



Volume 2 Issue 12 22 December 2023

CUH Volunteers' Voice

Wishing you all a wonderful Christmas

On 5th December we were delighted to welcome volunteers to the Hexagon to celebrate the festive season with us. With savoury and sweet treats, a fabulous festive music mix, and Christmas crackers we were sure to have a great time.

This year's creative entertainment was to decorate salt dough Christmas decorations. With an artistic hand, some paint, glue and glitter, what started out as plain reindeer, Christmas trees and gingerbread men turned into wonderful tree decorations. We had no idea there were so many talented volunteers, they looked incredible.



It was then onto a quiz based on toys through the decades. Ward volunteer Naomi proved she knows her Tamagotchi from her Tracy Island, scoring 14.5 out of 20 to win a small hamper, beating a tableful of talent.

It was wonderful to see so many volunteers gathered together in one place, and thank you very much for your feedback.



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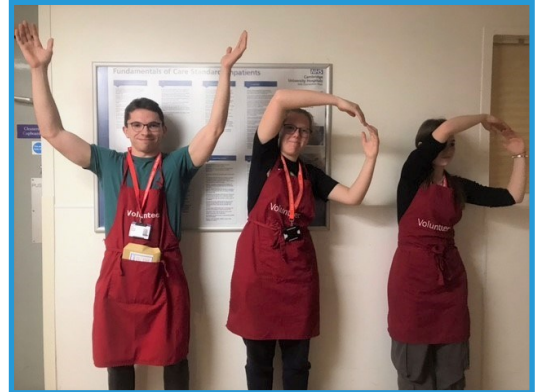
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Congratulations to our Young Person's Programme Graduates

This month marked the end of the Autumn 2023 Young Person's Programme, which ran for 12 weeks from September-December and gave 81 students the opportunity to volunteer across a range of wards for two hours a week in their evenings after college. In total this amounts to almost 1,950 hours dedicated to improving the quality and comfort of patients' stays in hospital – just imagine how many chats and cups of tea that equates to!

As we've moved deeper into winter the warmth of a smiling face and friendly chat has been more important and appreciated than ever to brighten those long dark evenings on the wards. Our YPP volunteers also work closely with the housekeeping team to help with making drinks and serving dinner, as well as providing valuable company for patients during their mealtime when the absence of family and home comforts can be most sorely felt.



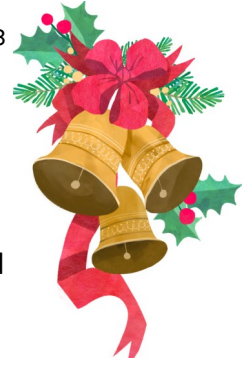
As well as supporting on the wards the group also had the opportunity to participate in a series of weekly talks from a range of healthcare professionals including doctors, cardiac physiologists, blood transfusion practitioners, biomedical researchers, and a variety of AHPs such as dietitians and occupational therapists. We were even lucky enough to be joined by a former YPP volunteer who is now a senior physiotherapist here at Addenbrooke's – what an inspiring example of how volunteering can set young people on the pathway to a lifetime of helping others!



Midway through the programme our young volunteers also had the chance to attend an in-person Healthcare Careers Q&A Event where they heard directly from a panel of speakers including the medical director, deputy chief pharmacist, and a specialist transplant surgeon about their different (and often unexpected!) journeys to their current roles. This gave the students a fantastic and rare opportunity to ask direct questions to some of the most senior figures at CUH, and to learn from their wealth of experience that there really is no 'one' way into healthcare.

It's been so exciting to watch the YPP grow in scale and scope with every cohort since we returned from the pandemic. Our young volunteers enjoy and gain so much from the experience that they do a fabulous job of spreading the word and encouraging their friends to volunteer – which is why in the spring we're looking forward to welcoming around 100 fresh faces onto the next YPP cohort!

We'll need lots of helping hands to mentor these new volunteers on their first shifts, and to supervise them for the duration of the programme, so it's fantastic news that so many of the outgoing cohort are eager to continue volunteering and support the next generation of the YPP.,and our thanks to all daytime volunteer mentors who are able to help us out too. We are extremely grateful to our young volunteers for their dedication to improving patient experience, and we look forward to welcoming lots of them back to the wards in the New Year. In the meantime, we hope they get some hard-earned rest over Christmas!



