



CUH Volunteers' Voice

Welcome to Kristina

We're delighted to have Kristina join the team, helping us out with our all admin. Below she tells us a little about herself:

"I have been living in Cambridge for the past 6 years and I started my academic life in 2021 at Anglia Ruskin University. I am a Biomedical Science student, who's currently taking a gap year from university.

In the meantime, I was able to join the Addenbrooke's Hospital Administration Team as a Staff Bank Admin, which allowed me to work for the Voluntary Services.

As my first role at the hospital, I was a bit nervous in the beginning because I didn't know what to expect, but right now I am so grateful that I got the chance to work with such an amazing team that supports me and helps me with everything I need, and made me feel welcome since the first day.

I can't wait to see what the future holds for me and the opportunities that I will get from now on.

I'm really looking forward to meeting all the volunteers soon."



Voluntary Services Christmas opening

We know volunteers make a huge difference in alleviating loneliness and boredom for our patients. Although Christmas is a special of year, it can also be very lonely, especially if you're in hospital and separated from friends and family.

The Voluntary Services office will be open between Christmas and New Year so if you'd like to volunteer we'd love to see you.

Inside this issue:					
Agatha Christie play	2	Introducing Catherine	3	Festive parties	3
Waste tours & bus updates	4	Health checks & Children's Hospital	5	Updates & reminders	6

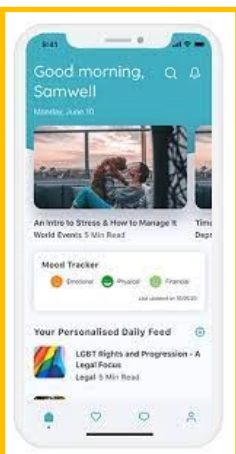
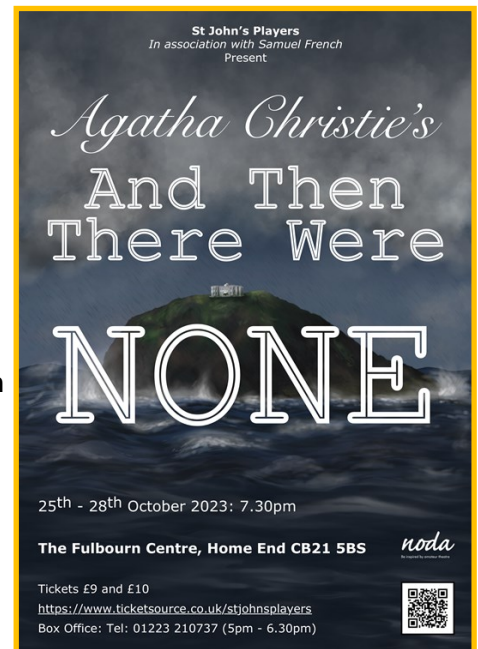
When will playwrights write for older women, who can still learn lines? Rosemary, Volunteer Reader

This is a cry often heard in all drama circles and certainly heard often here on the Cambridge Drama Circuit. It seems so many plays have an older man in them, say about 75yrs, but any women has to be no more than about 50yrs. There are a number of ladies of a ‘certain age’, still active, still able to learn lines and still wanting to be on stage, and I am one of that number. Sadly there are few plays that involve us. Incidentally the likes of Dame Judi Dench and Helen Mirren have also expressed the same thoughts.

So you can imagine how pleased I was to be cast in an Agatha Christie play “And Then There Were None”. Quite a formidable lady and fun to play. This is going to be staged by St John’s Players at the Fulbourn Centre in Fulbourn from 25th to 28th October at 7.30pm. Interestingly the same play is on at the Arts Theatre two weeks later, a rare occurrence as normally the publishers will not allow amateur performances at the same time as professional tours. We of the cast are intrigued to see how they present it, as we are performing the play with Agatha Christie’s original book ending. When the play script was written by Agatha Christie herself in the 1940s, it was first performed during WW2, she was asked to provide a more happy ending to lift peoples spirits. We however now have the original book ending script.

