

Chief Executive CONNECTS



Dear Colleague,

01/12/2020

The first day of advent marks the countdown to Christmas and the end of the year. It is the opportune time to look back at the year we have had and reflect upon 2020. It has been an incredibly difficult year for everyone, with lockdowns and restrictions affecting us all, thousands of families losing loved ones, and those of us working in the NHS pushed to our limits to provide the best possible care for our patients. I know that those on the front line have felt this even more acutely than anyone and have felt the loss of every life to COVID in their very souls.

It has been a year unlike any another and I am sure that its effects will be felt by our staff for a long time to come. We will need time to come together, albeit virtually, and reflect on our shared experience of the year and remember those who we have lost to this awful disease, including the five members of Cardiff and Vale UHB staff, Mr Jitendra Rathod, Gareth Roberts, Julianne Cadby, Allan Macalalad, and Dominga David, who we continue to miss greatly. So that we may find this time, I would like to invite you to the Health Board's upcoming *Time to Reflect* service, which will be premiered on our Facebook page at 6pm on Thursday 17th December. Ahead of the service, I would also invite you to leave a message or dedication on our reflection wall, [which you can do here](#).

The service will also give us an opportunity to look ahead to the Christmas season and to the New Year ahead where we can see light at the end of the tunnel with the promise of a vaccination, which we are working hard to plan for. However, we still need your help to make it there. You will have seen the difficult decisions that Welsh Government have made this week with further restrictions coming into force on Friday. Please continue as you have done all year and do not use the closure of pubs and restaurants in the evenings as an excuse to have gatherings at home. Despite how tempting it may be around the Christmas period, we know that this is one of the most common ways that COVID is spreading in the community. So please spare a thought for all those who we have lost and all those we could still save, simply by following the guidance.

As we look ahead to the future, I would like to take this opportunity to thank everyone who completed the recent NHS Wales all-staff survey. I am pleased to say that Cardiff and Vale UHB had the highest number of responses of all the NHS organisations in Wales and they will be key in forging a brighter future, a better system, and a more resilient NHS for generations after us.

Len Richards
Chief Executive

Help stop the spread of COVID-19

As we're expecting the temperature to continue to drop, it is vital that as NHS staff we remain aware of the symptoms of COVID-19, how to spot them in ourselves and others, and what to do when we see them. The most common symptoms of COVID-19 are:

- A high temperature
- A new and persistent cough
- A loss or change of taste or smell

If you have any of these symptoms, you and members of your household should stay at home. Most importantly, you must book a COVID-19 test. As a critical workers, staff of Cardiff and Vale UHB can access testing directly via the Health Board. Just speak to your line manager about booking one.

As Health Board employees, we should all be aware of our personal responsibility in the fight against COVID-19. By following a set of simple rules, we can all make a significant contribution to controlling infection rates. I would urge all staff to be very aware of how they interact with others throughout their working day and beyond this in their social time. We all have a critical role to play in our united fight against COVID-19.

It is very important that we respect the guidelines and requirements and take personal responsibility for our actions in order to reduce transmission rates and keep ourselves, our families and our patients safe.

Progress of Lakeside Wing, UHW

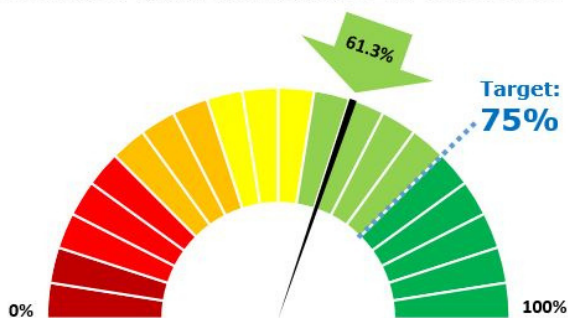
As I mentioned last week, the first phase was handed over to the UHB by Darwin Group Ltd on 25th November, the same day in which the first fully operational 56 beds were ready to accept patients. This week, we're aiming to have the full 166 beds available to accept patients. Employees from across the Health Board have spent their time and shown sheer determination on this project alongside their main roles which I'm extremely grateful for and proud of. So why not get to know the team behind the build? Click here to [Meet Simon Williams](#), the Project Operational Lead for Soft FM Services. Also, Christmas has come early for the Lakeside Wing: a big thank you to Darwin Group for supplying us with this Christmas tree at our UHW site.



Beat flu

Our staff flu vaccination programme continues and I am delighted with the number of people coming forward to receive their flu vaccination. Last week, our data indicated that 61.3% of health board staff had received their flu jab and I would like to pay tribute to all staff involved in the delivery of this programme for their determination and hard work.

61.3% of all staff in Cardiff and Vale UHB have been vaccinated against influenza so far this season



Our flu champions are now offering immunisations to all staff (including non-front line workers) and I would urge staff members to contact their Clinical Board Flu Lead or access an Occupational Health clinic through our phone first system. Call Internal 43264 or External 02920 743264 in advance to book a slot at UHW. Social distancing is controlled at all clinics in order to safeguard both staff and clients.

Each staff member receiving a flu vaccine in work is eligible to be entered into our weekly prize draw. Congratulations to Cath Byrne from Specialist Services clinical board who was our week nine winner and received a £50 John Lewis voucher.



Five years of deemed consent to organ donation in Wales

This week marks five years since a soft opt-out system for organ donation was implemented in Wales, which means that consent of the donor is assumed but families have the final say. Since the introduction of the legislation, consent rates in Wales have risen significantly, rising from 58% in 2015, to 77% in 2019. Wales has gone from having the lowest consent rates in the UK to the highest.

