



NHS

**Cambridge
University Hospitals**
NHS Foundation Trust

Volume 3 Issue 10

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CUH VOLUNTEER VOICE



CUH and Biomedical Campus News

Cambridge Children's Hospital - hoardings are up

If you've travelled along Robinson Way in the last couple of days, then you may have noticed that the Cambridge Children's Hospital project has become larger than life!

The new billboards, which are 80 metres long in total, have gone up opposite the Rosie Hospital. They feature pictures of some of our wonderful children and young people involved in the project.



Flu vaccination clinics in full flow

If you've not already had your flu jab, just drop into the clinic when you come in for your shift. The vaccination centre is based next to Body Shop in the unit that used to contain the hairdressers.

Clinics will run as drop-in sessions from 07:00-17:30 Monday-Friday.

A different flu vaccine is used for those 65+ and we have been told this will also be available CUH.



Mandatory Training for Volunteers

If you would like some help to complete your mandatory training, we are here to help you. Just get in touch via phone 01223 586616 or email cuh.volunteer@nhs.net and we will arrange the best way to provide support. This could be:

- Complete the training online in the Voluntary Services office - one of the team will be on hand to help guide you through
- Receive a pdf of the slides plus a question/answer sheet - read through the slides on your computer/tablet and answer the questions.

If you have any questions, please do get in touch. To access the mandatory training from home go to:

<https://learning.addenbrookes.nhs.uk/login> then enter your username and password. If you cannot remember your password, please click on the 'forgotten username or password' link.

Please remember that failure to complete mandatory training can jeopardise your ability to volunteer here at CUH.



Focus on..... Changing Climate, Changing Hospital

Katie Sell, CUH Sustainability Manager, explains how our hospital is taking action

In line with the rest of the NHS, CUH has a priority stake in taking action to tackle the climate emergency. A warming world, combined with a rapidly unfolding ecological crisis, is a threat to everyone's health and wellbeing. This will put pressure on our hospitals' capacity, premises, supporting infrastructure and supply chain.

In 2022 the Trust launched its first Green Plan with a target of: i.) cutting its direct carbon emissions by 10% by the end of 2024 (from a 2019/20 baseline) and, ii.) diverting as much waste as possible away from landfill or incineration. In a nutshell, this means the hospital site moving away from burning fossil fuels and a take-make-use-dispose way of consuming goods (known as the 'linear economy' - deeply unsustainable), to using energy as efficiently as possible whilst switching to renewable sources, and optimising reuse, repair and high value recycling (known as the 'circular economy' - inherently much more sustainable).

Our first Green Plan has delivered really well on its targets, and we are now drafting Green Plan 2 (2025-27). The objectives here are immensely challenging but we have a strong base.

By 2030/32 we need to have:

- Grown our current 10% reduction in direct carbon emissions to 50%, and
- Made it standard practice, wherever possible, to purchase reusable, repairable, refillable, and items that can be readily remanufactured.

The new plan must get us well on the way to making this happen.



Transitioning from the nitrous oxide piped network to cylinders and taking desflurane off the CUH formulary.



Read more about our Green Plan and more of what we are doing by scanning the QR code.



Installation of a sophisticated system of partially solar powered heat pumps to heat and cool the Cambridge Movement Surgical Hub.

What is CUH doing?

Promoting sustainable travel



The onsite Campus Cycle Hub is open to all for repairs and maintenance.



Real-time bus timetable screens in reception areas.

Encouraging circular consumption



Reusable patient slide sheets are now Trust wide. A replacement to single use.

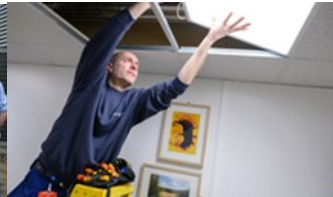


Reusable surgical gowns in a Trust wide trial.

Decarbonising our estate



Solar panels on the Rosie Hospital roof.



Replacing inefficient fluorescent lights with LEDs

Decarbonising our fleet



Two fully electric patient transport vehicles.

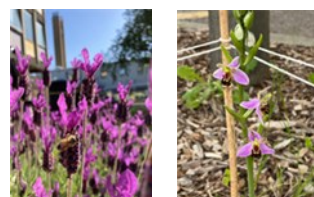


New electric charging points onsite for fleet electrification.

