



## Ready to save a life

We know our volunteers are always keen to do whatever they can to help and now, with the help of Dan and Georgie in Resuscitation Services, they could even save a life!

Volunteer Guide, Ian, attended the session and here's what he had to say:

"I really appreciated the opportunity to attend the course which included a number of aspects of first aid. Among techniques I learned were how to carry out CPR and how to use a defibrillator... so in the future if I come across somebody who has collapsed I would be able to do something rather than standing around feeling helpless."

The next resuscitation course is on Monday 2 October 2023 - just email [cuh.volunteer@nhs.net](mailto:cuh.volunteer@nhs.net) to book a place.



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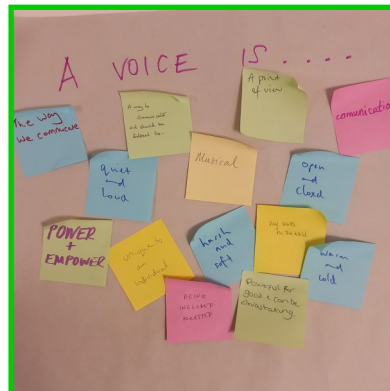
# CUH Arts: Sound Voice Project

This week CUH Arts hosted composer Hannah Conway and writer Hazel Gould from [Sound Voice](#) who are going to be creating a multi-sensory creative piece inspired by our hospital community’s responses to the questions:

- What does it mean to have a voice within our hospital?
- How does it feel when a voice is lost?

We brought them to patients on C4, Lewin and the Dialysis Centre to hear how the voices of fellow patients can sometimes be the best medicine.

We held an online workshop attended by volunteers, staff and patients where we shared rich and insightful conversations about the value of our voices in designing new hospital spaces, and how it can impact us when we don’t feel heard.



We had a lunchtime drop-in on Wednesday where colleagues from across the Trust came together to share ideas.



Our latest intake of international nurses wrote a song together: “We can do more of what we are, when we have a voice. We can heal with our voices, make connections...”

Thank you to everyone who was able to contribute. The Sound Voice team will bring their art piece to CUH later in the year – it will be called *The Singing Willow* so keep an eye – and ear out for that!



Did you know that Health Assured aren’t just there for counselling? They can also provide support on issues including housing concerns, consumer issues, bereavement, and retirement.

**Help is a call away**  
 Health Assured offer a free confidential advice and counselling service for CUH staff.  
 24/7 helpline: **0800 783 2808**

## Magical Malta.... Diana, Ward Volunteer

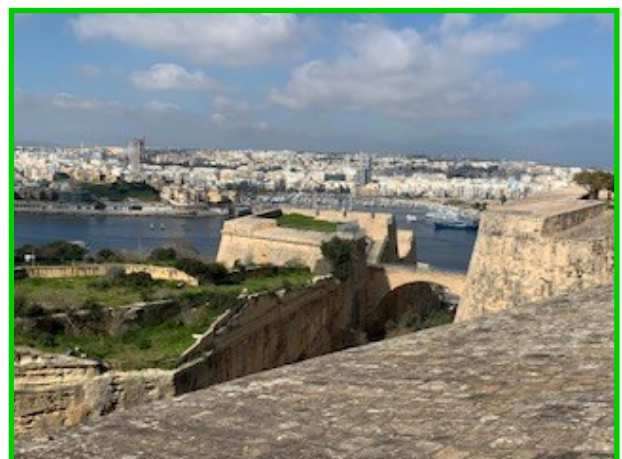


For over 6 centuries, during the week before Lent, Malta has celebrated Carnival. This year, Diana, one of our fabulous ward volunteers was there to witness the spectacle:

“We arrived and the carnival began the following evening, lasting for three days. It was an extra special occasion as the last one was three years ago. The music and atmosphere was incredible and thousands of people, wonderful floats and costumes, and everyone so happy. This man was on high stilts. I don’t know how he balanced with such a small base and he was dancing with others which went on all days until 11.0 pm. It was so lovely to be there, enjoying it with them all, and feeling quite safe and involved.

We hired a mobility scooter for the week so my husband was able to appreciate it all.

It was a lovely, surprising part to the holiday. The island is small but with so much history, it was interesting to have a guided tour around too.”



## Spring Photography Competition

With the lovely (hopefully) spring weather, flowers in bloom, and lambs gambolling in the fields, what better time to have photography competition?

We have been kindly donated some tickets for the Cambridge University Botanical Gardens (**to be used in April 2023**) and all you need to do is enter our competition and you're in with a chance to win some. Up to two spring themed photographs per entrant emailed to [cuh.volunteer@nhs.net](mailto:cuh.volunteer@nhs.net) by **midday Wednesday 5 April 2023** so you don't have long.



Winners will be notified by phone/email and photo entries will be shared in the next Volunteer Voice. We look forward to receiving all your fabulous entries



## A Tale of Two Volunteers.... Carole, Outpatient Guide

I have been a volunteer for 24 years since retiring from work. During that time I have been in several departments, and for the last several years as a guide in Outpatients.

Alas, a month ago I developed two hair-line fractures of the pelvis and had one night in A&E, and one in F6. The fractures are very painful because they cannot be put in plaster, but my experience at Addenbrooke's was as good as possible.

My husband collected me from the ward on Wednesday 15th February. We were both weary, and cluttered up, as can be seen from the photo'. The corridor and many double doors between F6 and the main entrance were daunting.

Then, along came one of our young volunteers having just finished her time on G6. Tara, a biochemistry student, opened doors, summoned the lift, and so I was parked comfortably, waiting for the car.

We older volunteers rarely have the opportunity to meet our young counterparts. I needed help and it was given.



## A few quick updates....



Voluntary Services  
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[www.volunteering.cuh.org.uk](http://www.volunteering.cuh.org.uk)

### CUH Volunteers

**We're on the web!**  
[www.volunteering.cuh.org.uk](http://www.volunteering.cuh.org.uk)

### Spreading the word

We are keen to welcome more fabulous volunteers and we need your help to spread the word please.

All you need to do is pick up some copies of our glossy A5 magazine 'A guide to volunteering' and hand them out to friends or within community groups.



### 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.



### Keep Safe

There has been an increase in non-Covid infections across the Trust. Please make sure you are strictly following hand hygiene and personal protective equipment guidelines and best practice.

### 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.





## Stay safe

### Stop germs spreading

	wet
	soap
	wash
	rinse
	dry