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CUH Volunteers' Voice

Amazing Volunteers Making a Difference

We were delighted to receive two You Made a Difference nominations for our volunteers this month. Below are extracts from their nominations:

Jill, Comfort Kit Volunteer



A simple act of kindness makes such a difference. A patient was making their way from a disabled parking space slowly on two crutches to the main entrance. Jill stopped and asked if she could help them. She proceeded to walk at their pace, helping with the road crossing and chatted to help distract them from the difficult task of getting into the hospital. "Jill's act of kindness is more than her actions - it was so appreciated and made a tremendous difference to me"

Lisa and her PAT dog Poppy

This lovely team have been nominated for a You Made a Difference Award for helping support paediatric patients. Poppy has been an absolute hit and she is now known as having superpowers with children - Poppy Power! Lisa is so intuitive with children and families and her caring approach has been commented on by the team.



Congratulations to all our recent nominations

Brian K, Guide, was nominated by a patient's son for "going above and beyond and helped me get my dad a wheelchair and taking us to his appointment"

Joe, Alfie (the dog) and all the Pets as Therapy volunteers "for making a difference to patients and staff every time we see them. We can always rely on them to turn a bad

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Looking forward to Christmas

Great news - Voluntary Services are open over the Christmas week, 27th, 28th & 29th December from 08:00 - 16:00.



What does this mean?

Christmas is a very special time of the year for many and being in hospital during this time can lead to a number of different emotions. Over the Christmas period the hospital makes an extra effort to ensure that patients, visitors and staff are supported; and, knowing how vital the work of our volunteers is, this year we have been asked to help.

You can help...



To improve a patient's stay during the festive period you can now book a shift for this time. Wards remaining open would greatly appreciate your time and visit. If you are available we would be very keen to hear from you. So please don't hesitate to get in touch with us if you are able to come in, even just an hour would be wonderful. We are going to be providing hot drinks, festive treats and maybe even a quiz or two in the office during this week – so if you want to just pop by the office and say hello please do.

Please help spread the festive spirit and book your shift today.



Volunteer Christmas Parties... there is still time to book

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

Tuesday 5 December

10.00 - 11.15

All volunteer roles

We look forward to celebrating with you then.



The European Parliament..... Jane, Volunteer Guide

Briskly we disembarked, walked through suburban streets, and glimpsed our destination - the Palais de l'Europe.



I came to Strasbourg once before, on David Lloyd's CNISF Presidential Voyage in 2002 but could not recall such a magnificent outer Forum. Note the heights from which we would later view the city, the canal and river Ill.



Once inside, welcomed by our excellent guide, yes, the IESF 2023 Voyage Group photo. Spot the missing flag! There were more permanent posters and displays, rich with information.

Strasbourg lies near the Rhine and the border with Germany. From 1870 and 1945, citizens were forced to change nationality four times. Reconciliation between former enemies in this historical European crossroads became a familiar role. By 1945 the prospective key politicians, Churchill, Schuman, Adenauer and de Gaulle agreed that the city of Strasbourg should play this reconciliation role officially and the European Parliament was built on green fields outside the old city.

Strasbourg became the seat of the Council of Europe in 1949, promoting pluralist democracy, human rights, and the rule of law. In 1952 it was chosen as the seat of the European Assembly, embracing the European Coal and Steel Commission. This evolved into the European Parliament.

French Foreign Minister, Robert Schuman set out his vision (9th May 1950) of a European Institution beyond Coal and Steel, that would make future war in Europe unthinkable. He became the first President in 1958 and served two years. In 1972 the Council selected part of the setting by Beethoven of Schiller's 'Ode to Joy'. Herbert von Karajan wrote out the voices, arranging several musical settings.

The European Parliament..... continued

Choosing the right symbols occupied much early debate. In 1983 the European Parliament adopted the Circle of 12 gold Stars on a background of Blue. The number 12 is a symbol of Completeness, and a Circle signifies Unity.

Another of the fixed posters gave prominence to Louise Weiss, a journalist passionate for European union and women's rights. Born in Arras into an Alsatian Jewish family, she gave up a glittering academic career in 1914 to open a military hospital. Only in 1979, with elections by universal suffrage finally taking place, could she enter parliament as an MEP. She presided over the inaugural sitting of the new European Parliament as the oldest member (age 96)

The buildings, inaugurated in 1977, were designed by the French architect Henri Bernard. Members meet 12 times a year, monthly, in the second week, using 1032 offices, from 5pm Monday, to 2pm Thursday-working from 9am to 11pm (lunch 12noon to 2pm).

In addition to 705 Members, the Debating Chamber seats 650 visitors, family & press. The second floor is for interpreters sitting in 28 boxes.

The size & scale is to be seen & visited to be believed. So too the view from the roof, encapsulating all the elements of the Sonden Voyage 2023



Don't suffer in silence

When life is hard, either financially, or emotionally, and you need some guidance about 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. They have a brand new app called Wisdom. Wisdom is available on mobile, tablet, and desktop to ensure continuity throughout. Explore the app or browse on your computer and find out what works for you.

Download the app today on the Apple App Store or Google Play or [access via the Wisdom website](#)

Once you have opened Wisdom, use the same organisation code, **MHA140194**, to access this new app. Please note, you will need to create a new account with an email address and password.



Wisdom website logo

Things to do in December....



Attend Mill Road Winter Fair - Saturday 2 December

This is a great event and we would love to see you there, whether helping us on our stall for an hour or two or just popping by to say hello explore the stalls, listen to live music or maybe join in the dancing!

Go for a country walk.....

We are lucky to have lots of wonderful countryside around us and December is a great time to get out exploring. There are so many beautiful walks encompassing rivers, streams, woods, open countryside and historical sites so why not put on your boots and get outdoors?



Get your skates on!

Get into the festive feel on ice ! There are pop-up rinks all around the area - why not give it a go?



View some festive lights..



Why not start getting into a festive spirit by visiting one of the professional winter light shows? Alternatively, walking or driving around your local area you are bound to see lots of colourful lights up in windows, gardens or hanging from roofs. For a bit of fun with friends and family why not vote for your favourite one.



Visit a Christmas market

There are lots of wonderful Christmas markets being held in November and December and they are a great opportunity to pick up some sweet and savoury treats to eat as well as presents and other bits of shopping.

Go and watch some sport.....

Whether it's football, rugby or racing, there is nothing better than cheering on your favourite team. It's traditional to go to sporting events on Boxing Day but professional and non-professional teams would appreciate your support any time.



A few updates....

**A GREAT
PLACE TO
VOLUNTEER**

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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

Boost your immunity - the sooner the better

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 Concourse

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

Volunteer Forum update

A very low response rate (approximately 1%) in expressions of interest has led to a decision not to return the forum.

We want to emphasise, as always, you are very welcome to send us your feedback and we will give this full consideration.

Chief Nurse food bank appeal 2023

As some of you will be aware, the chief nurse's office runs an annual food bank appeal at this time of year. More than ever our support is needed to help others during this special time as many families are finding times challenging with the cost of living pressure.

We will, once again, be supporting a local food bank with your kind donations. To allow time for packages to be made up, we must close the appeal at noon on Friday 8 December 2023. Please drop off any items you can spare to Voluntary Services and we will take them to the Chief Nurse's office. Your generosity will be hugely appreciated.

We would love to hear from you

If you've been on an adventure, visited somewhere special, have taken up a new hobby or maybe you have been out and about with your camera, we would really like to hear from you. Just send us your pictures telling us their location, or write an article, around 300 words.

