



Help our inpatients have a better experience

There is an exciting new project being trialled and we really need your help please.

If you've ever stayed overnight in hospital you will know that it can be very difficult to get much rest. Comfort Kits containing an eye mask, ear plugs, and some general information including how to make song requests to Radio Addenbrooke's, have been developed and are being distributed to wards within Division C.

Although we have a Comfort Kit coordinator and a couple of dedicated distributors, we really need a few extra pairs of hands to visit some wards and hand them out. The great news is that it doesn't matter which volunteer role you have on site: you'll just need to have half an hour or so at the end of your shift and be happy to visit a ward or two.



Radio Addenbrooke's

Listening to music and chat on Radio Addenbrooke's brings incredible joy to many of our inpatients across CUH. If you've got an interest in radio, whether as a presenter or perhaps helping more behind the scenes, Radio Addenbrooke's could have a role for you. Just email cuh.volunteer@nhs.net for more information.



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Long Service Awards —Thursday 1st June 2023

It's our volunteer Long Service Awards on Thursday 1st June and we are very much looking forward to celebrating with you. It is a lovely occasion and includes a delicious lunch, certificate presentation by senior members of the CUH staff, and you may even get to win an prize in a competition!

If you would like to come along, please email cuh.volunteer@nhs.net to book your place. Priority will of course be given to those are due an award, otherwise it will be on a first-come, first-served basis. We have already contacted those due an award but if you believe we have missed you out, please let us know as soon as possible.

Its not just our human volunteers who are celebrated for long service. We decided to make the most of a visit from the Pets as Therapy CEO Claire Davis so held a celebration event for the canine volunteers. As well as certificates and rosettes for the dogs, there was a quiz and best trick competition. Many thanks for all those who were able to attend.



CUH Armed Forces Forum - Monday 15th May 2023

Any member of staff or volunteer with a connection to the Armed forces (serving, veteran, reservist, spouse/partner, other family member, non-UK Armed Forces) is invited to the Alice Fisher Lecture Theatre on the 15th of May from 10:00 until 11:00.

The aim of the forum is to discuss plans to support this community, and discuss what you would like to see the hospital provide to support both staff and patients.

For further information or to express interest, even if you cannot make it, please contact cuh.armedforces@nhs.net



EMPLOYER RECOGNITION SCHEME

SILVER AWARD 2022

Proudly supporting those who serve

Spring Photography Competition



We were delighted with the entries for our photo competition; here are the winners.

Many thanks for all entries, we've all enjoyed the burst of spring sunshine they bring.



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| 1st prize: | Gerry M, Guide & Chaplaincy volunteer |
| 2nd prize: | Louise, Rosie volunteer |
| 3rd prize: | Karen, Library & activity pack volunteer |

Spring Photography Competition

Karen



Louise



Gerry



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

Do you love spending time outside?

There is nothing better than spending time in the fresh air, with the sun shining and a lovely gentle breeze.... And we have just the roles to help you make the most of the lovely weather to come.

- Phlebotomy Marshals help manage the flow of patients attending for a blood test at the Newmarket Park and Ride site
- Courtesy bus and wheelchair volunteers spend time on the courtesy bus, announcing its arrival at stops and advising patients of the best place to get off. When not on the bus, these intrepid volunteers go hunting and gathering for wheelchairs around the site, returning them to the main entrances and car parks.



Of course we can't promise that every shift will be dry but on the off chance the weather isn't ideal, we supply all the uniform ensure our volunteers are kept warm and dry.

If you're interested in either of these roles, please get in touch via cuh.volunteer@nhs.uk



Medicine for Members: Prostate cancer - a cancer pandemic of the modern era

Prostate cancer management dilemmas are not because of its lethality but in its diverse behaviour and the fact it is most commonly found in older men who often have other competing factors for illness and survival.

On Wednesday 17 May from 18:30 - 19:30 via Microsoft Teams to hear from Vincent Gnanapragasam, CUH consultant urologist and professor of urology at University of Cambridge about the myths of prostate cancer symptoms, the complexity of decision making once diagnose and its growing economic and resource burden.

Please register using the link below. After registering you will receive details on how to join the webinar: <https://bit.ly/3USdSxm>

A recording will be made available on the CUH website and CUH YouTube channel

