

Thanks and congratulations to our summer YPPs

In July we were delighted to welcome 67 bright and bubbly young volunteers onto what has been our second ever summer cohort of the Young Person's Programme, and our largest YPP intake since before the pandemic. Now as we reach the end of August this six-week scheme is drawing to a close – though we hope lots of the group will continue to volunteer, and maybe even supervise the next batch of new YPP recruits!

Our dedicated young volunteers have been coming in twice a week throughout their summer holidays, and between them have clocked up a whopping 1,340 hours on the wards. This time has been spent chatting to patients, making drinks, doing puzzles with our iPads and activity packs, and helping the housekeepers at everyone's favourite time of day – lunchtime!

They have also engaged in weekly healthcare information sessions from a broad range of speakers including a doctor, dietitian, radiographer, and dementia specialist nurse. Since many of this busy bunch are in the midst of applying for degree or apprenticeship courses and studying for admissions tests, they also got a workshop on application and interview skills to help them ace their next steps – not that they wouldn't ace them anyway, of course!



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YPP continued/.....

To say 'thank you and well done' for completing the programme we threw a celebration event on Thursday 24th August where each volunteer was presented with a certificate and YPP graduate badge, as well as a reference to help them on their way to future opportunities. The volunteers enjoyed some celebratory cupcakes and had fun competing for a prize-winning score in our healthcare quiz.

It has been a delight to watch this group grow and learn so much in such a short space of time, and we hope lots of them will choose to carry on volunteering so we don't have to wave goodbye just yet. There are lots of opportunities for continuing, from mentoring and supervising the next YPP cohort on the wards to joining our wonderful team of regular weekly volunteers and maybe even trying out one of our many different roles.

We really couldn't be more grateful to our YPP volunteers for choosing to dedicate so much of their summer holiday time to helping out the patients at CUH, and we hope they are as proud of their amazing achievements as we are! Thank you all so much, and we hope to see lots of your faces on the wards again soon.



Looking after your wellbeing

At CUH we take the health and wellbeing of staff and volunteers very seriously and with this in mind a brand new Health and Well Being hub has been opened in the Deakin Centre.

Volunteers can of course access the hub before and after their shifts, with free tea, coffee and snacks as well as comfortable seating to rest. These have been funded by ACT and the Alborada Trust.

There is also the potential for volunteers to spend their shift in the Hub, providing an extra welcome, showing staff around the space, taking magazines and activity packs, as well as making tea and coffee for staff and doing a bit of a tidy around as necessary. If this sounds like something you'd like to do, please do get in touch via cuh.volunteer@nhs.net.



The Cambridge Wellness Festival 2023

On Tuesday 12th September, from 10.00 - 19.00 a brand new event is taking place on the Green and Gardens by Royal Papworth Hospital, the Cambridge Wellness Festival.

There are lots of wonderful activities to take part in including from reflexology, reiki, smoothie bikes, Sound bath sessions, wellness walks and talks. Its absolutely free, everyone is welcome so why not make the most of this amazing opportunity?



Grief and loss training

It can be difficult to know what to say when someone is close the end of their life or has experienced a loss. This face to face session will cover grief theory, self support, different kinds of loss, attitudes and cultures and there is plenty of opportunity for discussion. Facilitated by our Chaplaincy team, the next session is on:

Tuesday 26 September 2023
13.30 - 16.30

If you would like to attend please email:
cuh.volunteer@nhs.net.



Health Assured App

We were delighted to find out that its now even easier to access Health Assured, our employee assistance programme using their online services.

You can access the online portal services by visiting: www.healthassuredeap.com. The app is available on both Apple and android devices: just search for 'Health e-hub' in your device's app store. Log in to the portal or app using:
Username: CUHEAP Password: CambridgeI

Of course you can still contact the team by telephone for support on:

0800 783 2808



Cambridge Cancer Research Hospital update.....

Sadly most of us have been affected by cancer in some way, whether as family members, friends or as a patient oneself. The new Cambridge Cancer Research Hospital will bring together clinical expertise from Cambridge University Hospitals, the Cancer Research UK Cambridge Centre and the University of Cambridge and the project has taken a big step forward.

This month NHS England, the Department of Health and Social Care, and HM Treasury approved the second stage of the outlined business case for the hospital set to be first delivered in the East of England as part of the Government's New Hospital Programme. In addition, the international construction firm, Laing O'Rourke, will help finalise designs to make the seven-storey hospital a centre of sustainability and innovation.

