

# FRIDAY BULLETIN



## TRAINING OPPORTUNITY: RESUSCITATION

Whether it's a family member, friend or a stranger in the street who is having a heart attack, having the right skills to be able to help can mean the difference between them surviving or not.

On this course you will learn how to:

- Recognise a heart attack and cardiac arrest
- Help an unconscious person
- Perform CPR
- Help someone choking

This face-to-face session is being held on **Friday 19 April 2024** from 13.30 -15.30 pm. If you would like to attend, please contact [cuh.volunteer@nhs.net](mailto:cuh.volunteer@nhs.net)



## TEAM CUH - PLEASE SHARE YOUR VIEWS ABOUT RESEARCH!

Calling all of our exceptional CUH volunteers – whatever service you volunteer in, we'd love to hear your views about a really important topic: **research** in **the NHS**.

Can you help? Please spare just a few minutes and fill in our on-line survey here:

<https://www.surveymonkey.com/r/7K7G3JX>

The closing date for completing the survey is 17:00 Tuesday 26 March.

## TRAVEL EXPENSES AND HMRC

We understand that some volunteers have been contacted by HMRC in relation to tax and payment of their travel expenses.

Unfortunately we cannot advise you directly on this. Below are the links within this email to HMRC website which explains tax on mileage payments to volunteers and also the allowance rates.

[Check if you need to pay tax on mileage payments as a volunteer driver - GOV.UK \(www.gov.uk\)](#)

[Travel – mileage and fuel rates and allowances - GOV.UK \(www.gov.uk\)](#)

Once you have reviewed your documentation and the HMRC information, you should contact Payroll Services directly on [cuh.payrollservices.nhs.net](http://cuh.payrollservices.nhs.net)

