

Volunteer Face to Face Induction Returns!

Valentine's Day was particularly exciting for the Voluntary Services team as for the first time in 3 years we were able to hold the Volunteer Induction.

With the support of Manny from Learning and Development (second from right) and fuelled by tea, coffee and biscuits, eleven (three not pictured) fabulous new recruits learnt about CUH, the role of volunteers, the Trust values as well as deconditioning and an introduction to dementia. The final part of the induction was training on how to safely use wheelchairs, taking it in turns to both push and be pushed in the three different types.



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

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CUH Volunteers feature on BBC Radio Cambridgeshire

On Thursday last week Maggie, ward volunteers Joshi and Bethany and guide Brian were all interviewed by reporter Kate Palmer from BBC Radio Cambridgeshire. Speaking about their experiences of volunteering, as well what they enjoy in their roles, Joshi, Bethany and Brian do a marvellous job informing listeners what a great place it is to volunteer, encouraging more people to join us.

The feature with additional live input by Maggie was broadcast on Monday 20 February in Dotty McLeod's breakfast show, between 7-10am. If you missed it, you can find it on the BBC Sounds App.



Join our merry band of mentors....

With volunteer recruitment on the up, we're in need of more volunteer mentors to show our new recruits how its done. Not sure what the role involves, don't worry, training will be given but in the meantime, read what ward volunteer Robert has to say:

"I was lucky to be mentored by the wonderful, and now sadly late, Rose. I learnt such a lot from her, including the importance of mentoring, and now basically use her system when acting as a mentor myself.

I find that I learn a great deal when I'm mentoring. I go to lots of different wards and as a result see how wards other than the one that I do my usual volunteering on operate. In some cases patients differ from ward to ward and it is very valuable to meet people that are perhaps different from those you normally meet. The same is true of the staff on the various wards. Mentoring makes you think about what you usually do, how you approach patients and so on, stopping you getting in a rut and carrying on in the same old way.

I also learn a great deal from the new starters that I try to help. They are looking at the experience with fresh eyes and notice things that have never occurred to you before. They ask questions that can suggest new approaches and certainly make you think about how you do things. "Why do you do/say that? What would happen if you did ...?" I hope it makes me a better volunteer. Finally, there is the great pleasure of meeting lovely new people who have a common interest with you in trying to help the patients."



If you're able to help out, please email us on cuh.volunteer@nhs.net or speak to one of the team next time you're in.

Exploring Colours from Nature

CUH Arts have been bringing together patients and staff from our region to explore how colours and themes from local nature can inspire colour schemes and environment at the future [Cambridge Cancer Research Hospital](#). The series of creative engagement workshops in collaboration with University of Cambridge Museums and artists [Mia Sylvia](#) and [Hannah Jane Walker](#) began with a foraging walk from CUH to the nearby Nine Wells nature reserve which can be accessed via a 20 minute stroll from the footpath at the corner of Dame Mary Archer Way.



Figure 1. Artist Mia Sylvia shows colour swatches to participants during the Nine Wells nature walk.



In a later workshop, leaves and other natural resources foraged at Nine Wells were used by participants at Mia Sylvia's studio to dye fabric to explore colours which may later be incorporated into the colour schemes used in the hospital design. The new colours were given names such as 'rooted', 'light touch' and 'restful sleep'.

Figure 2 and 3. Using natural materials to bundle-dye fabric revealing calming colours.

The workshops have been an insightful opportunity to bring staff and patients together to talk about their experiences of healthcare settings, and think together towards what the future hospital may look, feel and even smell like.



A mid-February visit to Chippenham Park ... Sue, Volunteer Guide

If you see them around, please give them a very warm welcome to the volunteering team.

With slightly warmer weather comes the arrival of snowdrops, hellebores, aconites and other early spring flowers back into our gardens so Robbie and I with a few friends visited Chippenham Park near Newmarket to wander in the grounds at the weekend. We also took full advantage of their café for coffee and a light lunch.

Admiral Russell received permission from William III to build a large red brick country house at the end of the 17th Century with surrounding land of 300 acres. During the 19th century the gardens were restored and extended and in more recent years now stretch to over 40 acres of formal and informal areas, borders, lakes and woodland. Fast forward to 2010 and Becca Nicolle and her husband Hugo, a garden designer, took over the running of the house, gardens and estate so the whole estate is well looked after.

From the various photos taken, we enjoyed vast swathes of snowdrops, aconites, hellebores and interspersed are various spring bulbs. The estate now owns a few pigs so if you do make a visit, we can highly recommend their own home produced hot-dog sausage in the Café and homemade soup of the



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

Governor elections

There is still time to put yourself forward to be a staff governor. Nominations open from **Monday 20 February - Monday 20 March at 17:00** and there is one staff governor, three year term, position available. The voting process will begin on Monday 17 April when ballot papers will be distributed to you by the independent electoral scrutineers. **If you would like to opt out of the balloting process, please email cuh.volunteer@nhs.net by Monday 20 March at 17.00.**



Magazines & books

If you have any **paperbacks in good condition, autobiographies and poetry in particular**, we would love to take them off your hands, Good quality magazines in good condition and less than 6 months' old are also needed please.

Drop-in Meditation Sessions

Come and enjoy the benefits of meditation. The drop-in sessions are held **every Monday (excluding bank holidays) lunchtimes from 12:15 to 12:45** in Rosie seminar room 2, and are guided by **Surya Layton**, phlebotomist.

Surya is an experienced meditator and guides you through a gentle body awareness before leading you through either a loving kindness meditation or a mindfulness of breathing meditation. Surya has an emphasis on dwelling more simply in the present, in a relaxed and embodied way. This helps us develop a growing understanding of how our minds operate.



Supporting our staff: Sing! A new singing choir group

Sing! Choirs provide a chance to sing in a choir regardless of experience. Kathryn Rowland, who has been running Sing! Choirs since 2011, will be running Sing! Choirs at the CBC, an exciting new group not only for those who work on the Cambridge Biomedical Campus (CBC), but it is open to everyone who lives in the local communities, too. There is no charge to attend - come along and join in! For more details go to: [Sing! Choirs - at the Cambridge Biomedical Campus Tickets, Wed 22 Feb 2023 at 17:15 | Eventbrite](#)

