

Health and Wellbeing Newsletter



The benefits of volunteering



Be it one day a year or a couple of hours a week volunteering can have a positive effect on your own wellbeing while also helping others. Here are some benefits shared by a few volunteers at CUH.

Improve your mental wellbeing by helping others

Doing something worthwhile with your spare time, helping people and making new friends all helps with an overall sense of wellbeing which can counteract feelings of stress and anxiety . Volunteer Guide Dave explains “I derive pleasure from knowing that I have made someone’s day a little easier and the thank you received is all that is needed to let me know I made a difference.”



Get active while helping others



It’s not just the volunteer guides who get exercise, ward volunteers spend time walking from patient to patient on the ward, chatting, helping with the meal and drinks round as well as encouraging patients to be more active. Our courtesy bus and wheelchair team roam around the site ensuring wheelchairs are available to patients when needed. Helping out at a care home, community centre or sports charity can also involve very active roles that are also very rewarding.



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Meet new people

Tom enjoys meeting fascinating people from far and wide “I’ve met all sorts of people from all walks of life while volunteering. I get a tremendous amount of satisfaction helping other people and giving a little bit back for the help I’ve received in the past. I love it!”



Develop your skills and gain experience

Volunteering somewhere different to your usual work environment can help you develop additional skills and increase confidence. Ward Volunteer Frances explains “Volunteering has given me confidence, it has given me the opportunity to meet new people and I have discovered forgotten skills.”

Find out how you can get involved by visiting: www.volunteer.cuh.org.uk.



Events, courses and campaigns

Racing for Mind

Chris Folkard a CT Radiographer and Time to Change Champion at CUH is running to raise money for the mental health charity Mind.

Chris aims to run three races, each further than the last, leading up to the [Yorkshire Marathon](#) in October.

"I have never run further than 10 miles in my life, so the prospect of 26.2 miles is absolutely terrifying! Next up is the [Kimbolton Half](#) in August.

Those wishing to donate towards Chris's challenge can do so by visiting Chris' [Just Giving page](#).



Fulbourn Hospital Park Run

Cambridge and Peterborough Foundation Trust (CPFT) would like to set up a Parkrun (www.parkrun.org.uk) at Fulbourn Hospital, Fulbourn, CB22 5EF.

CPFT would like to hear the communities views on this and are holding a public meeting. They would love to hear what your view is so please come along to the engagement event to hear about Parkrun.

Date: Wednesday 5 June 2019

Time: 19:00—20:30

Venue: Cherry Hinton Village Leisure Centre

For further information please contact anna.tuke@cpft.nhs.uk

Want to stop smoking?

Would you like support and guidance on your journey to stop smoking? Everyone Health has Specially-trained experts who provide completely FREE advice, support and encouragement on how to go about quitting smoking completely.



You are four times more likely to quit if you make use of the support and medication they offer.

Book a free appointment at the stop smoking clinic at Oh, run by Everyone Health and CamQuit.

Anyone wishing to book an appointment time at our building can either:

Email eh.camquit@nhs.net or call 0800 018 4304 quoting the 'Addenbrookes clinic'.