This is a great step forwards and we will of course keep you updated.



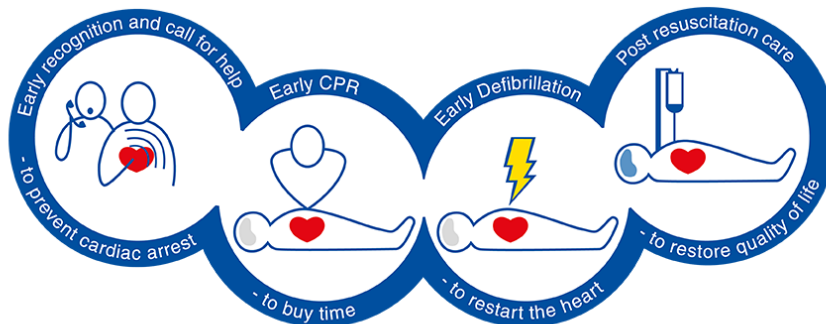
#hellomynameis Dan, I am a Resuscitation Officer

I will be providing the next 'Basic Life Support for Volunteers' training on **Monday 2nd October 2023** and I am really looking forward to meeting the attendees from your service.

I began my nurse training at Cambridge University Hospitals NHS Foundation Trust in 2008 and since qualifying I have worked on an acute medical ward, intensive care, the emergency department, on a cruise ship (obviously not for CUH!), the emergency department (again!), the critical care transfer service and now Resuscitation Services and the Rapid Response Team. Some would say I get around, however, it means I have been really lucky to gain so much experience from lots of different areas and specialities.



Basic Life Support (BLS) is a really important skill to have, there really is the potential to save a life.



Fewer than 1 in 10 people survive an 'out of hospital' cardiac arrest. Even in hospital, only 10% of patients survive cardiac arrest and make a meaningful recovery. Meaningful survival really is dependent on the immediate actions of those witnessing a cardiac arrest.

I recently attended a cardiac arrest in the community as a volunteer, community first responder. A gentleman had collapsed whilst playing walking football. A manager for the club started CPR, the coach retrieved the club's automated external defibrillator (AED) and provided a shock. On the arrival of the emergency teams the patient was already awake and talking. This is just one example of how early intervention can mean the patient has a successful outcome.

Ian attended the training in March and said "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."

If you too would like to attend the training, please email cuh.volunteer@nhs.net to book a place.

A few quick updates....



Voluntary Services
Box 214
Cambridge
University NHS
Foundation Trust

Phone: 01223
586616
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CUH Volunteers

We're on the web!
www.volunteering.cuh.org.uk



Teenage and picture book (not children's) donations needed

If you're having a sort-out at home and come across some books suitable for young teenagers, e.g. Harry Potter series, The Hunger Games, Divergent, or picture books such as graphic novels or anime, we would love to take them off your hands.

Just drop them into the office next time you're in, or if you have a lot of books please let us know so we know to expect them.

Many thanks.



More magazine donations please....

A lot of our patients really enjoy looking at magazines on the ward, with gardening, countryside, home and caravan/camping magazines proving particularly popular. If you have any good quality magazines, in good condition and less than 6 months old, we would love to take them off your hands - just drop them into the office when you're next in.

Many thanks

Blue Light Cards

We've recently had some queries about the Blue Light discount card scheme and have done a bit of research to clarify these.

Unfortunately only volunteers working for a select few organisations are eligible to apply for a Blue Light discount card.

CUH volunteers are able to apply for:
www.healthservicediscounts.com

BLUE LIGHT CARD. United Kingdom

Home About us Add your business FAQs Register now Login Discover savings

Becoming a member

Am I eligible?

Am I eligible as a volunteer?

Yes, if you are part of the following first aid or rescue volunteer services:

- **HM Coastguard** - ID Required: ID Card showing employment within HM Coastguard or a payslip if this is applicable showing name, organization and dated within 3 months.
- **RNLI** - ID Required: Headed letter signed from your station commander stating your name, job role and dated within 3 months.
- **Search and Rescue** - ID Required: ID card stating name and the Search and Rescue organization.
- **4x4 Response** - ID Required: 4X4 Response ID card
- **Blood Bikes** - ID Required: Blood Bikes ID card
- **St Andrews Ambulance** - ID Required: St Andrews Ambulance ID Card
- **St John Ambulance** - ID Required: St John Ambulance ID Card

If this did not answer your question, please [Contact us](#)