Any amateur production relies heavily of a few dedicated people backstage who deign and build the sets, hang up the lights and doing all the sound recording. The set is elaborate and to put it onto the small stage at the Fulbourn Centre is going to be challenge. But it seems our backstage team love a challenge, and certainly have no such luxuries as are found at the Arts Theatre to help them.

So as the nights draw in and get colder why not come along, sit back and relax and see if you can work out who is killing off the “Ten Little Soldiers”. Our cast have been working hard on the play and would love your support.



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.

Health Assured, our employee assistance programme is there to help 24 hours a day, just give them a call on 0800 028 0199 or download their app onto your phone or other device.



Introducing Catherine, Dementia Specialist Nurse

Dear volunteers,

Firstly, thank you for your time, dedication and support for our hospital. Offering your time and presence is a priceless gift for people living with dementia. It shows them that they are cherished even as memories fade.

Engaging in meaningful activities, listening to their stories or simply sitting with them can bring comfort and connection.

Maria de Costa and I are the newly appointed to the role of Dementia Specialist Nurses. Our aims are to ensure that our hospital prioritises people living with dementia, optimising their care and recognising individual needs. With your help we can improve the quality of person centred care and make every day count for people living with dementia and their carers.

A little bit about me: I started my nursing career at the age of 18 at Guy's Hospital and have been nursing for the last 42 years! My career has been diverse, rewarding and I am constantly learning from others. I have been fortunate to work in Spain and the Cayman Islands, both hard places to leave to return to the British weather. My work keeps me active and busy but I also cycle everywhere that keeps me fit and beats the Cambridge traffic!



I am able to relax using art and music, playing the piano, listening to classical music and painting my own cards. I am part of a large extended family and gatherings together are very important to me.

We are very happy to be contacted for advice, teaching and education and to support you during your time within the hospital. We can be contacted by email: cuh-dementiatraining@nhs.net



Volunteer Christmas Parties

As you may know, here in Voluntary Services we love to celebrate! This year's volunteer festive parties will be held on the following dates, please email us to confirm your attendance by emailing cuh.volunteer@nhs.net:

Tuesday 28 November	10.00 - 11.15	PAT Dogs volunteers
Tuesday 5 December	10.00 - 11.15	All volunteer roles
Monday 11 December (limited places)	14.00 - 15.15	All volunteer roles



We look forward to celebrating with you then.

November Waste Tour Wednesday tickets now available

Do you ever wonder what happens to all the rubbish produced at the hospital?

The Sustainability Team's next Waste Tour Wednesday will be happening next week on Wednesday 01 November between 12:00 and 13:00. [Tickets are available via Eventbrite here.](#)

The tour will be guided by members of the waste management team, Rob Hemming (Process and Resource Manager) and Amanda Lloyd (Sustainable Waste Manager) and will follow the journey of waste from being thrown into a bin to disposal off-site, why we ask you to segregate your waste, and how you can help ensure waste is disposed of appropriately and legally.



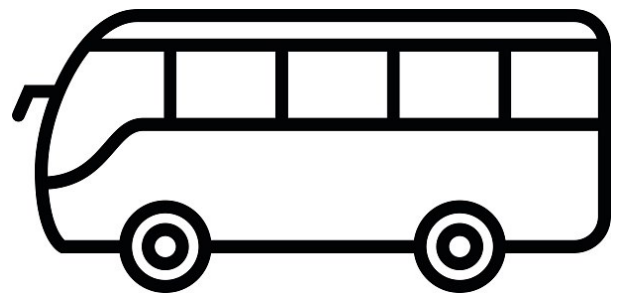
If you have any questions about this event please contact the Sustainability Team: cuh.thinkgreen@nhs.net