Improving biodiversity onsite



Working with local communities to create new habitats for biodiversity.



Planting more and protecting existing biodiversity onsite.

Engaging our workforce



Empowering Trust wide green champions and leaders through rewarding positive action.



Working with local organisations to help staff live sustainably through engagement events.

6 Ways to Support the Trust's Climate Change Agenda as a Volunteer

Take action:



1. Switching off

Before leaving your volunteering area, we ask you check the lights, air conditioning units and PC's are switched off. Please note that you may need to check with the staff around you that is appropriate to do so.



2. Use reusables when onsite

When you're onsite, everything you consume and throw away is taken into account when we calculate the Trust's carbon footprint. To reduce your personal impact on CUH's carbon emissions (and your personal one on the planet), please use reusables as much as possible. This includes coffee cups, water bottles, cutlery etc...



3. Assess how you travel

How you travel to work is also taken into account when we calculate our transport carbon emissions as a Trust. If you drive in, assess whether there is scope to change. Could you get the bus? Train? Cycle? Walk? Carpool? Not only does active and public transport lower your carbon emissions, it is also better for your wellbeing and physical health.

Engaging with others:

4. Support the Volunteers' own Think Green Impact

The CUH Volunteering team are currently a member of the CUH Think Green Impact programme which allows staff to make direct changes to their work area to be more sustainable. Why not help them out with these actions! The team wins awards for each level they complete.

greenimpact

5. Speak to others about the importance of environment

Real action comes from inspiring others and sharing experiences, and when we do this we can create a real impact as a community. If you are passionate about environmental sustainability, shout about it! We need more passionate folk onsite to engage others to make changes.



6. Get involved!

We encourage all those who want to support a climate-safe future to engage with what we do. If you're interested in volunteering at CUH, you'll be invited to all our sustainability events - you can even volunteer with us if you fancy! or simply follow us on social media to stay up to date.



Penny & Henry made a difference!

We were absolutely delighted to receive a You Made a Difference nomination for Penny and her gorgeous PAT dog Henry.

An extract from her nomination including the following comment:

“They came to visit an end of life patient who had loved dogs all her life. The meeting was a video call with her family and I think we were all in tears. The patient actually sat on her bed without any help or support and hugged Henry. This was an unforgettable moment.”

Congratulations Penny and Henry, the volunteering you undertake really does make a difference.



Training Opportunities

There are still some spaces available on the following training life saving session. Feedback on this session has been very positive so to book email us on cuh.volunteer@nhs.net.

Resus Training Wednesday 20th November 2024 13.30 - 15.30

October Monthly Montage



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 - September 2024

Total hours
in
September
1873



693.25
hours on
Wards



39.25
Library
hours



73 Radio
hours




281.50
Guide
hours



69.75 PAT
Dog hours




113.25
Clinics &
Units
hours




375
Chaplaincy hours



33.25
Activity
Pack
hours



56.00
Marshal
hours



Total hours
volunteered in 2024
15651.23 = 652 days



In 652 days you
could attend the ICC
T20 Women's World
Cup 38 times



Don't forget.....

Clocks go back this weekend
so for some its an extra hour
in bed.



Help needed at Mill Road Winter Fair

Once again, this year we are excited
to say will have a stall at Mill Road
Winter Fair.

Taking place on Saturday 7th
December, we are looking for
volunteers to spend an hour or two
between 10.00—16.00, helping
promote volunteering here at CUH.
Although we have a gazebo, please
be aware it is an
outdoor event
and there will be
a lot of standing.



Looking ahead to Christmas

With Christmas just two months away, some of you may have
made your Christmas cake, bought presents and perhaps
even started wrapping them. Others are nowhere near as
organised.

For some Christmas can be a very difficult time of year and
for those in hospital, it can be particularly tough. Last
Christmas over 30 amazing volunteers spent a shift or two
chatting with patients, handing out library books, visiting with
their PAT dogs or helping guide patients and visitors to their
destination.

If you would like to come and brighten someone's day over
the festive period, please send us an email with the subject
line 'Christmas 2024' with details of your role, which day and
time you would come in, and if you are happy to volunteer
on a different ward. Many thanks.