

Warm Welcome to Lesley

Its fair to say that January can be a dreary month with any over-indulgence of Christmas to deal with, as well as the dark evenings and cold weather. In the Voluntary Services office it's been a great month as we have welcomed the wonderful Lesley as the new Team Administrator. Here she introduces herself:

“Hello- My name is Lesley Gawthrop

I have been lucky enough to join the wonderful Voluntary Services and meet so many great volunteers and the cute PAT dogs team. I hope to meet more volunteers soon.

I have prior to this been working from home for 2 years with the Mass Vaccination team booking a range of staff into the Pods around Cambridge, Peterborough and Norfolk, which was tough at times but a great feeling that I did my part during the pandemic.



I did work at Addenbrooke's for just short of 20 years within the Housekeeping/ Catering department in Quality Assurance before taking time out.

I have been married to Nick for 38 years – we have 2 children and 3 Grandchildren, 1 dog and 1 cat.

My hobbies include Fishing, watching Cricket, cross stich and doing quiz books. We have a caravan which is sited at some beautiful fishing lakes, and try and spend a much time there as possible with a nice glass of G+T and a fishing rod.

My favourite meal is crispy sausages, crispy roast potatoes and cauliflower cheese

I am glad to be back a Addenbrooke's as it's a great place to work and does so much to help people.”

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“I am still learning.” Michaelangelo (age 87)

As part of being a volunteer, we are delighted to be able to offer you additional training, all of which could be beneficial for you on shift or when going about your day to day life. There is still space on the Resuscitation Training on 7 March but below here's what's coming up:

SAGE & THYME

Sage & Thyme is a mnemonic which guides conversations with someone who is distressed or concerned. It provides structure to psychological support by encouraging the volunteer/health worker to hold back with advice and prompting the concerned person to consider their own solution. Cecilia, Ward Volunteer, has attended the course, here's what she has to say:

“I am a ward volunteer and patients often talk to me about their concerns. Before Sage & Thyme, I would chat with them then worry that I hadn't asked the right questions or had been over-eager to try and “help” them. Now, using Sage & Thyme, I feel confident that I am guiding them through a tried and tested method whereby the patient is empowered and I am not jumping in to try and “fix” their issues. “Sage” is all about noticing distress and listening to the patient, gathering their concerns and reflecting back what I have heard. And “Thyme” is all about responding. And very importantly, instead of feeling “Help, I'm opening a can of worms here, I feel lost,” I can trust the process of Sage and Thyme, bring the conversation to a conclusion and close the discussion. If you are working with patients, I thoroughly recommend this reliable, proven, and very simple method of communication between volunteer and patient.”



Held as a webinar on Teams, login to DOT and search using the word 'Thyme' and book your place

- Wednesday 15 February 09.00 - 11.30
- Wednesday 29 March 09.00 - 11.30

What to say when.....Grief and Loss Training

It can be difficult to know what to say when someone is close to the end of their life or has experienced a loss. The session will cover grief theory, self/support, different kinds of losses, attitudes and cultures and have plenty of opportunities for discussion.

- Thursday 30 March 2023 13.30 -15.30

Carer's Training

In 2022, Carers UK estimates there are 10.6 million unpaid carers in the UK, this means one in 5 adults are currently providing care. The session is being provided by our PALS and Complaints team, not only will you find out how CUH supports the unpaid carers of our patients and how volunteers could support with this, but also learn more about the work of PALS and Complaints.

- Tuesday 11 April 2023 11.00 - 13.00

Message from David Wherrett, Director of Workforce

“The board are delighted and very pleased indeed to see and have the volunteers back. They know and value the support that they give.

They wanted to acknowledge the importance of the young volunteer programme in helping young people with career pathways.

They also acknowledged the difficult experience that the pandemic created for volunteers and the volunteer service with volunteers suspended for a long period.

There was some concern about the reduced numbers now that volunteers have returned but there was also understanding of this in relation to the length of time that volunteers were suspended for and also the long period for which recruitment was frozen.

In summary the board are very happy to have our volunteers back”



2023 Governor elections

– become an effective voice for our staff members

As a CUH staff member, you are automatically members of the Trust membership and are eligible to stand for election to become a governor or able to vote in the election. We are keen to increase the diversity of our Council of Governors forum to ensure we are capturing different experiences and various skill sets to address some poignant issues.

Governors play a vital role in our hospitals by representing the views of our staff members to the board of directors. They ensure that the Trust is delivering services which meet the needs of its local community and is responsible for holding the non-executive directors to account for the performance of the board.

Nominations open from **Monday 20 February - Monday 20 March at 17:00** and there is one staff governor - three year term position available.

To help you make an informed decision as to whether or not to stand as a candidate in the 2023 governor elections, we are holding a [briefing session](#) on **Thursday 23 February at 17:00 - 18:00** via **Microsoft Teams**. If you would like to attend, please register by emailing cuh.foundation@nhs.net and further information will be provided.

The elections will run by Civica Election Service (CES), our independent electoral scrutineers, who will be providing the nomination form and official guidance from Monday 20 February at www.cesvotes.com/cuh2023.

If you have any questions, please contact the Membership Office cuh.foundation@nhs.net

The voting process will begin from **Monday 17 April**, when CES will begin distributing ballot papers to your home address or email address. Please be assured that your data is secure and is being passed to our independent election administrators under the strictest information governance rules in order that they may send you your ballot papers. To opt out of the balloting process, please email cuh.volunteer@nhs.net by **Monday 20 March at 17:00**.

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

We need your help please....

We are delighted to be welcoming brand new volunteers into our ranks but we need you, our trusted volunteer team to help us by joining our merry band of mentors.

Not sure what the role involves, don't worry, training will be given. If you're able to help out, please email us on cuh.volunteer@nhs.net or speak to one of the team when you're in.



Magazines for Wards

If you've have any quality magazines, **less than 6 months old and in good condition**, we'd really like to take them off your hands. Our ward volunteers can then hand them out to patients to read, helping pass the day away.

We'd love your book donations

If you have the following genres of **paperbacks in good condition**, we would love to take them off your hands:

- History
- History of war
- Biographies - published less than 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!

It's the RSPB Big Garden Birdwatch Weekend

It's that time of the year again when we spend an hour looking out of a window counting birds for the RSPB and there's still time to sign-up to take part. Just follow the link

www.rspb.org.uk/get-involved/activities/birdwatch/ and you'll have all the information at your fingertips. Happy Counting!