Stagecoach timetable changes from Sunday 29 October

From this Sunday, 29 October, Stagecoach will be making changes to some of their timetables on routes across Cambridgeshire, Bedfordshire and Peterborough. Below are a few highlights of the changes affecting Cambridge, however, you can find a full overview of the timetable amendments and a full list of the routes affected [on the Stagecoach website.](#)

- **Citi 1, Arbury - Fulbourn**
 - Additional morning journey Monday – Saturday. This early service will leave Arbury towards Fulbourn at 04:55.
- **Citi 2, Addenbrooke's - Milton**
 - Minor tweaks to improve reliability on weekend services.
- **Milton Park & Ride, Milton - Cambridge**
 - Minor tweaks to improve reliability.
 - On outbound journeys, Landbeach will be served every 30 minutes.
- **New 25a route, Trumpington Park & Ride-Biomedical Campus**



Introducing a new 25a service which will operate at peak morning and afternoon times, with a direct route between Trumpington Park & Ride and the Biomedical Campus.



CUH staff and volunteer NHS health check

Occupational Health and Wellbeing are pleased to offer the CUH staff NHS health check clinic. This service is available to residents registered with a GP in Cambridgeshire or Peterborough aged between 40 – 74 years.

The NHS Health Check covers various aspects of your general health, including height, weight, age, sex, ethnicity, blood pressure, cholesterol, and HbA1c. You can learn more about eligibility criteria and the purpose of an [NHS Health Check on the NHS website here](#).

What you can expect:

- 20-30 minute appointment.
- Immediate results shared with your GP.
- Advice on how to improve your health.
- Assistance in getting specialist support if needed.

Appointments are scheduled for the last Wednesday of each month and are held at the [Occupational Health and Wellbeing building](#).

To book your free NHS Health Check appointment, you can:

- Text: HEALTHYU to 60777
- Call: 0333 005 0093
- Visit: www.healthyyou.org.uk



Cambridge Children's Hospital reaches key milestone

Cambridge Children's Hospital has been given the green light to proceed to the final stage of its business case development.

The Outline Business Case for the new hospital was approved in principle by NHS England and the Department of Health and Social Care on 29 September.

Pre-construction works can also proceed on the site of the hospital, opposite the Rosie, early next year.

Thank you to all staff who have been involved in getting the project to this stage and lending your expertise to plan the first specialist children's hospital for the East of England. In the next business case stage, the project team will develop the plans to integrate mental and physical healthcare, and the knowledge and experience of our staff will be key to these conversations again.

Look out for the details of pop-up stands at all three partner organisations next month so you can come along to meet the team and find out what you want to know about the project.

[Read the full story on the Children's Hospital website.](#)



A few 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



Mill Road Winter Fair

We're hoping to once again secure a stall at the Mill Road Winter Fair and it would be fantastic if you could join us.

It's a great event with lots of interesting stalls selling gifts as well as tasty things to eat and drink. There's also musicians and dancers so its hard not to feel in the festive spirit when there.

We are looking for volunteers with a little time to spare to help us spread the word about what a great place CUH is to volunteer. Before stepping forward, please bear in mind there will be a lot of standing, and it is an outdoor event in December so it could be cold and wet - we will have a gazebo though.

The Fair takes place on **Saturday 2 December between 10.00 and 16.00** so if you'd like to help for an hour or two, please email cuh.volunteer@nhs.net to let us know your availability. Many thanks!



Boost your immunity

Next time you're on shift, why not take the opportunity to have your flu and Covid vaccinations? There's no need to book an appointment.

The flu and Covid vaccinations are currently available:

- **07:-00 - 17:30 Monday to Friday in the old Barclays Bank, Concourse**

You will need your CUH ID badge as well as your NHS number which can be found [here](#).



Volunteer forum

Pre-pandemic we held volunteer forums and we wonder if this is something volunteers would like to return.

At each forum we would have a guest speaker and a brief update on Voluntary Services. If you are interested in attending a forum please email cuh.volunteer@nhs.net so we can gauge volunteers' appetite for bring them back.

Don't forget.....

Clocks go back one hour overnight on Saturday

