

# Chief Executive CONNECTS



Dear Colleague,

11/05/2021

I must begin this week's issue with some personal news. Yesterday, I announced that I will shortly be taking a position as Chief Executive of Mid Yorkshire Hospitals NHS Trust. It has been a privilege to be CEO of Cardiff and Vale UHB. The past four years have given me so many opportunities but as always the work has been done with a great team of people and staff around me, both in the Health Board and from the partners with whom we work.

I believe Cardiff and Vale UHB holds a unique place in Wales in the provision of health services to its population and that if it maintains the ambition to be one of the best health providers in the world, it will rightly be recognised as such. Reflecting on my tenure here, I know that I will take with me so much learning and many fond memories. The messages of congratulations from colleagues across the organisation when the announcement was posted on social media were truly heart-warming and I am humbled that I have been able to play a small part in the incredible projects and programmes of work that each and every one of you is undertaking. I will not forget my old pal, Wyn, and that everything you do is to make the care the organisation gives the very best it can be for ordinary people like him.

Leading a health organisation during a global pandemic is not something I ever thought I would have to do in my career and I am fortunate that when COVID-19 hit, I was at Cardiff and Vale UHB: surrounded and supported by 15,000 colleagues who gave their all to care for those unwell with COVID while keeping our vital other services running. It was a mobilisation unlike anything I had seen previously and I will always be very proud of our response.

I was always very clear that our role as executives and my role as the Chief Executive was to provide the conditions so that staff were able to deliver the services required as safely as possible. Losing colleagues during the pandemic has been one of the most difficult things I have ever had to come to terms with but I hope that you agree that the organisation's resilience and our outstanding response to this pandemic will honour their memories.

Following the COVID-19 pandemic, I was delighted to learn that I had been awarded a CEO UK Award from CEO Today UK Magazine, which you can read about [here](#). This is, of course, an honour that I share with everyone who had worked in Cardiff and Vale UHB throughout my time here and throughout the COVID-19 pandemic. Your contribution was invaluable and I know that I could not have done it without you, whoever you are, wherever you're based, and whatever your role is.

I am part of the team at Cardiff and Vale, just as you are, and although I will be leaving the UHB (and do so with a heavy heart), I know that every single person working at the Health Board will continue to achieve great things from what we have worked together to put in motion over the last four years. Keep up the excellent work!

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

# COVID-19 Vaccine Update

Our vaccine programme has been continuing at pace and we are now inviting people aged 18-29 to our centres. Our Bayside Mass Vaccination Centre is now a dual site which can offer both Pfizer and the Oxford AstraZeneca vaccine.

We have now delivered 421,493 vaccinations to our population with 305,171 people having received their first dose. That's an amazing 75% of our adult population. Further 116,304 people have now received both doses, so 29% of our adult population in Cardiff and the Vale of Glamorgan is fully protected.

It is great news that we are moving through our second dose delivery. People will receive their second dose at 11 weeks after the first, for both Pfizer and Oxford AstraZeneca. People will be invited by letter to attend their second appointment. Your second dose will be the same as the vaccination you received for your first dose.

The JCVI guidance now confirms that women who are pregnant can now receive the vaccine and, in Cardiff and Vale, this will be the Pfizer vaccine. If you receive your appointment and you are pregnant please contact us to let us know so that we can ensure you are booked into the correct site.

## Clinical Trial

Our Bayside Mass Vaccination Centre is also the only centre in Wales recruiting volunteers for a study looking at the use of COVID-19 vaccines at the same time as the seasonal influenza vaccine.

This study is sponsored by University Hospitals Bristol and Weston NHS Foundation Trust and is running in Cardiff & Vale University Health Board.

If you are aged 18 years or over, and have had your first AstraZeneca COVID-19 vaccine and have received an appointment letter for your second AstraZeneca COVID-19 vaccine, then you may be eligible to take part in the study.

If you are interested in finding out more, please visit [this website](#), where you can access the Participant Information Leaflet which contains everything you need to know about the study. You can also register to take part by completing the pre-screening questionnaire available through the above link.

# Inaugural Genomics Showcase

Friday 14 May, 2021 will mark the first ever Genomics Showcase, a free virtual event hosted by Wales Gene Park on behalf of Genomics Partnership Wales. As the Senior Responsible Officer for the programme, I am enthused by the progress made so far on the Genomics for Precision Medicine Strategy set out by Welsh Government.

COVID-19 has placed a sharper focus on the potential held by genomics to improve the health and wellbeing for Wales, not least the central role Pathogens Genomics Unit has played to facilitate our understanding of the pandemic. I'm extremely proud to lead a Partnership that exemplifies true collaboration across patient and public communities, the NHS, mental health services, industry and academia.

In Wales, progress is accelerating across rare disease, cancer and pharmacogenetics services as well as pathogen genomics and we are witnessing how this is increasingly transforming patient care and I remain confident that greater transformation will be seen over the years to come.

