



Volume 3 Issue 3 29 March 2024



YPP mid term event

This month marked an exciting date in the volunteer calendar as we hosted our bi-annual Healthcare Careers Q&A Event. Over 60 of the volunteers currently completing the Young Person's Programme came together in the Hexagon, where we were joined by a panel of five fantastic senior professionals from CUH to hear about the choices, challenges, successes, and failures, that led these inspiring figures to where they are now, as well as gaining insight into what their exciting and varied roles entail.



Ashley Shaw and Helen Watson stood up to represent their respective journeys from getting rejected from Cambridge and going to cookery school to directing all the Medical and Allied Health Professionals here at CUH. Andy Bailey explained how an Operations Manager helps keep everything running smoothly across the hospital – and even beyond, with our exciting new Virtual Wards project – while Irum Amin gave us a truly vivid insight into the life of a consultant transplant surgeon with videos from inside the operating theatre.

We were also lucky enough to have Apprenticeships Programme Manager Vanessa Anderson on hand to reveal how many benefits apprenticeships can have (not least getting paid to study!) as well as busting some common myths about this non-traditional route into employment for all age groups.

It was brilliant to see so many people taking the opportunity to ask questions and learn from the panel's diverse range of experience, with the big takeaway message being that the greatest success comes from knowing yourself and following your heart with the choices you make (though not without a bit of hard work along the way!). This event is such a remarkable opportunity for young people to hear first-hand from people who have made it and gain reassurance that your career journey doesn't have to be perfect and straightforward for it to lead you to a place that makes you happy and fulfilled.

Huge thanks to everyone who participated, as well as to our amazing speakers for sharing their valuable time to encourage and inspire our student volunteers!

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Save the date.... Volunteer Week

As always, Volunteer Week is the first week of June and here at CUH we will be celebrating between Monday 3 to Friday 7th.

This year, we have organised a series of tours for you including the opportunity to view the campus from the roof of C and D block, learn about our Pharmacy department and witness the Pharmacy robot in action. We will be in contact nearer the time with further details and how to book.

Of course, Volunteer Week wouldn't be complete without our Volunteer Celebration Lunch which this year will be on Thursday 6 June in the Hexagon. As always it will include the Long Service Awards for those volunteers who have reached a 5, 10, 15, 20... year service milestone and by now, all those who are due awards have been contacted. **If you believe you are due an award and have not been contacted, please do email us.**

We know this is a very popular event and will send out the invitation to non-award winners in due course.



Experiencing A&E... Debbie, Discharge Lounge Volunteer

I thought it would be quite uplifting to read about a very positive experience I had recently in A & E. As volunteers we are usually in the position of helping and not needing help!! But while out jogging last Tuesday I somehow managed to hit a stone on the track and just went flying taking the full impact on both my wrists.... The swelling was immediate and my husband took me to A & E. I have to say my heart sank when we walked in... not a spare seat was to be seen and it was packed to the hilt!!

However, I was met by a really efficient person on the front door who explained what would happen next.... As I waited I watched and listened to all that was going on in there.... nursing staff who just seemed to work so efficiently, together with a large number of people waiting and an on going stream of people turning up with all kinds of injuries or problems. Within 20 minutes I was seen by a doctor and asked to go to the Urgent Treatment Clinic 9 (the emergency fracture clinic) just next to outpatients....

I was seen almost straight away by a fabulous team and had x rays.....

Unfortunately both my wrists are fractured and I am due to go back to the fracture clinic to see what the ongoing plan will be.

As frustrating as it is not being able to do hardly anything... and also not being able to volunteer.... I think myself very lucky as wrists will heal and I look forward to getting back to volunteering in the not too distant future!!

Just wanted to say how brilliant I felt the A & E department was and share my positive experience with you all



On the move.....

After Easter we will be having a change around in the Voluntary Services team.

Jane, Deputy Voluntary Services Manager, will be moving over to the Recruitment Team on a placement to look at ways to attract more volunteers to Addenbrooke's and the Rosie, whether at events or other campaigns.

Crucially also looking at ways to make the path to the first day of volunteering smoother.

"I'm looking forward to this new challenge but will really miss seeing all our amazing volunteers."



We welcome Keith McAdam, Operational Recruitment Lead, into the Volunteer Services Team.

"I have been in Recruitment for the past 6.5 years and have now been given the opportunity to join the Voluntary Services Team on a reciprocal placement. I will be stepping directly into Jane's role, and I know I have some big shoes to fill but I am very much looking forward to this new challenge. And the chance to develop new skills.

