



NHS

**Cambridge
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NHS Foundation Trust

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CUH VOLUNTEER VOICE



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**A GREAT
PLACE TO
VOLUNTEER**

We wish you all a very Merry Christmas

Dear All

As 2024 draws to a close, we would like to say a heartfelt thank you for all the time and dedication you have given to volunteering here at CUH.

Without your kindness and commitment, the experience of our patients and visitors would be much diminished. Whether its showing a patient or visitor how to get to their destination, having a chat, completing an activity pack, handing out comfort kits or library books, or helping direct cars at the phlebotomy service, having a warm and friendly volunteer makes a phenomenal difference.

However you're planning on celebrating Christmas with family or friends, just looking forward to a break from your work or everyday life, we hope you have an enjoyable time.

Wishing you all a very Merry Christmas and a happy, healthy and peaceful 2025.

With all best wishes

Jane, Keith, Jack, Lesley and Satish



Farewell from Mike More, CUH Chair



This month CUH says a very fond farewell to Mike More, our Chair for the past 9 years. He has been a great supporter of Voluntary Services and of course you, our volunteers, during this time. Some of you will remember his fantastic wine waiter skills at the Volunteer Celebration Lunch.

A farewell team party was held on 16 December with speeches, gifts and a short film showing some of the highlights of Mike's time with us.

Mike has recorded a farewell message here: [A farewell from Mike, Trust Chair \(youtube.com\)](#)

ACT and Illumina provide emergency care packs

Funding for new care packs means families admitted to Addenbrooke's in an emergency with a poorly child no longer need to worry about packing the essentials. They can now concentrate on being by their child's side where they're needed most.

Addenbrooke's and the Rosie hospitals regularly have children admitted and transported from outside the region with their parents. These children are often extremely poorly and admitted in emergency situations, and families often arrive with little more than the clothes on their backs having not had the time to even think about packing bags.

Now, thanks to Addenbrooke's Charitable Trust (ACT) and the support of [Illumina](#), families arriving in these situations will receive new emergency care packs filled with essential items such as toiletries, underwear, clothing and sanitary products. These invaluable packs will provide much more than the items inside – they will give families a sense of dignity and support and crucially allow them to do the most important thing at that time – be there at their child's bedside.



Each week it is estimated that at least one family will be admitted to Addenbrooke's in an emergency with a poorly child needing these essentials because they haven't been able to prepare or pack in time. That's more than 360 families every year who are faced with the stress and pressure of this situation. Through Addenbrooke's Charitable Trust and Illumina, approximately 550 emergency care packs will be made available which is enough to provide families with essential items for at least the next 18 months. For Shelly Thake, Chief Executive of Addenbrooke's Charitable Trust, these packs represent the vital projects that help to make Addenbrooke's and the Rosie Hospitals even better, and the power of partnerships with supporters like Illumina:

"We are extremely grateful to Illumina for funding the emergency care packs. When children are admitted in emergency situations they are often extremely poorly, and their families or carers simply don't have time to even think about packing all the essentials before getting to hospital."

"Sometimes they come straight to hospital and arrive with little more than the clothes on their backs, to then have to think about going out to buy essentials when all they want to do is just be there with their child is just extremely stressful for the family."

"To now be able to provide enough packs across all the paediatric wards for the next 18 months is amazing. It will ease the pressure and stress the families and carers face and just allow them to do what they want to do – which is be by their child's side."

CUH and Biomedical Campus News

Generous volunteers

Many thanks to all our very generous volunteers who contributed to the Chief Nurse's Food Bank Appeal 2024.

All the donations from across the hospitals will be taken to local food banks to be distributed to those in need. If you'd still like to donate to a food bank, there is a collection box in the concourse next to M&S, alternatively most large supermarkets also have a collection box.



Medicine for Members: Car-T cells - moving from cancer to autoimmunity - 22 January, 18:30-19:30

Join us for an informative session on the groundbreaking chimeric antigen receptor (CAR)-T cells therapy, a revolutionary approach transforming the treatment of some cancers and now tackling autoimmune diseases.