Event attendees will have the opportunity to learn more about;

- Ongoing research Wales Gene Park is supporting as part of the "Spotlight on Genomics."
- New clinical services delivered by All Wales Medical Genomics Service
- How Public Health Wales' Pathogen Genomics Unit is supporting world leading SARS-CoV-2 genome sequencing
- Careers in genomics – could this be right for you?
- Patient and public involvement in genomics – and an opportunity to shape the genomics work in Wales
- A talk on "The History of Genetic Testing" by Sian Morgan – All Wales Medical Genomics Service Head of Laboratory
- A talk titled "Genomics in 2050: what might the future hold?" by Andrew Fry – Director, Wales Gene Park

There will be two sections to the virtual event: one targeted towards healthcare professionals and the other with for the general public.

To register for the Genomics Showcase, visit <https://genomicspartnership.wales/genomicsshowcase2021>

The banner features a dark blue background on the left with white text for the event details, and a vibrant, colorful illustration on the right depicting various scientific and technological icons like a DNA helix, a smartphone, a lightbulb, and a flask, connected by stylized lines. Below the banner, a row of logos for the event's partners is displayed.

**Genomics Showcase 2021**

- Friday 14th May
- 10am - 7pm
- Free Virtual Event

**REGISTER**

Partnership Genomics Genomics Partnership Wales

Wales Gene Park

PARC GENETIC CYMRU

Ysfael Iechyd a Gofal Cymru Health and Care Research Wales

Adran Iechyd Lywodraeth Cymru Funded by Welsh Government

# Mental Health Awareness Week

This week is Mental Health Awareness Week and we are encouraging open and constructive dialogues about mental health and wellbeing issues - giving them the prominence and importance they deserve. We have put together a list of just some of the services and resources available to support people living with mental health challenges:

## **SilverCloud**

People in Wales aged 16 years and over, who are experiencing mild to moderate anxiety, depression or stress, can sign-up for a free, 12-week course of online therapy. There are 17 courses available to choose from, [find out more.](#)

## **C.A.L.L. Mental Health Helpline**

As well as providing confidential listening and emotional support, C.A.L.L can also direct you to support in your local community or online. They are open 24/7, 365 days a year, [find out more.](#)

## **Beat Eating Disorders**

Beat provides help if you or someone you love is suffering from an eating disorder. Helplines and information are available for adults and young people. [Find out more.](#)

## **Activate Your Life**

Improve your mental health and wellbeing with this free course that will help you live life with more confidence - supporting you with practical ways to help you cope with thoughts and feelings causing distress. [Find out more](#)

## **Primary Mental Health Support Service**

The Primary Mental Health Support Service offers a range of educational open access courses for adults in the local community. Free courses on offer include 'Understanding Me' and 'Action for Living'- [find out more.](#)

## **Young Person's Mental Health Toolkit**

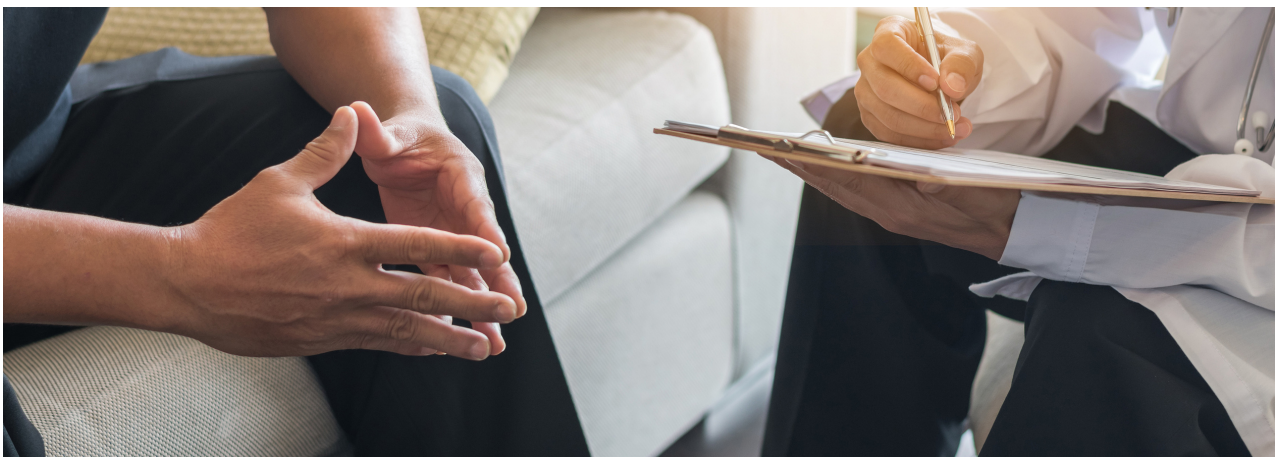
This useful resource links young people, aged 11 to 25, to websites, apps and helplines. [Find out more.](#)

## **Cardiff and Vale Recovery & Wellbeing College**

Our Recovery & Wellbeing College provides free courses on a range of mental health and wellbeing topics for people who have accessed mental health services, are carers or work in mental health services. All of the courses are co-produced by professionals and people with lived experience of mental health issues. [Find out more.](#)

## **Employee Health and Wellbeing Service (EHWS)**

For staff in our organisation, remember to take advantage of the EHWS. There are a number of services and resources available to support you with mental health and wellbeing in the workplace. More information can be found on the staff intranet.





