

## Welcome to our new YPP volunteers

Last week we were thrilled to welcome 66 fresh-faced new volunteers onto our summer Young Person's Programme. This is our second time running a YPP cohort over the summer holidays and after the success of last year's August pilot we were keen to repeat this great opportunity for young people from further afield to come and volunteer at CUH during their time off school. We have one student travelling all the way from London to take part in the programme each week!

With puzzle packs in their hands and big smiles on their faces, our merry band of YPPs are heading up to the wards for two shifts each week until the end of August. During these hours they'll be helping to serve lunches, running errands, making drinks, and of course spending lots of time chatting and doing activities with patients to help them pass the time. We've been especially excited to offer the option of digital entertainment on our iPads in addition to our much-loved paper Activity Packs.

As well as helping out on the wards our student volunteers get the bonus of participating in a series of Healthcare Information Sessions. Each week we are lucky enough to be joined by a different CUH professional for a talk on their area of expertise. So far we've learned all about dementia and radiography, and are looking forward to hearing from a dietitian, a nursing support worker, and a doctor, as well as a workshop on application and interview skills. Many of our YPPs hope to pursue careers in healthcare so these sessions give them a brilliant insight into the range of pathways out there.



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Thanks to all the brilliant mentors who lent their time to show our new YPPs the ropes during their first hours in their volunteer roles. We're also delighted to be joined by a new team of supervisors who will be utilizing the expertise they gained as YPP volunteers themselves to support this new cohort on the wards for the duration of the programme. How exciting to think that in no time at all this new group will have all the skills and experience they need to do the same for the next YPP generation!

Huge congratulations to all our new volunteers for making such a brilliant start on the programme, and we can't wait to see what more you achieve over the coming weeks.



## Happy 75th Birthday NHS

Wednesday 5th July marked the 75th birthday of the NHS, and in this time millions of people have received treatment, free at the time of need.

As well as having the BBC reporting from our site, here at CUH, we of course celebrated. Volunteer guide, Jane, joined in the celebrations:

"Wow what a party today. How wonderfully handled and planned.

We talked to the caterers, Rapid Relief, who are in fact Plymouth Brethren-been out to Ukraine disaster catering, and in 2016 Earthquake relief. The guy we talked too used to live on Hills Road and "cycle across these fields!" The queue stretched back to the road between ATC and Royal Papworth, but moved along swiftly and within 10 mins we were allocated to one of 4 entry queues, given a personal menu card to tick off our choices and the rest is history as shown in the pictures."



## Update on mask wearing

We have been notified that following close monitoring of the spread of viruses in our hospitals, as well as ensuring the following of the latest national guidance and practice on the measures being taken to help protect our staff, volunteers and patients.

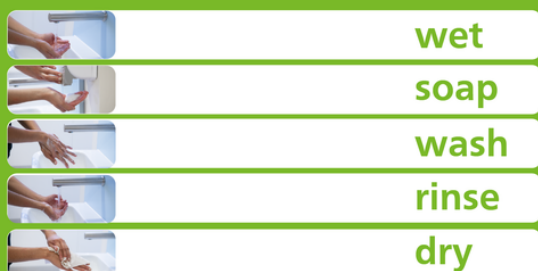
### With immediate effect:

- Staff and volunteers who work in the hospital in non-clinical and clinical areas (this includes high risk areas) are no longer required to wear surgical masks for normal duties
- Surgical masks will continue to be provided at entrances to clinical areas for staff and visitors who wish to continue to use them

If you have had a respiratory illness and are returning to work with residual symptoms are recommended to wear a surgical until these symptoms have resolved



### Stay safe Stop germs spreading



### Hand hygiene reminder

Please always ensure you are:

- Bare below the elbow in clinical areas
- Hand hygiene must be performed before entering or leaving a clinical area
- Use liquid soap and water when hands visibly soiled or if there are infections on the ward



### We'd love to hear from you..

We would love to hear about your hobbies, adventures near and far, or perhaps what led you to volunteer here at CUH. Articles can be just a paragraph or two or up to 300 words or so, ideally with some photos. Just email them to [cuh.volunteer@nhs.net](mailto:cuh.volunteer@nhs.net)

### More magazines please.....!

We are in desperate need of good quality magazines in good condition. If you have any, please would you be kind enough to bring them in so they can be taken up to the wards.





