




CUH VOLUNTEER VOICE




Dr John Addenbrooke
1680 - 1719
Fellow of St Catharine's College
By his will be created 'a small, physical
hospital in the town of Cambridge for poor
people' one of the first voluntary hospitals
in England.
Addenbrooke's opened in Trumpington
Street in 1766 and expanded on this site
in the nineteen seventies as a major
national teaching hospital

In this issue:

Campus news & events

Updates from Voluntary Services team

Support needed at events

Volunteering in numbers

**A GREAT
PLACE TO
VOLUNTEER**

CUH and Biomedical Campus News



Join our Love Research campaign

CUH has recently launched Love Research, a campaign to raise awareness of our world-leading healthcare research and encourage conversations with patients about participating in research.

We'd love volunteers to get involved by having these conversations with patients, so that we increase the number of people taking part. High-quality research means we will discover better ways to prevent, diagnose, treat, and cure illnesses.

You can sign-up to the [pledge](#) today and as a thank you, we'll send you a Love Research Conversation Toolkit (while supplies last). These bright yellow boxes of goodies include:

- Staff/volunteer and patient leaflets
- An 'Ask me about research' lanyard or badge
- Sunflower seeds – for you to grow this summer, just like the seed of a research idea that blooms into something much bigger

The key things that you'll need to let patients know is:

- Speak to their doctor to find out what research they could be involved with
- Sign up to 'consent for contact' and set their research participation preferences in the MyChart patient portal to receive research notifications.

Join local research initiatives such as [CUH's PPI Panel](#) and [Medicine for Members](#)

We're now on Instagram so why not follow us to see all the latest news and updates? Even better, why not share and encourage your followers to follow us too!

[@cuh_volunteer](#)



CUH and Biomedical Campus News

ACT launch a new campaign

Have you had a positive experience at Addenbrooke's and want to say Thank You? Addenbrooke's Charitable Trust (ACT) has launched a new campaign making it quick and easy to send a personal message of thanks to a staff member or volunteer who went above and beyond.

My Thank You is a new way to give patients, their families and friends the opportunity to tell NHS staff what a difference they make via a personal thank you message. You'll find posters, postcards, and banners all around the hospital promoting 'My Thank You' – look out for them next time you are in the hospital and simply scan the QR code or text THANKS ACT to 84901. ACT will then pass the messages of thanks on to the relevant individual, team, ward or service.



act
Addenbrooke's
Charitable Trust

"Getting a thank you really does brighten up our day."

Saikot Banerjee, Consultant
Gynaecologist and Surgeon

Want to say thank you to someone who helped you today?

A short message of thanks will brighten the day of a staff member or volunteer – and we've made it so easy to do.

Scan to send your message or text THANKS ACT to 84901 and we'll send you a link.

You will be charged the message of your standard network rate.

addenbrooke's charitable trust is a registered charity no. 117092
all fundraising events are subject to approval and regulation by the charity commission
registered office: ACT, Box 103, Addenbrooke's Hospital, 100 Brookside, Cambridge CB2 0QQ

my thank you

FR
Registered with
The Financial Conduct
Authority
REGULATOR

Help us spread the word! If you are approached by a patient or loved one wanting to express their gratitude – please encourage them to scan the QR code or send a text so we can continue to share the huge impact hospital staff and volunteers have on the community. For more info please visit the ACT website: <https://actcharity.mythankyou.org/>

Opportunity to take part in research

Do you have Type 2 Diabetes? Would you be interested in helping in a new research study? The **FreeDM2 Study** could be the study for study for you.

This study is to help us understand the use of the FreeStyle Libre 3 glucose sensor to improve glucose levels in people with Type 2 Diabetes.

To join this research study, you must:

- Be aged 18 years or over
- Have Type 2 Diabetes
- Use long acting, background insulin & other glucose lowering medications known as SGLT2 inhibitors or GLP-1RA



For further information, please contact: Shannon Savine shannon.savine@nhs.net (01223 349473)

Or visit this website: <https://www.freedm2.co.uk/>

Annual PLACE event

CUH will be holding its annual PLACE event this year on Wednesday 25 September and your help is needed!

PLACE means Patient Led Assessment of the Care Environment and the team is looking for assessors to be involved. The sessions will run from 10:30 to 12:30 and 13:30 to 15:30 and will include lunch as part of the assessment.

If you would like to be involved or if you would like more information, please email cuh.ourplace@nhs.net.



Cambridge Wellness Festival - Free Event

With an action-packed programme, the Cambridge Wellness Festival is returning to the Green between Royal Papworth Hospital and AstraZeneca on 10 September from 11.00–18.00.



There will be talks, workshops, health-checks, meditations, soundbaths, yoga, pilates, charity stands, urban smoothie bikes, art therapy, plus dementia and autism experience to name just a few of the events.

The festival is free of charge (with refreshments to pay for), and there is no need to book, just turn up on the day. For more information about the festival just visit [Cambridge Wellness Festival 10th September | Cambridge Biomedical Campus \(cambridge-biomedical.com\)](https://www.cambridge-biomedical.com/cambridge-wellness-festival-10th-september)

Help needed at Bake Sale for ACT

Rose, a ward volunteer, has organized a bake sale on 7th and 8th September in the main atrium of Lion's Yard to raise money for ACT.

How can you help?

All the baked goods are being provided as generous donations or sales at a reduced price by local bakeries, Rose just needs help with selling them.

