

# Chief Executive CONNECTS



Dear Colleague,

01/09/2021

Last weekend marked the last bank holiday before the festive period approaches and the winter months are quickly creeping up on us. As we come to the end of summer, we have also reached a significant milestone and are approaching the end of our COVID-19 vaccination programme.

The vaccination programme has been a huge success and we are now planning for the booster and flu programme to keep ourselves, our families and our communities safe during the winter season. We will be providing further updates as soon as they are available.

With that in mind, we all know that winter is one of our busiest times of year and it is more important than ever to ensure our services are used wisely. There are some things that are very important for the public and the users of the service to remember:

- Only dial 999 in an emergency
- If it is not limb-threatening or life-threatening call CAV 24/7

The Emergency Unit and our ambulance services remain incredibly busy and as a result, those who are in most need will be seen first.

Anyone not facing a serious emergency may be required to wait a bit longer, may be asked to seek alternative modes of transport to the EU than an ambulance or asked to attend the Emergency Unit at a quieter time.

These processes are in place to ensure our services and resources are being used in the most efficient ways.

I would like to take this opportunity to once again thank our incredible staff for their commitment and determination in keeping patients safe and delivering quality care.



**Len Richards,**  
**Chief Executive**

## Announcement re: Chief Operating Officer

I would like to announce some changes that are happening within our Exec Team as our Chief Operating Officer, Steve Curry, has been appointed as Chief Operating Officer within North Bristol NHS Trust.

I have thoroughly enjoyed working with Steve over the last four and a half years and would like to personally applaud the huge contribution that he has made both in terms of the way in which the organisation has responded to the challenges we have faced, where his leadership became very evident in our response to Covid-19, and the significant contribution he has made to the development of the Executive Team.

Steve will be taking up his new position in January 2022 after holding the Chief Operating Officer position at Cardiff and Vale UHB since 2017 and will continue to support Stuart Walker as acting Deputy Chief Executive until the end of the year.

I am pleased to announce that Caroline Bird will be stepping into the Acting Chief Operating Officer role, and I and the rest of the Executive

Team have every confidence in Caroline's abilities as we move into Winter and through our reset and recovery programme.

I am sure you will join me in wishing Steve all the best in his new role in Bristol and welcome Caroline to the role as we move into what is expected to be a challenging period.



## COVID-19 Vaccine / Booster Update

We have reached an incredible milestone with our vaccination programme in that we have now invited everyone who is eligible for a COVID-19 vaccination.

This means that we have delivered 703,449 vaccines in total with 367,897 first doses given and 335,552 second doses given.

If you have not yet received your vaccine and still want to, you can contact our booking centre on 02921 841234 for an appointment time or visit Bayside MVC or Holm View Leisure Centre in Barry between 10am and 7.30pm every day. Here you can receive your first dose and your second dose if it has been 8 weeks since your first vaccine.

Please remember it is so important to get both doses of the vaccine as this gives us the best protection against the virus which is still circulating in the community.

Our team are now working on the plans for the Booster vaccine which we expect to deliver from mid-September and we will contact those people that are eligible in due course as we await final guidance from the JCVI.

I would again like to thank all of our staff, volunteers and those in the community that have been vaccinated for playing their vital part in protecting our local community and helping us get back to doing what we all love.

## Test, Trace, Protect Update

Following the easing of restrictions, across the UK mass gatherings including sports events and festivals have restarted. As a result of restrictions easing we are beginning to see a rise in the number of COVID-19 cases in our community across Cardiff and the Vale of Glamorgan, with many associated with large events. I would therefore like to take this opportunity to remind individuals who are attending large events, about the importance of self-isolating and getting tested immediately if you are symptomatic.

You should get tested if you are feeling unwell and experiencing symptoms including a new, continuous cough, high temperature or loss of taste and smell. You can also get a test if you have any viral or respiratory-type symptoms that are unusual for you including a sore throat, runny nose, sneezing or any cold or

winter flu symptoms.

If you receive a positive result you must self-isolate for 10 days to protect yourself, your loved ones and your community. Self-isolation remains important even if you have been double-jabbed, as the vaccine reduces but does not prevent all transmission.

I urge everyone to continue to take precautions when attending festivals and large events. If you have not yet had two doses of COVID-19 vaccine you are urged to do so as this is the best way of preventing the risk of serious illness to you and your family, and of passing on COVID-19 to vulnerable patients.