## Music for Addenbrooke's.... Simon, Ward Volunteer

In 2020, at the start of the Covid 19 pandemic, Professor Peter Johnstone of St John's College was treated in Addenbrooke's for nearly 6 months, part of which he spent in Intensive Care. When he finally left, he was handed the ICU diaries which his nurses had kept to record his time in a coma as he battled Covid. Peter Johnstone is a choral singer and reading these diaries he realized that they could be set to music as a record of his treatment by dedicated staff who had saved his life but whom he had never even consciously met.

Fast forward to 20 July 2023, and this essentially Cambridge story has been brought to life in a marvelous piece of music by Richard Blackford, performed by the Bach Choir, the Britten Sinfonia and with the contribution of the Addenbrookes' Singers, under conductor David Hill. It was magnificently performed in Cambridge's most awe-inspiring setting, King's College Chapel.

The music, 'Vision of a Garden' by Richard Blackford, beautifully voices Peter Johnstone's thoughts and feelings as he comes to terms with Covid, together with the voices of the nursing staff who cared for him, sung with great intimacy by the Chorus. The piece opens with the nurses speaking to the comatose Peter Johnstone: 'Hi Peter, I'm Evie, one of the critical care nurses. My name is Alvin, looking after you tonight'. The music is a marvelous modern vehicle for counterposing Peter's initially confused perceptions and feelings with the reassuring voices of his carers, as he becomes increasingly aware of why he is in hospital and what has made him ill. In the course of it, he remembers what at first seems to have been a dream of visiting a garden, which finally proves to have been a real event when he was pushed in a wheelchair down to enjoy the fresh air in Addenbrooke's garden. The music works on both the quiet intimate level of Peter's thoughts, but also reaches a tornado of sound when he is told what has caused his illness: 'the Covid 19 virus, the plague that is sweeping the world'.



The concert also featured other wonderful pieces. A 'Hymn' by Thomas Tallis, the great English Renaissance composer; Vaughan William's 'Fantasia on a Theme by Tallis'; Christopher Wood's 'Aberfan', a moving reflection on the 1966 mining disaster which wiped out a village's school children; and Maurice Duruflé's 'Requiem' which reaches a great crescendo (magnified by King's College's amazing acoustic) before ending quietly.

It is fitting that Addenbrooke's epic efforts to treat and stem the pandemic are recognized, while remembering the great cost in lives and its toll on NHS staff and morale.

Thanks are due to Ben Johnson and the Cambridge Summer Music team, David Hill, the conductor, and Natalie Hill of CUH Arts, for bringing the music to Cambridge, its natural home. (It was premiered in 2021 at the Royal Festival Hall in London).

## 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](mailto:cuh.volunteer@nhs.net)  
[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)**

### Fantastic Feedback Friday

One of our volunteers was guiding a couple to Clinic 1a, which is not a straightforward route. When they got there, the gentleman turned to the guide and said "We come from London and have been to several of the hospitals there. The staff there are OK but not really friendly but we've found everyone at Addenbrooke's really warm and welcoming."

**Together  
Safe  
Kind  
Excellent**

### Voluntary Services Team nominated for CUH Annual Awards

We were delighted to be nominated for the 'Kind - committed to care and compassion award' for the CUH Annual Awards. We went to the Hexagon and proudly collected our award certificate, nomination, and a delicious box of chocolates.



## A few reminders....

### Signing in and out of your shift

For health and safety reasons please ensure you sign in and out of your shift - if there were an incident in the hospital such as a fire, we wouldn't know to look for you.

When we receive lovely feedback about a volunteer, we also won't know who to pass it on to.

Plus of course we need to keep a record of the hours our volunteers are devoting to the hospital.

Many thanks.

### Don't suffer in silence

When life is hard, financially, emotionally, or perhaps you need some guidance about consumer issues, there is always someone to talk to.

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