Wales has paved the way in the UK as the first country to implement such legislation, but this year Scotland and England have also moved to a soft opt-out system, presenting the potential to significantly increase the number of donor organs available across the UK.

In the past 5 years, Cardiff and Vale UHB has also made other notable strides in organ donation and transplantation, such as being the first centre in the UK to transplant kidneys from donors infected with Hepatitis C thanks to the access to treatment. Before the availability of DAA tablets on the NHS to treat and cure Hepatitis C, people infected could not donate their kidneys. It is estimated 12,000 people are affected by Hepatitis C in Wales. I would like to take this opportunity to commend our Nephrology and Transplant team on their continued hard work to make strides as a leading centre in the UK.

Bevan Exemplar Showcase

Since the launch of the Bevan Exemplar programme, Cardiff and Vale UHB has been fortunate to have a number of innovative and inspirational members of staff be part of it every year. Despite the fact that this year's showcase is online, this remains the case as we have a number of fascinating projects being presented. The first was called Get Up and Dance led by Marianne Seabright in partnership with Rubicon Dance, which was presented earlier this morning. The project, aimed at dementia patients, used weekly dance classes and music to lift the mood, promote wellbeing and get people moving in hospital to aid recovery.

This Friday morning, two more of our exemplar projects will be presented as part of the showcase and I would highly recommend watching if you are able.

The first is Grow Well, led by Isla Horton, Grow Cardiff and Dr Karen Pardy, Director SW Cardiff Primary Care Cluster, Cardiff and Vale UHB. The second is Needle in a Haystack: Finding glaucoma patients that are going blind, led by Wai Siene Ng.

If you would like to join this event to watch these fantastic presentations, please book your tickets here. If you have an innovative improvement project, I would also recommend considering submitting an application to next year's Bevan Exemplar programme when it opens. It could make a huge difference to your idea's success!

Advanced Therapies Wales Launch Newsletter

Since recruitment started in late 2019, the Advanced Therapies Wales team have been diligently working behind the scenes to bring the potential of Advanced Therapy Medicinal Products (ATMPs) to Wales, and have recently released their newsletter.

The first edition includes a message from me, an update about the 'game-changing' potential of CAR-T therapy, and the latest programme updates.

As the Senior Responsible Officer for the programme, it is my hope that through our collaborative efforts, Wales can deliver the potential ATMPs have to radically alter patient outcomes for previously incurable diseases.

[Click here to read the newsletter](#)

International Day of Persons with Disabilities

This Thursday is the UN International Day of Persons with Disabilities (IDPD): a day that aims to promote the rights and wellbeing of people with disabilities across society. We'll be joining other organisations across the UK in marking the occasion by lighting UHW in purple. You can join the conversation on social media using the hashtag #PurpleLightUp.

Regular readers will know the value that I place on the diverse workforce we have here at Cardiff and Vale UHB. People with disabilities make an incredible contribution to our organisation every day, which is something we should all support and celebrate.

I'm proud that the Health Board is a Disability Confident Employer as part of Government's Disability Confident Scheme.

It recognises our efforts to challenge negative attitudes towards and increase understanding of disability, and remove barriers to help disabled staff, patients and the wider community have fair opportunities to fulfil their potential and realise their aspirations.

Of course, there is more that we can do, which is why, as part of our Strategic Equality Plan – Caring About Inclusion 2020-2024, we are working towards gaining Disability Confident Leader status. As sponsors of this important area, our Chair, Charles Janczewski, and Executive colleagues, Fiona Jenkins and Nikki Foreman, will be driving forward our progress.

I would encourage line managers across the Health Board to read the Disability Confident handbook, which gives guidance on recruiting, managing and developing people with a disability or health condition.

Cardiff Council supported lodgings

Cardiff Council is looking for households to become paid supported lodgings hosts who can provide a safe, supportive environment for a young care leaver to help them on their way to living independently.

There are a number of young people aged 16 to 18 who have left foster care or experienced a family breakdown and need help during this difficult time. By joining as a supported lodgings host, you will earn £189 a week and receive full support and training from an experienced team.

[Find out more.](#)



Gofal Cyngor Caerdydd
Maethu plentyn



Other News and Events

Changes to our free WiFi

The free CAV Health Charity WiFi for our patients and visitors will shortly be replaced by BT WiFi, which is also free and accessible to everyone across our sites. You may have already noticed the SSID '_BTWi-fi' in your available WiFi networks, you can connect to _BTWi-fi at any time you see this available on your device. The free BT WiFi will be available across all sites by January 2021. Thank you to the Cardiff & Vale Health Charity for supporting us with WiFi to date.

John Lewis shopping evenings

John Lewis Cardiff is offering Cardiff and Vale UHB staff exclusive shopping evenings between 7.15pm and 9.00pm on four dates over the next few weeks. To find out more, and to sign up to one, please visit the StaffConnect app newsfeed.

If you plan to attend one of these exclusive evenings, please ensure that you observe social distancing both on the way to and inside John Lewis and remember to wear a mask and sanitise your hands upon entry.

10 years of the Health Charity

Cardiff & Vale Health Charity is celebrating 10 years making things better for patients, visitors, staff and the wider community. The celebrations will take place across the next 10 months and you can [join in here](#).

£20,000 Staff Lottery Winner

The winner of the Health Charity's £20,000 staff lottery draw was announced on Friday 27th November by Welsh rugby hero, Scott Quinell. In case you missed it, you can find out who the lucky winner was and their reaction [here](#).