



Volume 3 Issue 4 - 28 April 2024

CUH Volunteers' Voice

Volunteer Week - Tours and Talks

With Volunteer week less than 2 months away, the team have been working to organise some Tours and Talks that you will be able to attend across the various areas of the Trust.

The following have been arranged for you to take part in.

Pharmacy Tours

These are limited to 5 people per tour. And can be booked via the Volunteer Services team:

- Wednesday 29th May 24 14:00 - 15:00
- Thursday 30th May 24 14:00 - 15:00
- Monday 10th June 24 14:00 - 15:00
- Wednesday 12th June 24 14:00 - 15:00



The tours below can be booked via Event Bright. Please follow the links provided. Places are limited on each tour and are booked on a first come first served bases

Energy Tour

- Monday 3rd June 24 12:00-13:00 6 places available

<https://www.eventbrite.co.uk/e/thank-you-cuh-volunteers-series-green-energy-at-the-rosie-hospital-tickets-816446783307?aff=oddtcreator>

Waste Tour

- Tuesday 4th June 24 12:00-13:00 6 places available

<https://www.eventbrite.co.uk/e/thank-you-cuh-volunteers-series-waste-tour-tickets-816442329987?aff=oddtcreator>



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Biodiversity Tour

- Wednesday 4th June 24 12:30-13:30 20 places available
- <https://www.eventbrite.co.uk/e/thank-you-cuh-volunteers-series-onsite-biodiversity-guided-walk-tickets-810285284097?aff=oddtcreator>

Boiler House Tour

- Thursday 6th June 24 13:30-13:30 6 places available
- <https://www.eventbrite.co.uk/e/thank-you-cuh-volunteers-series-how-do-we-heat-our-hospital-tickets-816445278807?aff=oddtcreator>

Patient Experience Talk

- Monday 3rd June 24 14:15-16:15 20 places available
This can be booked via the Volunteer Services team



A Japanese Wedding

Teresa attended a traditional Shinto wedding, Here she recalls the occasion.

In 2009, we had the excitement of participating in a traditional Shinto wedding when our eldest son married a Japanese girl. That meant having the opportunity to dress up in a Kimono! This we hired, along with the relevant accessories.

The wedding was to be held in a large Shinto shrine, where we were shown to a tatami mat waiting room. One by one, the bride, groom, my mother and I were attired by a professional dresser. All in all I think there were about 8 layers round my waist, including the 4m long Obi (wide sash belt). We felt very elegant, even if our movement was a bit limited.

The bridal kimono was the most gorgeous red silk brocade, but for the ceremony, over this she wore a white one to notate purity, and over her wig, which had beautiful ornaments, a white hood. A shrine official came to explain the proceedings, with our son translating. The bride's family arrived ready dressed, to join us in the waiting room. Then, before the wedding, the formal photos of the bride and groom were taken in a dedicated studio.



The ceremony took place in the open fronted hall of worship, where the families sat opposite each other on folding stools. The priest spoke an introduction, there was waving of paper streamers to purify us, then two ladies performed a stately dance. The most important part of the ceremony involved everyone taking sips of Saki (rice wine). This was followed by our son reading an oath (in Japanese), exchanging rings and everyone presenting a sacred tree branch to the shrine. Finally the priest gave an address.

A Japanese Wedding

A Shinto wedding is very much a union of two families. Our Japanese relatives have been most hospitable on our several visits since the wedding.



2024 governor elections - get ready to use your vote!

As a CUH staff member, you have the opportunity to elect staff candidates who will represent your interests and ensure that your voice is heard. Governors play a crucial role in influencing decision-making and championing the needs of both staff and patients.

Voting will open on **Monday 22 April** and close on **Monday 20 May at 17:00**. You will receive an email directly from Civica Election Service (CES) (takepart@cesvotes.com), our independent electoral scrutineers, with candidates' information and the link to vote.

Please note that you can vote for two candidates only. Below are the candidates who are standing for election, their statements will be included in the correspondence from CES:

- Omo Agbonwanegbe
- Vahab Bhikhi
- Raju Chinighalla
- Vernon Johnson
- Mike Jump
- Tom Osuch
- Aditi Vedi
- Chris Whitel

If you have not received a ballot pack by Monday 29 April, please contact cuh.foundation@nhs.net



British Sign Language (BSL) one day workshop

Are you interested in learning some basic sign language skills?

This enjoyable and interactive one day workshop is a must for all front line staff, including volunteers. It will improve your communication skills as you will learn basic sign language that is useful in a hospital setting.

Places are limited to ensure participants get the most out of the day.

The course dates are as follows.

- Tuesday 14th May 24 10:00-16:00
- Thursday 27th June 24 10:00-16:00
- Wednesday 10th July 24 10:00-16:00
- Monday 5th August 24 10:00-16:00



If you are interested in any of the above course dates, please contact a member of the Volunteer Services team.

New sensory unit for children during treatment

Thanks to the generosity of its supporters, Addenbrooke's Charitable Trust (ACT), your hospital charity, recently supported the Paediatric Ultrasound and Radiology team with the purchase of a new Hurricane Voyager Sensory Unit, providing comfort and distraction for children who visit the team and may feel anxious about their treatment.

Paediatric sonographer, Rebecca Hawkes, said: "The Paediatric Ultrasound and Radiology team would like to thank ACT for the extremely kind donation enabling us to purchase our wonderful new sensory unit. We have noticed such a difference since the unit arrived. Any apprehensive children now immediately want to come into the ultrasound room and look at the pictures projected on the ceiling and touch the bubble cylinder. Thank you ACT, this piece of equipment has been game changing for the children."



Physio-led classes in the physiotherapy department

Did you know that the physiotherapy department offers Pilates, Pilates with Yoga and dance fitness classes for staff to book?

Pilates & Pilates with Yoga

The instructors are Chartered Physiotherapists who have been specifically trained to teach Pilates. They will provide a class that aims to strengthen and balance your body enabling you to move with ease through everyday life. The pace of movement is slow and controlled which allows time for awareness of alignment and precision, bringing mind and body together to move as one.

£8 per 50 minute class

Classes are run in blocks. Days/times may vary:

Monday Pilates 17:15 and 18:15

Thursday Pilates with yoga 17:15

Thursday Pilates 18:15

Located in Outpatient Physiotherapy department Level 2



For Pilates and yoga, mats and blocks are provided, however please feel free to bring your own if you wish. Please bring with you a hand towel or small cushion for head support/comfort.

Dance Fitness

These fun dance fitness classes will get your body moving and put a smile on your face! For all abilities and fitness levels. Inspired by dances such as pop, Latin, salsa and Bollywood. These aerobic-style classes combine exercise and choreographed movements with infectious music to make staying active fun and easy!



£8 per class

Classes are run in blocks. Days and times vary block to block.

Thursday 17:15 - 45 minutes

Located in Outpatient Physiotherapy Department Level 2

If interested, please
email: cuh.physiotherapyprivateclasses@nhs.net

**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

Volunteer uniforms

Did you know that we can launder all types of volunteer uniform, not just volunteer aprons?

If you would like us to launder your uniform, just bring a long a spare t-shirt to change into after your shift then drop the dirty uniform into the laundry box in our office. We will then take it to be laundered, ready for your shift the following week.



Please let us know if you will be making use of this service so we can ensure we have a spare t-shirt etc ready for you to take home for your next shift - email cuh.volunteer@nhs.net

The Discharge Lounge has now moved

The Discharge Lounge has now moved from J3 to Clinic 33, which is located in the Addenbrooke's Treatment Centre (ATC)



Don't suffer in silence

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 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.