDAY BULLETIN

13th January 2023

## Individual risk assessments

A lot can change in a year, our health and wellbeing can improve but sadly things can take a turn for the worse. With this in mind, CUH policy is that the online individual risk assessment which you will have completed before returning to volunteering, needs to be completed on an annual basis. It may be that your risk category has changed since you last completed the form and you may need to use a different type of mask for example.

Don't worry if you can't remember when you last completed the online form, we will contact you when the time comes to do it again. And if you're not computer confident, that's also not a problem as we are very happy to assist you in any way you can.

## Dementia workshop

With dementia estimated to be affecting nearly a million people in the UK, 52% of the population will know someone who has been diagnosed with a form of dementia. As the prevalence is predicted to rise to 1.1m by 2030 and 1.4m by 2040, having a good understanding of how dementia can affect an individual and how best to communicate with them, is becoming increasingly important. An important skill in your volunteer role.

We are delighted that our Dementia Specialist Nurse, Jacqueline, will be running a training session and encourage volunteers to attend, regardless of role. Please ensure you book onto the session by emailing [cuh.volunteer@nhs.net](mailto:cuh.volunteer@nhs.net)



Dementia Training      Tuesday 24th January 2023      13.00 -15.00

## Travel expenses

Please ensure you complete and submit your travel expenses by the 25th of each month and use the correct form (attached). Our Finance team are much stricter so payment may be delayed or not approved if an old form is used or more than one month submitted at the same time. Many thanks for your understanding.

## Upcoming Training Opportunities

There is still time to book on to training courses early next year, all of which could be useful in both your voluntary services experience as well as in your life outside CUH:

Resuscitation Training      Tuesday 7th March 2023      14.00 -16.00  
Carer Training      Tuesday 14 March      11.00 - 13.00

If you would like to attend these training courses, please get in contact with us via [cuh.volunteer@nhs.net](mailto:cuh.volunteer@nhs.net).