# International Nurses Day

Tomorrow (12th May), we celebrate International Nurses Day. Nurses are one of the biggest cohorts of staff in our Health Board and it feels more important than ever to thank them and celebrate their skills and experience after the last year. As part of the day Ruth Walker, Executive Nurse Director, and I will be holding a live Microsoft Teams session for our nursing staff to ask any questions and have their voice heard.

The event will be live between 12pm and 1pm and you can submit questions in advance to [news@wales.nhs.uk](mailto:news@wales.nhs.uk) with the subject line Nurses Day Questions.

As part of the day you will hear from some of our nurses who have been redeployed over the last year and find out why our staff became nurses. Our Directors of Nursing will also be visiting out nursing teams across our sites and in the community.



## Tribute to Orla Morgan

It is with great sadness that I learned last week of the passing of our well respected colleague Orla Morgan.

Orla was a much loved and committed member of the Cardiff and Vale family and was well known as Lead Nurse for Critical Care and later helped develop the new Major Trauma Centre at UHW as Lead Nurse for this service.

Orla passed away with her family and friends around her. She will be missed by all who knew her.



## Sustainability in action

Cardiff and Vale University Health Board declared a climate emergency in early 2020. In order to play its part in improving the environment of Cardiff and Vale of Glamorgan, a Sustainability Action Group has been formed and an action plan created with the aim of making inroads into lowering our carbon footprint.

Our Capital, Estates & Facilities function already have a strong track record of energy reduction, installing renewable schemes and reducing waste, with a pipeline of further projects to be delivered.

The opportunity to continue to progress this work exists within our operation as a provider of health services: the devices we use, the chemicals we use, etc. However, these areas are complex and involve a number of stakeholders to be on-board in order to progress.

As we continue our journey towards decarbonisation, we would welcome your views as staff about what is important to you and areas in which we can try and improve. [Please take 5 minutes to complete this short survey and let us know.](#)

## Green Health Wales

I am very excited to see staff from Cardiff and Vale University Health Board involved in the launch of a new, pan-wales network of healthcare professionals who recognise that the climate and ecological emergency is a health emergency.

Green Health Wales will work across Wales to supporting cross-departmental collaboration, empowering everyone in the health and social care sector with the tools and knowledge to address the climate crisis - transforming health care to be climate smart.

Green Health Wales are hosting a virtual launch event which is free to attend of the 29th June, 2021 in which they will share learning from both local Welsh initiatives and global sustainable healthcare projects across a breadth of speciality areas.

I would encourage you to join and think about how you could apply these principles in your own area of work.

[You can sign up here.](#)

## Environmental Sustainability Improvement Manager

I am also delighted that a new post has recently gone out to advert for an Environmental Sustainability Improvement Manager to join the organisation and support its drive towards a decarbonised, sustainable future.

This post will seek out, manage and deliver sustainability projects that have the buy-in of a rich selection of stakeholders. The post will be influential in transforming the Health Board, and the post holder will be out in the organisation, with people to deliver projects with a sustainable output.

They will also be the lead for the cross functional Sustainability Action Group within the UHB, being a go-to figure, abreast of new policy developments that the Health Board may need to respond to. You will also own the Sustainability Action Plan, monitoring progress against the targets and objectives set.

This is a very exciting opportunity for someone with an expert in sustainability underpinned by experience and theory, with highly developed specialist knowledge capable of influencing people and policy.

[You can find out more and apply here.](#)

## Continuing to work from home where possible

As we continue to emerge from the COVID-19 pandemic, I would like to urge staff across the Health Board to continue to work in an agile way, and do so from home wherever possible while continuing to meet the needs of the organisation. Managers should work with their teams to enable home working wherever possible, as it has a number of benefits such as reducing the amount of time spent commuting and our collective carbon footprint.

Managers should also ensure that staff are able to maintain a healthy work-life balance, something that is incredibly important as we continue to adjust to a life and a pace of work after COVID.

I covered this topic in last week's Ask Len session, [which you can watch here](#).

## One year of video consultations

We have recently passed the one year milestone since we introduced the NHS Wales Video Consultation Service here at Cardiff and Vale. In that time, more than 30,000 video consultations have been held by services right across our organisation, which adds up to more than 16,000 hours of appointments.