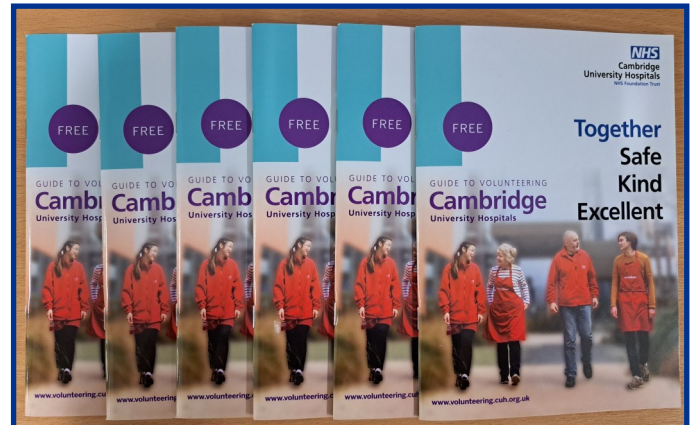
- Saturday 7th September 9.00 -13.00
- Saturday 7th September 13.00 –17.00
- Saturday 7th September 11.00 17.00 (help particularly needed please)

If you are available and would like to help for at least some of the time, please contact Rose directly on rrosek02@gmail.com



Thank You for helping spread the word... And please continue to do so

Last month we put out a call for help to raise the profile of volunteering at CUH by circulating our glossy 'A Guide to Volunteering at CUH' and requesting local talks. Thank you to all those who have already helped by distributing booklets and putting us in contact with organisations who would like us to attend events; it really is appreciated.



We are still keen to promote volunteering at our hospitals, not only to encourage more people to volunteer but to spread awareness that such an amazing helpforce exists at CUH. We are able to provide plenty of booklets and can go out into the community to give talks, just let us know by emailing cuh.volunteer@nhs.net

Gransden Show - your help needed please

We all know the positive impact volunteering can make to patients, visitors, staff and also to volunteers themselves. We are always keen for others to join our amazing volunteer team.

We are delighted to have secured a stand to promote volunteering at CUH, at the very popular Gransden and District Agricultural Show on Saturday 28th September 2024. The show was established in 1891 and has something for everyone – children's entertainment, shopping opportunities from a mug to an enormous tractor, plus exhibits and competitions: livestock, horses, flowers arrangements, fruit, vegetable, home produce, and dog show. There is a whole day's worth of things to see and do, so of course there is plenty of food and drink available to have on the day or take home to sample later.

If you would like to help us at the Gransden Show, morning or afternoon shift, please do email us at cuh.volunteer@nhs.net, letting us know what time would suit you best, morning, lunchtime or afternoon.

Many thanks in advance.



Dear Volunteers,

It is with much sadness that I announce I will be leaving the Trust as Volunteer Services Manager from the beginning of September. For over 8 years I have had the honour and privilege of working with the CUH volunteer helpforce and it has been a truly amazing opportunity. Everyday I see and hear the impact that our volunteers have on patients, visitors and staff. Sometimes they are small acts across a number of people, other times amazing deeds with just one person. There is no doubt the Trust is improved by the kindness you give every week and it is a true inspiration to be amongst such generous souls.



There have been many developments you have helped me to achieve which I hope have in turn benefited foremost the patients as well as staff. Here are some of the things we have achieved together: starting with volunteers in the Rosie hospital, increasing the PAT dog team, development of the Discharge Lounge volunteer, wheelchair and at one point courtesy bus volunteers, development of reminiscence and activity boxes. Covid saw the development of Marshalling roles at both the Magogs Covid testing site and Newmarket Rd P&R Phlebotomy clinic – which carries on. We developed two volunteer publications to keep in touch with our volunteers. Our own twitter/ X account. The Young volunteer programme grew in numbers and we introduced remote healthcare information sessions for the students to give them a wider experience of working within a hospital setting. We began a very successful project using PAT dogs to assist patients in their physiotherapy and OT sessions. We designed and started distributing Comfort packs and Activity packs across the hospital with volunteers running the whole process from coordination through to delivery. Development of Dementia Champion volunteers, reintroduction of a small number of feeding volunteers. We even have volunteers in High Dependency and Intensive Care now. We tried a deconditioning volunteer role in one of the wards and this then led to the creation of more specialised Lewin Activity volunteers. We set up a reading volunteer in Cambridge Dialysis Centre and introduced young volunteer supervisors into our young persons programme to support “freshers”.

We worked with teams to develop a couple of admin roles and for a short while we were able to offer young volunteers weekend volunteer slots. Of course not all of the roles that were scoped during this time took off or came to fruition. But there have been useful lessons learned and we have sown seeds for example to introduce volunteers into the Emergency Department. Discussions have been held about Volunteer to Work programmes and I truly hope this blossoms into a successful project some time down the line.

But none of this would ever have been possible without the incredible commitment of volunteers and the support and input of staff. From Housekeepers to Medical Director, to Chief Nurse, to Head of Pharmacy to all the amazing ward managers nurses and clinic staff. A shout out too for all the backroom people in Workforce who I have worked with day after day to silently get things done – the work that no one sees but are the essential building blocks on which everything hangs. Those managers who have supported me and solid volunteer staff who have helped to make things happen. Together – safe, kind and excellent, CUH values are apparent everyday in all the work I see around me. But for me the word together has far more importance than just describing the need for the values being demonstrated all three as one. Such a large organisation could not operate without us all pulling together and the volunteers demonstrate together in all they do. They do not stand as isolated units but adapt and flex working together with the needs of patients, together with staff and visitors – they plug the gaps and pull us all together. So my thanks and best wishes to you all and I look forward to seeing you around the Trust as I move on to new adventures.

Maggie

A few quick 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

Volunteering in Numbers - July 2024



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 an app called Wisdom which 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.

August Monthly Montage

