

International Nurses Day Celebrations

It was a day of celebration for nurses on Friday 12 May, with International Nurses Day recognising and celebrating the wide variety of roles undertaken by these amazing staff.



We were asked if some of our four legged volunteers would be able to attend. Not only did these volunteers and handlers help bring a smile to our nurses' faces but also raised awareness of the PAT dog staff session on Wednesday lunchtimes.

Thank you Nick and Joe for stepping in to help.



A warm welcome

We were delighted to welcome seven brand new volunteers to the May volunteer induction.

They will be starting their roles soon so if you see them, make sure you give them a a very warm welcome.



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Be Disability Confident training.... One volunteer's experience

Volunteering within the hospital environment, there is a good chance you will interact with patients, staff or visitors who have a disability and of course, not all disabilities are visible. To gain understanding and practical help to ensure everyone is treated fairly and with dignity, 'Be Disability Confident' training is available. Below one volunteer tells us of a time she put what she had learnt into practice:

"Hello. My name is Jane and I am a Volunteer Guide in Addenbrooke's Treatment Centre (ATC). In 2009, I began volunteering in the Cataract Clinic and then moved to Clinic 14, the new Eye Clinic. There, I soon learned to accompany visually impaired patients and on occasions, those with Dementia. A Senior Nurse showed me the basics of guiding those with impaired sight. Following organisational changes in administration and clinic routines, I moved across to Volunteer Guiding in ATC...and that is where you will find me today.

Supported by enhanced training modules in 'Be Disability Confident' I thoroughly enjoy, and look forward to, my Thursday morning Guiding. ATC demands great empathy with our patients and their companions. Pre-op Assessments, Day Surgery, Endoscopy Clinic, Wolfson & Weston Centres, entering ATC in mistake for Outpatients Clinics, now late for their appointments, misdirected, lost looking for Royal Papworth Hospital, for clinics in the Rosie Hospital, CCRC, the Institute of Metabolic Science and all the other University Research departments down this end of the site, Patients arrive in all conditions. All this demands from us support, time to calm, reassurance and on occasions, a Volunteer to accompany them to their destination.

A few weeks ago, I offered guidance to a blind patient. She was early for her appointment in Clinic 32 and asked about getting a coffee to pass the time. "Will you take my arm?" I invited her. "Thank you" she replied. As we walked towards the coffee stand, I paused outside Clinic 32 to indicate location/distance walked, onward to join a long queue, again described; she opened her hand, saying, "I think this is a £1 coin?" I replied asking if I may count the £1.65, naming each coin as I did so. Finally, we moved back to take a seat opposite Clinic 32. I agreed to return to accompany her to her appointment. She was reassured. I was then called to push a wheelchair patient to Nuclear Medicine! Knowing I could not return in time for my Clinic 32 patient, I asked Reception to look after her.



All my training had kicked in. I was reassured and so was our Patient.

It's great to be a Volunteer Guide!"

To book on the training go to DOT and search for 'Disability.' The next sessions are on:

- Tuesday 27 June 2023 09:00 -16.15
- Tuesday 14 November 2023 09:00 - 16.15

Musings on Mexico.... Debbie, Discharge Lounge Volunteer

My husband Ken and I recently visited Playa del Carmen which is around an hour south of Cancun on the east coast. Having lived in quite a few different countries in the Middle and Far east and latterly France, we are used to seeing disparity whenever we have travelled to the poorer countries.... however, I have to say we were really surprised at how really poor a lot of the areas en route to Carmen actually were and very dirty. Piles of plastic rubbish just strewn everywhere, and car engines never turned off so as drivers can keep cool in the very humid 40 degrees

The mangroves vary so much along the coast and support a very important ecosystem that supports a wide variety of flora and fauna, plus they provide protection against the onslaught of storm surges and erosion. There are 4 species of mangroves... white, red, buttonwood and black. These are all natural incubators for many species of both marine terrestrial ecosystems and filter sediment and organic matter. Again, some of the mangroves were managed really well and were really beautiful but some were just filled with plastic rubbish which was quite sad to see..... we did have some beautiful walks through these forest areas and snorkelled in underwater caves. The fish were amazingly colourful and some really very large.



We had a brilliant time and especially when visiting the Mayan Temple in Chichen Itza..... also known as the Temple of Kukulcan. It is a World Heritage Site and one of the 7 Wonders of the World. It was about a 3 hour drive from Carmen on quite a rickety minibus but well worth the visit. Certainly, worth looking it up and having a read about its history and the barbaric sacrifices the Mayan people made !! Very gory!

We will certainly miss the heat, the wonderful constant bird song of so many different species, the lizards and the coatis a type of Mexican racoon which freely roamed through our hotel and into the restaurants in hope of a generous holiday maker !!

Hope you enjoy reading this and seeing some of our many photos....
Debbie



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

A crown fit for a king or queen.... Jane, Guide

My husband and I designed and constructed the base 2 weeks ago, Chris (volunteer chaplin) David and I bought the plants at Waresley, Chris and I planted up the Crown, and we three delivered it to the Church during the evening of 5 May ready for Coronation Day!!!



Concert on Thursday 20 July 2023



Each year Cambridge Summer Music holds a marvelous festival of music. This year a very special piece is being performed at King's College Chapel which has a direct link to CUH Addenbrooke's. The concert will include 'A Vision of a Garden', a choral piece composed by Richard Blackford, based on the ICU diaries given to Professor Peter Johnstone by his nurses at Addenbrooke's who nursed him through many months of intensive care for Covid in 2020. The piece is a unique testament to the personal experiences, dedication and care provided by Addenbrooke's staff at that critical time. The music is really beautiful

and poignant—it begins with the 'voices' of Professor Johnstone's nurses speaking to him in intensive care. First performed at the Royal Festival Hall in 2021, it will be sung by the Bach Choir, with the Britten Sinfonia orchestra conducted by David Hill, and with participation of singers from Addenbrooke's Hospital.

In addition, there will be performances of Maurice Duruflé's magnificent 'Requiem' and Christopher Wood's 'Aberfan' a moving tribute to the mining disaster of 1966. The Choir and orchestra will also perform Thomas Tallis's 'Hymn' and Ralph Vaughan William's masterpiece for string orchestra 'Fantasia on a Theme by Thomas Tallis'.

Don't miss this unique opportunity to explore and enjoy music linking with Addenbrooke's outstanding role during the covid pandemic.

Thursday 20 July at 7.30pm at King's College Chapel

Tickets: £20, £30 £40 plus booking fee (half price for 25 years and under).

[CSMF 2023 Britten Sinfonia and the Bach Choir | Cambridge Summer Music](#)