Whilst at events, hand hygiene, face coverings and social distancing are still effective measures to prevent transmission of the virus.

## Help Us Help You as we head into Winter

As mentioned earlier in the newsletter, our Emergency Unit is still extremely busy and we are asking you to help us help you in using our services appropriately.

If you feel you may need to visit the Emergency Unit or Minor Injury Unit, or you need to speak to the Urgent Primary Care Out of Hours service (also known as the GP Out of Hours service), then please ring CAV 24/7 first on 0300 10 20 247.

We must remind you that CAV 24/7 is an urgent care service only and **cannot** provide routine services such as:

- Blood tests
- Repeat medications or prescriptions
- Routine appointments
- Hospital referrals

If you are given a timeslot to attend our Emergency Unit or Minor Injury Unit then please do limit the number of relatives you bring with you. As a busy working hospital, we're still adhering to social distancing guidelines to help keep our staff and patients safe.

You may feel that you don't need the Emergency Unit but to see a GP instead. In Cardiff and the Vale of Glamorgan, we have the Primary Choice team - your local team of Primary Care Specialists for the counties.

# Help Us Help You as we head into Winter

By seeing the right person for your healthcare needs (N.B this may not be your local GP) you will save yourself time and receive the best advice, care and treatment.

If you're unsure which member of the Primary Care team is the best person for you to see, please visit our website to meet the team.

If you're ever unsure which service you need depending on your healthcare need, save this image to your phone which showcases the services we offer here in Cardiff & the Vale.

**Dentist**  
Toothache  
Sore or bleeding gums  
Facial pain

**Optician**  
Blurred vision  
Severe eye pain  
Sudden loss of vision

**Pharmacy**  
Diarrhoea  
Headaches  
Bites and stings

**GP**  
For symptoms that won't go away

**EU**  
For life threatening emergencies call 999  
For non life-threatening emergencies call CAV 24/7

**PrimaryChoice**  
WE ARE PRIMARY CARE

**GIG CYMRU NHS WALES**  
Bwrdd Iechyd Prifysgol Caerdydd a'r Fro  
Cardiff and Vale University Health Board

Your Primary Care options.  
**Making the right choice for your care.**

0300 10 20 247  
CAV 24/7



## Unveiling art for Pride: Wonder by GUNK Illustration

The Arts for Health and Wellbeing Team were proud to commission GUNK Illustration to produce Wonder, a double A0 sized illustrated mural, printed on board, to celebrate the diversity of staff and patients within the NHS.

The artist, by his own description – a queer and trans illustrator – was delighted to be given this special opportunity to create a piece of art for Cardiff Royal Infirmary during Pride 2021. To read more, please [click here](#).



## September's Health Hero

### Samantha Crimmins is this month's Health Hero

Samantha Crimmins is crowned Health Hero for September for “going above and beyond for all patients and staff that use Riverside Health Centre.”

To read more about Samantha's nomination and win, please visit the [health charity website](#).



## Nurse & ODP Autumn Recruitment Event

### Join our team of trailblazers

If you're a registered nurse or ODP looking for a new and exciting opportunity, we'd like to invite you to come along to meet us at our next recruitment event. Our nurse & ODP recruitment events are a fantastic opportunity to find out more about our Health Board and the range of opportunities we have available.

Join us 3-7pm, September 23rd 2021, Lakeside Wing at University Hospital of Wales. [Sign up to secure your place now.](#)



## Other news and events

### FREE spaces available for the Cardiff Bay 10k

Last few days to get your space for the Cardiff Bay 10k Run, take in the breath-taking views in and around the Bay and raise money for Cardiff & Vale Health Charity.

Email [fundraising.cav@wales.nhs.uk](mailto:fundraising.cav@wales.nhs.uk) to claim your **FREE** space!

### 10 Years of Cardiff & Vale Health Charity

Celebrating 10 years of Cardiff & Vale Health Charity: 2016 - Here are just some of the activities and events held by the Health Charity, supporters and fundraisers in 2016 -

[Read more.](#)

### Dylan Llewellyn walks 100,000 steps for Artificial Limb and Appliance Centre

12 year old Dylan Llewellyn walked an incredible 100,000 steps last Friday, the 27th of August!

He was raising funds for the Artificial Limb and Appliance Centre based at Rookwood Hospital, as they helped his Uncle Richard after having his leg amputated earlier this year.

[Read more about this inspirational story here.](#)