The lecture will be held on Wednesday 22 January from 18:30-19:30 via Microsoft Teams. Guest speakers:

- Dr Ben Uttenthal, lead for cellular immunotherapy at CUH and co-director of the Cancer Immunology programme at the CRUK Cambridge Centre
- Sarah Albon, director of the Cambridge Cellular Therapy Laboratory.

[Please register here.](#) After registering, you will receive a confirmation email with details on how to join the webinar.



More Oscar-worthy performances from our volunteers

Like buses, it could be said that there aren't any filming opportunities and then two come along in quick succession! This time, some of our volunteers and voluntary services team donated their acting skills to a new film to be included in the corporate and volunteer induction programme.

With a number of different roles to play, the film crew set the scene, gave notes, and to the call of 'Action!' the film production began. We are looking forward to a sneak preview the film sometime in January before it is viewed by all new-starters in the Trust.

Thank you to all who donated their time and BAFTA award winning skills to the project.



Have yourself a sustainable Christmas

Below are just a few tips on how to make your Christmas more sustainable. If its too late for some of these this year, then why not include them in your Christmas plan next year?



Christmas cards can be recycled at Tesco superstores and WHS.

If you're feeling creative you could make them into gift labels



Foil wrappers and cartons

Make foil is clean and dispose of it at a local recycling point - check online for your nearest one.

Foil wrappers - munch it and scrunch it into a ball. The bigger the ball, the easier it is to recycle



Toys and games

Why not have a good clear-out before Christmas and donate them to a charity shop? This way they can be bought as Christmas gifts and charities will make money to do more good.



Wrapping paper and gift bags

Ensure you use wrapping paper which is recyclable and ideally made from recycled paper.

Tie parcels with ribbon, string or wool so paper can be easily re-used. It also reduces single-use plastic consumption.

Christmas food

At Christmas there is a tendency to over shop for food which in turn creates waste. Here are some tips to help reduce food waste:

- Plan the menus and only shop for what is needed
- Don't shop when you are hungry and write and stick to a list
- If you've overbought, check if a foodbank would like the surplus
- Use any leftovers to create new meals - there are plenty recipes online



Have yourself a sustainable Christmas

Christmas trees

Artificial tree

If the tree is in good condition you could donate to a charity shop, school or a care home. Ensure to check before donating.

Alternatively disassemble the tree and create festive wreaths, garlands or just smaller trees.



Real tree

If you have a garden, buy a tree with roots in a pot and replant.

Arthur Rank Hospice will collect your tree (postcode dependent) for a small donation. Register on their website by 11.59 pm on Sunday 5 January.

Chop your tree into small pieces and dispose of it in your green waste bin.

Free NHS health checks for CUH colleagues

Free NHS health check clinics run by Healthy You are available to CUH colleagues on the last Wednesday of each month at Occupational Health and Wellbeing.

The check assesses key aspects of your health, including height, weight, blood pressure, cholesterol, and blood sugar levels. Colleagues aged 40-74 are eligible for a check every five years.

Booking is open - please mention CUH when booking.

- Text: HEALTHYU to 60777
- Call: 0333 005 0093

Visit: www.healthyyou.org.uk



Car Parking for volunteers

We are delighted to say that the entry barrier in Car Park 6 has now been fixed so parking onsite should now be much easier.



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 - November 2024

Total hours in November 2475.25



1144.75 hours on Wards



31.25 Library hours



129.50 Radio hours



311.75 Guide hours



94.00 PAT Dog hours



151.25 Clinics & Units hours



412.00 Chaplaincy hours



81.25 Activity Pack hours



47.00 Marshal hours



Total hours volunteered in 2024 20443.75 = 851 days



In 851 days the Vienna Christmas market could take place 22 times



End of autumn YPP

Many thanks and congratulations to our YPP Volunteers.

Between them they completed over 1100 hours over 12 weeks, balancing



December Monthly Montage

