



Dear Colleague,

10/11/2022

Last month I attended two brilliant events that really recognised and celebrated people within our community who do great things to make a real difference.

I was invited to attend the Halloween Masquerade Ball in aid of the Prop Appeal within Cardiff & Vale Health Charity. The evening was a delightful mash-up of costumes and cocktail dresses at the Mercure Holland House Hotel. I'm pleased to say it was a sparkling success that helped raise the profile of the needs of those undergoing brain injury rehabilitation, as well as much-needed funds to provide additional and very welcome support to patients and their families and the team at the Neuro-rehabilitation Centre at UHL. It was a great opportunity to thank all those who provide care and treatment as well as to meet and thank the many inspiring members of the team and community who alongside our fundraisers make a real difference to so many through their work to support the charity appeal. Congratulations to the Health Charity team and volunteer members of the Prop Appeal Committee for a brilliant evening; I'll be looking forward to the next one.

It was also a great privilege to be a guest at the South Wales Police Awards celebrating the great work of colleagues from across the policing community who support the Health Board and our shared community. The night

held inspiring tales of bravery, creativity and dedication and recognised those who had gone beyond the call of duty for citizens and the community and South Wales Police. Congratulations to all who were nominated and of course the winners it was great to be able to be a part of your evening and thank you for all that you do to support team CAV.

On Friday I was joined by the Patient Safety team to discuss medication safety at the Ask Suzanne session. This marked the start of World Patient Safety Day and Medication Safety Week, which takes place from 7th – 13th November. Each day throughout the week will have a different medication safety theme, raising awareness and providing useful information and resources. Focusing on medication safety is one of the ways we can "systematise" safe care for patients as we seek to minimise near misses and avoidable harm, its important and useful learning for all so please get involved. To find out more about the Medication Safety Week and World Patient Safety Day colleagues you can [visit the dedicated SharePoint page](#).

Over the next few weeks, the Operations Team, led by Paul Bostock, Chief Operating Officer, is holding a series of face-to-face roadshows across sites to speak openly with colleagues about the Health Board's Winter Plan including the challenges, what work is being undertaken

to manage demand, what wellbeing support and resources are available to colleagues and what we can all do to ensure we are continuing to provide timely care for patients. I would urge everyone to attend these roadshows if you can. We all have a part to play and the roadshows will be useful sessions to discuss and share ideas to support us all. [Dates and venues can be found on SharePoint or the StaffConnect app.](#)

The most effective way to promote a safe winter is to get vaccinated against COVID-19 and flu if you are eligible and when invited. The vaccination programme is in full swing at the moment but we are seeing quite large numbers of people not attending their appointments.

If you have missed your appointment please don't hesitate to rebook via the booking centre at cvuhb.Massimms@wales.nhs.uk or call the booking line on 02921 841234.

If you are eligible for a COVID-19 booster vaccination you should have received an invitation directly but if you think you have been missed you can also contact the booking centre at cvuhb.Massimms@wales.nhs.uk or call 02921 841234 to check and arrange an appointment.

If you have received an appointment and need to reschedule or cancel your COVID-19 vaccination you can complete this online form.

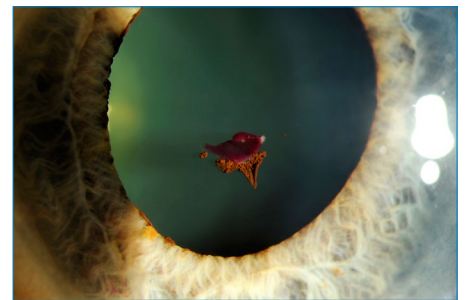
If you are a frontline member of health and social care teams and have not yet received your COVID-19 booster vaccination, you can [complete the online form](#) and a member of the team will be in touch.

Thanks again to you all, colleagues, partners and citizens for all that you are doing week in

and week out to support one another and for your dedication and compassion, I really do value and appreciate it.

Cardiff and Vale UHB's Medical Illustration team celebrate success at The Institute of Medical Illustrators Awards

Medical Illustration colleagues have enjoyed success again at this year's *Institute of Medical*



Illustrators Awards, the department was successful in gaining twelve bronze awards, four silver awards, and two gold awards were won by Jess Leonard for Spontaneous Hyphema and Laura Mullen for Cystic Tumour.

The silver awards were won by Lauren Price, Hannah Wilce and Nicola Kelley-Carrick and the winners

of the Bronze awards were Gemma Meredith, Lauren Price, Matthew Stenson, Anna Hammer, Khris Swann, Hannah



Wilce, Nicola Kelley-Carrick and Jess Leonard. A huge well done to the Medical Illustration team for this impressive collection of awards!

Young England and Wales Programme 2022

The *Young England and Wales Autumn 2022 Programme* took place in Lancaster from 11th to 14th of October, where 28 delegates took part, including two colleagues from Cardiff and Vale University Health Board (UHB). Each delegate had to present a six-minute paper arguing the case on a subject of 'current interest of controversy'. The programme aims to develop the communication skills and broaden the horizons of people in the early stages of their working lives.

