

# Volunteers' newsletter

Issue 1 May 2016



## Thank you message from the top

I'm very pleased to be able to support this new newsletter for our volunteers, as I believe that volunteers are of huge importance to our Trust, and it's essential that you feel well-informed about what's going on and part of everything that we do.

I know our volunteers do a great job right across our hospitals, for the benefit of both staff and patients.

Our staff have told me that in many areas volunteers are vital to the services they provide, in ensuring that patients get that extra bit of support - whether that be a cup of tea, a helpful piece of advice or even simply a friendly smile.

We value everything that you do, and I know our patients would say that too.

I have a feeling that you could play an even more significant role in supporting our services and patients into the future, and I'd like to support that move in the coming months. I'd really welcome your views and thoughts on how we can build on the positive impact that you are already making

Thank you for all that you're doing to make ULHT a better place for our patients and their loved ones.

Jan Sobieraj

Chief Executive - ULHT

## Keeping your volunteering details up to date

Are you receiving this newsletter, but you no longer volunteer with the Trust?

Have you received this newsletter through the post, but you have an email address and are happy to be sent this in a digital format to save on postage costs?

Have you moved within the last 12 months and have a new address/telephone number?

If this is you, please could you contact voluntary services department on 01522 597838 or email [voluntaryservices@ulh.nhs.uk](mailto:voluntaryservices@ulh.nhs.uk) to update your details.



## Date for your diary National Volunteers Week

### Meet and greet events

Your chance to come and meet us and other volunteers.

**Lincoln - Tuesday 7 June**, 10am -12pm in the main restaurant.

**Grantham – Wednesday 8 June**, 10am – 12pm in the main restaurant.

**Pilgrim – Thursday 9 June**, 10am – 12pm in the main restaurant.

### Andrew Tysoe – Voluntary Services Manager

I am very pleased to publish your new quarterly volunteer newsletter. We welcome all input and suggestions from volunteers for possible inclusion, and would love to include you in our 'Spotlight'.

2016 will be an exciting year for volunteering at ULHT. In June we will be launching our new volunteer logo and clothing as chosen by yourselves last year. All volunteers will be given a lapel badge to wear as recognition of their valued volunteer role with ULHT. Full details about the launch event at your local hospital will be publicised nearer the time.

We already have over 250 volunteers actively volunteering, many of whom have been with us for many years. It is planned that this number will continue to rise and the positive impact on the patient experience will continue to get better and better.

Some of you will have already met my volunteer coordinator Jackie David, who joined us recently. She is based in our Lincoln office and is an excellent administrator and she is always happy to help you as needed.

### Training opportunities for volunteers

#### Safeguarding level 2 dates

June:	02/13/22/30
July:	15/26
Aug:	03/31
Sep:	20/26/27

If you would like us to book you on these free training opportunities, please contact voluntary services at [voluntaryservices@ulh.nhs.uk](mailto:voluntaryservices@ulh.nhs.uk) or telephone 01522 597838.

We'd love to hear from you.

### Your say

We would like to hear from you! If you would like to say something or something magnificent has happened to you in your volunteering department, please let us know and you could be in our next quarterly newsletter.



### Volunteer of the year 2016

#### Patricia Hiley - winner Chemotherapy volunteer at Pilgrim

Pat was nominated for being a calm, friendly, polite and supportive person who quietly goes about her business of making life easier for the patients and staff. Pat volunteers two days per week on the chemotherapy suite, as well as at patient support group meetings, ensuring patients have a constant supply of drinks and snacks to make them more comfortable.



#### Winifred James – Highly commended, dining companion on ward 3B at Pilgrim

Wyn was nominated for being an amazing woman who gives her time to assist patients who need help with feeding. The nomination recognises how Wyn not only helps at mealtimes, but also befriends patients, meaning that ward staff and patients alike look forward to seeing her.



**Paul Cartwright – Chaplaincy**

“Being a Volunteer in Lincoln County Hospital is a very rewarding experience. I am privileged to have patients, who are willing to confide and trust in me and this includes sharing their story, as we all have one, and coming into hospital is a time when feelings and emotions can run high. After the initial meet and greet and treating the patient with dignity and respect, it breaks the ice and helps them feel comfortable enough to trust and talk about their fears and concerns. This in turn makes me feel as though I have helped in some way on their journey. As a chaplaincy visitor staff and families also feel that they can confide in me or share their own stories, fears concerns, and joys. As a volunteer I am equally treated with respect and feel a member of a bigger team. I would highly recommend it.”

**Rev Alison Amelia - Lead Chaplain  
(Pauls Volunteer Supervisor)**

“Paul Cartwright has been a Chaplaincy Volunteer for over 8 years. He is a dedicated, loyal and a trustworthy member of our team. Patients over the years have commented on how friendly and cheerful Paul is. Patients have commented on how much they have valued his visits.

Paul’s contribution to Chaplaincy is greatly appreciated and his spirit of hospitality shines through. On the days Paul volunteers, he makes a difference to all who come into contact with him. Paul’s contribution and commitment significantly enhances the work and the reach of the Chaplaincy Department”.

**Workshops**

If you missed out on the last workshop don’t worry, we will be running one every three months so please book early.

Our next event at Lincoln, will be held at 2pm on Thursday 7 July. Focused on cancer with guest speaker Sarah Ward – Macmillan Lead Cancer Nurse

To register your attendance please contact the voluntary services department.

**Simple white cake**

**Ingredients**

- 1 cup white sugar
- ½ cup of butter
- 2 teaspoons vanilla extract
- 2 eggs
- 1 ½ cups all-purpose flour
- 1 ¾ teaspoons baking powder
- ½ cup milk

Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x9 inch pan or line a muffin pan with paper liners.

In a medium bowl, cream together the sugar and butter. Beat in the eggs, one at a time, then stir in the vanilla. Combine flour and baking powder, add to the creamed mixture and mix well. Finally stir in the milk until batter is smooth. Pour or spoon batter into the prepared pan.

Bake for 30 to 40 minutes in the preheated oven. For cupcakes, bake 20 to 25 minutes. Cake is done when it springs back to the touch.