Mill Road Winter Fair

Saturday 2nd December proved dry but incredibly cold and frosty for the annual Mill Road Winter Fair. With our brand new gazebo set-up on Petersfield, we were ready and raring to meet potential new volunteers. Niamh from our Recruitment Department joined us for the day, keen to recruit to paid roles.

There was an almost constant flow of enquiries from visitors of all age ranges, interested in the various roles we have available. We were delighted to be supported by some wonderful volunteers who spoke passionately about their roles to passers-by, handing out literature as well as chocolate treats.

As always, the Fair was full of music, colour, craft, dance, delicious foods from around the world, and of course the spectacular parade at the end of the afternoon. If you've not been before, do pop along next year, it's a great day out.

Many thanks indeed to volunteers Diane no1, Debbie, Simon, Diane no2 and Jon for your help and support - it was incredibly appreciated!



100 Voices installation

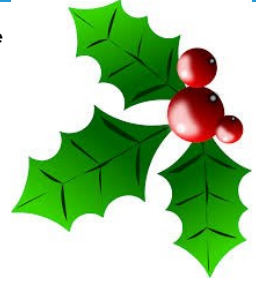
If you visited the ATC in the first week of December you couldn't help but see the 100 Voices art installation.

Thank you to volunteers Brian, Maggie, Jane and Bill for stepping forward to help welcome visitors. Below ward volunteer Maggie, shares her thoughts

"I found my experience with the 100 voices art project very interesting. It gives a unique perspective into hospital life by capturing stories from people in the NHS. It was a lovely way to get an insight to those working in



100 Voices installation



A few updates....

**A GREAT
PLACE TO
VOLUNTEER**

Voluntary Services
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Cambridge University NHS Foundation Trust
Hills Road
Cambridge CB2 0QQ

Phone: 01223 586616
E-mail: cuh.volunteer@nhs.net
www.volunteering.cuh.org.uk

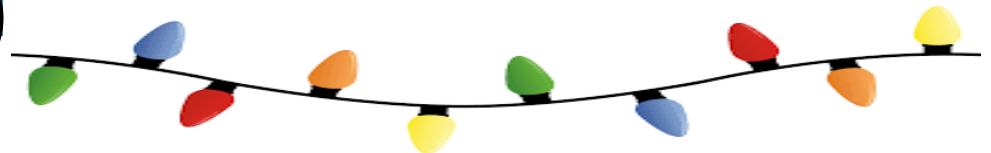
CUH Volunteers

We're on the web!
www.volunteering.cuh.org.uk

Toys through the ages quiz

Congratulations to Lewin volunteer Marie who scored the highest on the quiz with 23/25, Why not check your quiz answers below?

- | | |
|-----------------------|----------------------------|
| 1. 1959 | 14. Meccano |
| 2. False | 15. Mr Potato Head |
| 3. Tamagotchi | 16. Wallpaper cleaner |
| 4. Star Wars figures | 17. Tracy Island |
| 5. Easy Bake Oven | 18. 1970s |
| 6. Kerplunk | 19. Dinky, Matchbox, Corgi |
| 7. Nerf | 20. Girls World |
| 8. Beanie Babies | 21. Tetris |
| 9. Yoyo | 22. Jenga |
| 10. View Master | 23. Elsa from Frozen |
| 11. Stretch Armstrong | 24. Nintendo Wii |
| 12. Mr Frosty | 25. Raleigh |
| 13. Pogs | |



Stay safe over Christmas

Christmas can be a very challenging time for many people and we encourage you to reach out for help:

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.

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.

Thank you!

We would like to send you all a huge 'Thank You' for all the time, effort and energy you have dedicated to CUH during 2023, you have been truly inspiring.

Until we see you again, we wish all a very happy Christmas and a very peaceful 2024.

With all best wishes

Maggie, Jane, Jack, Alex, Lesley and Kristina

**THANK
YOU**