Luke Cordrey, from Cardiff and Vale UHB, put forward that young people should be encouraged to talk about how they are feeling from a young age. The case presented set out that when young people grow up and face difficult challenges, they should know how to call on others for help. Luke argued we need to get talking sooner, starting conversations and stopping people feeling secluded and lonely. Perhaps this way we can begin to reduce suicide rates, particularly in young males, who often find it so difficult to open up.

Hunar Duski, from Cardiff and Vale UHB, also took part. Hunar presented how healthcare is a fundamental human right, alongside food, shelter and freedom, and how access to it should remain free. He believes despite current pressures and staffing challenges, the NHS is still one of the best healthcare systems in the world. Accessible healthcare for people have long lasting positive impacts, Hunar concluded.

Luke Cordrey won 'Best Group Challenge', with the adjudicator commenting on Luke's "lively and inquiring presentation", calling it "intelligent and thought-provoking."

A great programme that helps to nurture and promote critical thinking and problem solving, and great to see some of our own – Hunar and Luke – participating on behalf of the Health Board.

Celebrating CAVHIS and its valuable partners

Last month, Cardiff and Vale Health Inclusion Service (CAVHIS) celebrated its one-year anniversary of the service and its partnership with the British Red Cross.



CAVHIS offers public health screening, healthcare and short-term support to vulnerable individuals who find accessing healthcare services a challenge. These groups of individuals include people seeking asylum who have newly arrived in Cardiff, those involved in refugee resettlement programmes, individuals affected by sex work, homeless people and those who are unable to access a GP in the traditional sense due to violent or aggressive behaviour.

With a key ambition to reduce barriers to accessing health care for these patient groups, CAVHIS, has supported over 2,300 patients in the last year with its partners in the British Red Cross receiving 241 referrals from the team.

Providing invaluable support to the patient groups CAVHIS works with, the British Red Cross help patients beyond healthcare with such things as offering asylum support, education and training, community integration and mental health referrals.

Happy one-year CAVHIS and thank you for the work you do to improve and raise the profile of the health and wellbeing of individuals with the poorest health outcomes who experience the most barriers when it comes to accessing care.

Integrated Autism Service celebrates fifth anniversary

The Cardiff and Vale Integrated Autism Service (IAS) is celebrating five years of supporting autistic adults and their carers in our region. The service offers diagnostic and support services and works with mainstream services to increase their skills and knowledge in working with autistic people.



The Cardiff and Vale Integrated Autism Service (IAS) is a multi-agency specialist autism service with staff from Cardiff and Vale University Health Board, Cardiff Council, and Vale of Glamorgan Council. The service works closely with partner organisations in health, social care, and the Third Sector. The service was set up following the provision of funding from

Welsh Government to develop Integrated Autism Services across Wales.

As part of the anniversary, the team were asked to share some highlights of why they valued working in the service and the following example really shows the importance of the service; "Working with autistic people has made me understand, accept and encourage difference, both at work and in personal life. It continuously reminds us to think about other ways of viewing a situation and I think we are privileged to work with such an awesome group of people."

The Research Delivery team unveil a new look

Throughout Cardiff and Vale University Health Board, research studies are being carried out daily to improve patient care and treatment.

One of the departments carrying out this ground-breaking research is the Research Delivery Team who are celebrating six years of achievements since being established in the Health Board in 2016.

During that time the award-winning team has helped thousands of patients with their work:

- In 2016, the Research Delivery Team became part of Cardiff and Vale UHB, focusing on delivering clinical trials across the Health Board.
- In 2019, the Obstetrics and Gynaecology research team were established, and later that year in the Research Facility, the first patient in the world was dosed as part of a new global diabetes trial.

- In 2020, the Research Delivery Team were the first site in the UK to open the Recovery trial, contributing toward over 39,000 patients taking part to identify effective treatments for SARS-COV-2.
- More recently, the Research Delivery Team have supported vital research into COVID-19 vaccines and research showing that it is safe to have the COVID-19 and influenza vaccines at the same time.
- And this year, UHW's Critical Care research team recruited the first patient in the UK for the Global 19999 SEAL trial.

Also, during this time members of the team have been actively involved in fundraising events as well as being nominated for a number of prestigious awards.

Now, the team are marking their milestones and expanding the team with a fresh new re-branded logo, website and SharePoint pages.

Move More Eat Well Showcase event

Move More, Eat Well held its first in-person showcase event last month and it was fantastic to see so many partners from across Cardiff and the Vale of Glamorgan come together to network, connect and share best practices.

Our Executive Director of Public Health, Fiona Kinghorn welcomed partners to the event at Western Leisure Centre, which included Food Cardiff, Food Vale, Vale Healthy Living Team, Sport Cardiff, Pedal Power, Refill Wales and Welsh Government.

The Move More, Eat Well Team shared key highlights on progress and Welsh Government updated partners on their Healthy Weight: Healthy Wales Strategy.



Environment improvements at the Antenatal Clinic – University Hospital Llandough

Cardiff & Vale Health Charity has recently supported a project to improve the environment of the Antenatal Clinic at University Hospital Llandough where the Rainbow Clinic is also based. The Rainbow Clinic cares for women and their partners who have very sadly lost a baby or babies during pregnancy, or shortly after birth.

[Read more about the improvements.](#)