



NHS

**Cambridge
University Hospitals**
NHS Foundation Trust

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CUH VOLUNTEER VOICE



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**A GREAT
PLACE TO
VOLUNTEER**

CUH and Biomedical Campus News

Chief Nurse Christmas Food Bank Appeal

Once again the chief nurse's office will be supporting local food banks with donations in the run up to the Christmas period, to support those in our communities.

Any donations, large or small, of non-perishable food items, unopened toiletries and pet food can be dropped off at the Voluntary Services office and we will take them up to the Lorraine's office for you. Please ensure any donations are dropped off in the Voluntary Services office by **Wednesday 11 December at 17.00**. Many thanks.



Medicine for Members: Cambridge IVF - tackling infertility with advanced technology and research



Monday 2 December, 18:30-19:30 online. To register visit www.cuh.nhs.uk/about-us/foundation-trust-membership/medicine-for-members-lectures

Did you know that one in seven couples has trouble conceiving, and that 1 in 25 children in countries like Denmark is born through in vitro fertilisation (IVF)?

Join an insightful evening with the Cambridge IVF team to find out how they achieve IVF outcomes that match the best international standards. Their experts will discuss the impact of male infertility, the importance of having fewer twins and triplets, the advanced technology used, and a look into research for the future of IVF.

Flu vaccination - time is running out



We're in the last few weeks of the flu vaccination campaign so 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 run as drop-in sessions from 07:00-17:30 Monday-Friday.

Lights, Camera, Action! for two of our volunteer guides

It could be said that no two volunteer shifts are the same and this was certainly the case for guides Liz and Brian recently.

The Healthcare Improvement Studies (THIS) Institute, part of the Department of Public Health and Primary Care at the Clinical School, were creating a film to be launched at their annual online conference which was held on Tuesday 26 November 2024. Liz and Brian very kindly spent some of a recent volunteer shift working with the film crew and actors, giving directions to 'patients'. One of the actors (not pictured) was hearing impaired so he showed Liz the sign-language to use to give him directions.



Liz giving directions

Brian giving directions

Do you have any spare time on Saturday 7 December?

It's the wonderful Mill Road Winter Fair on 7 December and we are delighted to once again have a stall there. We are hoping to pique the interest of the fair's visitors, encouraging them to join our merry band of volunteers so who better for them to speak to than volunteers themselves?

If you've got an hour or two to spare between 10.00 and 16.00, we would love for you to come along and share your passion for volunteering with prospective volunteers. It's a really friendly event with plenty of food, music and dancing to entertain you, so a great way to get into the festive spirit.



Research opportunities

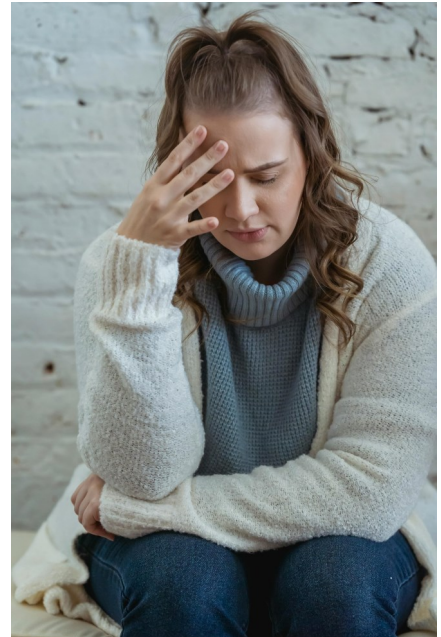
Long Covid clinical trial (PHOSP-I) - actively recruiting

Have you had Covid-19 at least three months ago? Do you have Long Covid?

Are you aged between 18 and 80 years old?

- The University of Leicester is running a clinical trial for adults with Long Covid at CUH
-
- They want to see if an anti-inflammatory drug (Tocilizumab) helps people with Long Covid to feel better

If you are interested in taking part, please contact the study coordinator at cuh.phospi_trial@nhs.net.



Do you need a new home for old reading glasses?

We know that being in hospital is often very dull but without reading glasses many of our patients will even struggle to make their meal choices.

If you have any spare or old reading glasses (ideally in a case) which are in need of a good home, please donate into the Voluntary Services office and we will pass them onto our patients.



Celebrating Christmas

To ensure as many of our volunteers as possible can enjoy them, this year we will be celebrating with Christmas sweets and treats in the Voluntary Services office from Monday 16 to Tuesday 24 December.

Once again the Voluntary Services office will be open between Christmas and New Year so please let us know if you are planning to come in during this time, and your preferred day if different.

The office will be closed during bank holidays so if you would like to volunteer on these dates, again please let us know.



A few quick updates....

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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 - October 2024



Help with mandatory training

Regardless of the reason, if you're struggling to complete your mandatory training we are here to help. All you need to do is email us at cuh.volunteer@nhs.net and we will provide the support you need.



November Monthly Montage

