



**CUH Volunteers'**

# FRIDAY BULLETIN



13 October 2023

## In our thoughts

With the hugely upsetting and distressing events happening in the Middle East, our thoughts are with all those who may have been directly or indirectly affected. Support is available from Health Assured on 0800 028 0199 or through the Chaplaincy.

A number of internationally recognised charities are supporting those affected - if you would like to donate we recommend doing so through a recognised, registered charity such as Red Cross or Disasters Emergency Committee.

## Poppy Appeal - volunteers needed

In support of the British Legion, a Poppy Appeal stall will be onsite from Monday 6th - Friday 10th November between 10:00 - 15:00.

6th, 7th, 10th November	Concourse
8th, 9th November	Outpatients

If you would like to help on the stand, please email us your availability and whether you are happy for us to pass your email address to Luke Franks, the project lead for armed forces.



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

## Boost your immunity this autumn

Respiratory infections are on the rise including Covid-19.

From Monday 16th October just nip over to the Concourse to receive your flu and Covid-19 vaccination without having to book ahead. You will just need to complete a consent form (includes your NHS number) for each vaccine and these can be picked up from the Voluntary Services office or when you attend for the vaccine.

Clinic open: 07:00 - 17:30



## Pilates & Yoga classes delivered by CUH Physios

Our physio team are running yoga and pilates classes onsite especially for staff and volunteers starting at the end of October and running for 6 weeks.

For more details of the classes see the email attachment.



## CBC Menopause Cafe: Drop-In at Cancer Research UK

Celebrate World Menopause Day with two CBC Menopause Cafes on the Cambridge Biomedical Campus on **Wednesday 18 October**.

Come along to the Cancer Research UK CI between **10:30-11:30 and 14:00-15:00** for a warm welcome! All are welcome and free refreshments will be provided. The group is open to anyone - whether you work on campus, are visiting or live nearby. Feel free to turn up on the day to one session or both.

[Register your attendance here](#). You can find the location using [What3words here](#).