The service has quickly become integral to how we interface with our patients, offering them flexibility to see their clinician from the comfort of their own home or without having to leave work, and has played an important role in facilitating social distancing at our sites during the COVID-19 pandemic through limiting visitor numbers. That in turn has contributed to reduced traffic, parking issues and CO2 emissions in and around our sites.

There have been a number of innovative uses of the video consultation service, including [Children's Speech and Language Therapists using video consultations to overcome the barriers of delivering services with PPE](#), and [endoscopy consultants giving immediate second opinions on unusual or complex cases remotely](#), without having to change into scrubs or don PPE.

[Collaborative working across NHS organisations in Wales](#) has also been enhanced by the service, which has helped to [drastically reduce travel for clinicians delivering regional services](#).

We've been planning to introduce video consultations for some time, to offer healthcare sustainably, closer to people's homes. We know that they don't suit all circumstances, but our clinicians are still exploring how we can get the best out of them, driving forward a valuable service for as many patient groups as possible.

I would like to thank all involved for ensuring the successful introduction of the video consultation service, and look forward to seeing its growing use in the months and years to come. For more information about the NHS Wales Video Consultation Service, including the growing list of Cardiff and Vale UHB services offering video appointments, please visit our [video consultation webpage](#).

## Cycle to Work Scheme - OPEN

The UHB is pleased to announce the opening of the spring order window for the Cycle to Work Scheme (Salary Sacrifice). Over 1,300 staff have already benefitted from the Scheme. Why not join them?

The UHB Scheme is provided by vivup. In this scheme, cycles can be sourced through local bike shops or by mail order.

In order to participate in the scheme you must be on the UHB payroll.

To place an order and submit your quote, please go to [www.vivupbenefits.co.uk](http://www.vivupbenefits.co.uk). You can search for a list of participating cycle shops and view online bike offers. If you do not have internet access, please telephone vivup on 01252 784540.

Before placing your order, please ensure that your Electronic Staff Record (ESR) is up to date in terms of your home address and fixed term contract dates (where applicable). Failure to do so may result in order delays. If in doubt, please contact Workforce Information.

## A new way of working with Consultant Connect

Consultant Connect has been endorsed by the Welsh Government as part of the continued development of technology solutions for facing crisis. It has been available to clinicians within CAV since June 2020, giving GP's and AHP's rapid access to Secondary Care consultants for telephone advice and guidance. It provides immediate rapid phone advice for GPs and specialist teams, accessible via a free App or unique surgery dial in. Consultant Connect offers three communication options; phone and IG Compliant photos and messaging with all data stored in a secure cloud. There are now over 25 specialty lines set up in CAV.

Access a recording of a webinar about Consultant Connect, [here](#).

The webinar is intended for all clinicians in Primary and Secondary Care across Wales.

Webinar Speakers from CAVUHB: -

- Allan Wardhaugh, Consultant Paediatric Intensivist and Chief Clinical Information Officer
- Chris Morris, Clinical Lead for Emergency General Surgery
- Haydn Mayo, GP and Assistant Clinical Board Director PCIC
- The agenda covered:
- How the concept and culture of Advice & Guidance has evolved
- Discussions surrounding the new ways of working Future plans

Q&A

For more information or to arrange a demo, please contact Hayley Garland.



## Other News and Events

### Get There Together

In response to research revealing the challenges that COVID-19 presents people living with dementia, NHS Wales' Get There Together project has created a series of encouraging videos.

[Read more](#)

### Celebrating 10 years of Cardiff & Vale Health Chairty - 2012

In December 2020, Cardiff & Vale Health Charity celebrated 10 years of making things better for patients, visitors, staff and the wider community. they're looking back on their history, here's what they achieved in 2012.

[Read more](#)

### Bike health check sessions were “wheelie good”

Working with local charity Pedal Power, Cardiff & Vale Health Charity has recently funded a series of FREE Bike Health Check sessions for Cardiff and Vale University Health Board (UHB) staff, with the aim of helping staff to get back on their bikes and out in the fresh air!

[Read more](#)

### Free wills for UHB Staff

Cardiff & Vale Health Charity has partnered with Farewill to offer free Wills for Cardiff and Vale University Health Board staff.

[Find out more](#)

### April Staff Lottery Winners

Here are the Staff Lottery winners for April, find out how you can join to be in with a chance if winning £5,000 in June

[Find out more](#)

### Threads of Memory, The Spaces Between Us

The Arts for Health and Wellbeing Team, supported by Cardiff & Vale Health Charity were delighted to commission and support artist Marion Cheung to work on an innovative project, Threads of Memory, The Spaces Between Us, delivered to patients and staff at St. David's Hospital, Cardiff.

[Read more](#)