

CUH Volunteers'



FRIDAY BULLETIN



11 August 2023

Voluntary Services Email

Please ensure you use our cuh.volunteer@nhs.net email address as all @addenbrookes.nhs.uk email addresses are going to be discontinued from 1st September.



Many thanks.

Twiddle muffs

Patients with dementia often have restless hands and having a twiddle muff provides them with visual sensory and tactile stimulation as well as keeping hands snug and warm.

We often have avid knitters donate these to us and just need someone to check them and re-stitch anything that has failed the 'tug test'. If you think you could help, please let us know.

Twiddle muffs ready for patients are available from the Voluntary Services office.



Cambridge Biomedical Campus events

It's a busy campus with lots of activities going on, below are just a few of things happening:

Open Mic Night - Friday 18 August, 17:00-21:00



Warm up your vocal chords as the Cambridge Biomedical Campus invites you to Open Mic Night at Cancer Research UK, Robinson Way, Cambridge, CB2 0RE.

Food on the Campus - food vans on Fridays

Lunchtime deals are available at the food vans on campus every Friday, exclusively for CBC. FoodPark, a collective of top quality Cambridge-based street food trucks, is on the campus on The Green & The Gardens between Royal Papworth Hospital and AstraZeneca's DISC every Friday from 12:00-14:00.

Ordering in advance is recommended, place your order [online](#).



CBC Wellness Campaign: Draw for Happiness with Elaine

Join twice a month to put pens to paper for 30 minutes on Wednesdays. Whether you could be the next Picasso or just enjoy doodling, this free workshop with Elaine is all about enjoying yourself. [Sign up here](#).



CBC Wellness Campaign: Yoga with Daisy

Yoga with Daisy is primarily about having fun, giving things a go, and trying - with a sense of humour and a smile on your face! It's a non-competitive practice, with modifications for different levels. Join on [Wednesdays for free on Zoom](#) from the comfort of your home.



Sing! Choirs: Singing group at the CBC

Join the weekly choir on the CBC. *Sing! Choirs* is open to everyone, regardless of experience. Kathryn Rowland, who has been running the group since 2011, will be hosting. This exciting group runs for an hour on Wednesday evenings, and is not only for those who work on the CBC, but open to local residents too! It's free, [check out Eventbrite for more details including weekly running times](#) - the sessions do not run during school holidays.