I bring with me 25 years of volunteering experience. I have, and still do, volunteer for Volleyball England and British Volleyball at their Domestic and International competitions. And I have also held various volunteer positions within these and other organisations.

I know how valuable volunteers are to organisations and am very much looking forward to meeting you all over the next few weeks"

CUH commits to the NHS Sexual Safety Charter

CUH has signed the Sexual Safety Charter, launched by NHS England with the aim of ensuring a systematic, zero-tolerance approach to sexual misconduct and violence in the NHS.

By signing this charter, we are committing to taking and enforcing a zero-tolerance approach to any inappropriate and harmful sexual behaviours towards our workforce.

There are 10 core principles and actions to help achieve our commitment, that we will implement by July 2024. The principles are:

- We will actively work to eradicate sexual harassment and abuse in the workplace
- We will promote a culture that fosters openness and transparency, and does not tolerate unwanted, harmful and/or inappropriate sexual behaviours
- We will take an intersectional approach to the sexual safety of our workforce, recognising certain groups will experience sexual harassment and abuse at a disproportionate rate
- We will provide appropriate support for those in our workplace who experience unwanted, inappropriate, and/or harmful sexual behaviour
- We will ensure appropriate, specific, and clear policies are in place. They will include appropriate and timely action against alleged perpetrators
- We will ensure appropriate, specific, and clear training is in place
- We will ensure appropriate reporting mechanisms are in place for those experiencing these behaviours

As part of this commitment, and to guide our implementation of the Sexual Safety Charter at CUH, a series of listening sessions focused on sexual safety will be held in April - further information on these sessions will be shared shortly.

Annesley Donald, deputy director of workforce and our named sexual safety lead said “We want CUH to be a place where everyone feels safe to come to work. In signing the Sexual Safety Charter we are committing to a series of actions that will help create a culture at CUH where inappropriate and harmful sexual behaviours are never accepted, where victims and witnesses feel confident and empowered to report incidents, and where appropriate and timely action is taken against perpetrators.

If you would like to speak to someone about sexual safety at CUH please email cuh.sexual.safety@nhs.net.



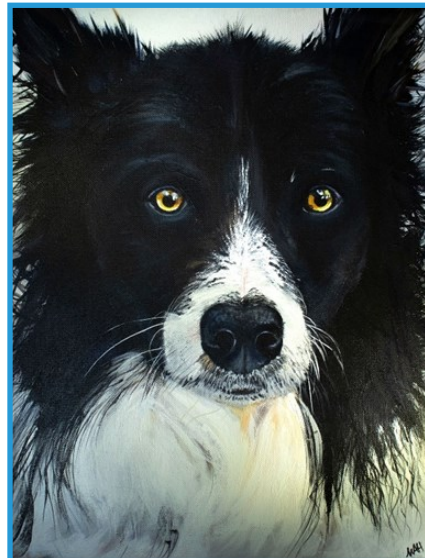
CUH Arts: Calling all CUH Creatives

We are happy to announce the **2024 Staff Arts Exhibition** – an open and inclusive call out to anyone who makes or does something creative and wants to show it off in The Addenbrooke's Gallery. We know many of you love to paint, print, take photos, film, sew, write, perform, and sculpt - and we want to ensure that we are giving time and space to showcasing the creative force that exists amongst our very talented workforce.

We're accepting submissions of any art form, and we'll do our best to find a way to display it.

Submissions are open from **Mon 18th March 2024 – Sun 7th April 2024**.
The exhibition will be on display from **Fri 19th April – Sun 16th June 2024**.

More information and how to submit are attached to or drop us a line at cuh.arts@nhs.net



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



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

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.



Please remember...

Clocks go forward one hour in the early hours on Sunday 31 March 2024.



Cambridge Children's Hospital

Work has started on the Cambridge Children's Hospital site to prepare the area for construction which is due to begin in 2025.

R G Carter has been appointed to deliver this work, which includes connecting services to the site, creating access point and excavating the land to prepare for archaeological works.



A number of trees also need to be felled around the boundary of the site, which is on the corner of Dame Mary Archer Way and Robinson Way; these will be replaced as part of the hospital build.

The project was given planning permission in March 2022, with the condition that meaningful work must begin within two years. In October, the Outline Business Case for the hospital was approved in principle and the project will tender for a construction partner for the hospital later this year.