



CHIEF EXECUTIVE CONNECTS

Dear Colleague,

11/10/2022

The past few weeks have been centred on finalising the details in our plan for getting through winter as safely as possible, aiming to ensure we have the capacity and collective resilience to address the foreseeable challenges ahead. You will already be aware that last week the Minister for Health and Social Services moved Cardiff and Vale UHB into "enhanced monitoring", the lowest level of escalation and support as part of NHS Wales Escalation and Intervention arrangements. This decision was in accordance with the NHS Wales framework and was anticipated as a result of the financial challenge we face and our current inability to submit a plan that financially balanced.

While we are disappointed with the decision we fully accept it and we will continue to work with colleagues on the areas identified to improve our overall financial position and the status of our plan known as the IMTP. We are in challenging times as we continue to navigate the full impact of COVID-19 and the demand on services continues to be very high. We will work on tackling the drivers underlying the financial deficit and our focus needs to be on improving efficiency whilst securing the quality of care for patients and for your experience of working across the Health Board

We do have plenty to remain positive about and I feel very passionate about the incredible

team we have here in Cardiff and Vale UHB and there is a huge amount we can all be proud of – you are all doing an exceptional job in very challenging circumstances.

Last Thursday we also announced changes to guidance on COVID-19 which is still circulating in the area. We are now beginning to see the impact in the hospitals and community settings so please support us in protecting patients and vulnerable people in our communities as well as yourselves and your loved ones and families by following this guidance. We have made the difficult but necessary decision to reduce visiting to one visitor per patient per day to help reduce the spread of the virus. Visitors must also wear face coverings, unless exempt. Staff guidance around PPE and testing has also been updated.

The best way of staying protected is to take up your offer of the COVID-19 booster and the flu vaccine this winter if you are eligible. This will help reduce the spread and protect yourself and those around you. If you cannot attend your COVID-19 booster appointment you can rearrange by completing a form on our website or call the booking line on 02921 841234.

Thank you to colleagues who attended the Ask session last Friday which explored the

Cost of Living Crisis and enabled productive and useful discussions about how as an organisation we can help ease the strain for colleagues and the wider community. A recording will be shared internally via Sharepoint so if you didn't make it on the day, you can watch again at a time convenient for you. Rising energy bills, fuel costs and inflation at a 40-year-high mean that we are all having to make difficult decisions about our spending and so hopefully this session was useful in sharing the ways in which you access help – whether that's through financial advice sessions, by accessing staff benefits and discounts to reduce the cost of essential items, or through wellbeing support for those who feel worried or anxious during these difficult times. Thank you again for attending and for sharing your suggestions on how we might be able to support further, all of those will be taken on board and considered.

Thank you for your commitment and for continuing to work through such difficult times. I do believe we have a talented, capable and committed team here at Cardiff and Vale UHB and I am proud of the work we do which is focused on delivering the very best for patients, local community and colleagues.

Best wishes

Suzanne

Mobile Endoscopy Unit increases Health Board's diagnostic activity

Cardiff and Vale University Health Board has embarked upon a number of innovative projects to help tackle the backlog and waiting lists within diagnostic services. The Endoscopy team has continued to make great progress

with several projects that are facilitating an increase in our diagnostic activity.

Most recently, the new mobile endoscopy unit has created additional capacity within diagnostic endoscopy services at University Hospital Llandough. Teams such as Endoscopy, Gastroenterology, Digital Health & Intelligence and Capital, Estates and Facilities, have worked collaboratively with InHealth Endoscopy to open the unit which provides patients with timely access to diagnostic services.

InHealth Endoscopy provides endoscopy from 12 clinics across the UK and has multiple sites within the service that are accredited by Joint Advisory Group on GI Endoscopy (JAG). On 25 July, the state-of-the-art mobile unit began seeing patients, increasing our capacity to scope patients and reduce their wait times.

The unit was commissioned in a joint venture with Cwm Taf Morgannwg University Health Board, with an identical unit located at Royal Glamorgan Hospital in Newport. The project is another example of how the Health Board is continuing to work in partnership to improve access to health services across south Wales. The unit at University Hospital Llandough will be operating seven days per week and will see on average, an additional 12 patients per day.

People and Culture Plan virtual tour

The People and Culture Plan was launched in January 2022. It sets out the actions we will take over the next three years, with a clear focus on improving the wellbeing, inclusion, capability and engagement of our workforce. As a Health Board we are committed to being

a 'great place to train, work and live'. We need to attract, train, deploy and develop staff to maximise their potential and meet the health and care needs of our population.

It's clear the whole health and social care system remains under significant pressure with patient flow the biggest challenge, but we are fortunate to have so many highly professional, committed and motivated colleagues who, despite the duration of the pandemic response and other challenges, remain resilient and are still looking to adapt and innovate to improve the experience of patients and citizens as well as for their teams and colleagues

We know that it is time to do things differently, and the People and Culture Plan gives direction, priorities and improvements for our current and future workforce. We are delighted to introduce a new way of experiencing our Plan. The People and Culture Plan Virtual Tour is an immersive tool which introduces you to the [seven key themes](#) in animated form. It sets out what we will do and provides more background information and links to more websites, videos etc. than in the published booklet. The information is provided in an accessible way, in both English and Welsh, and you can choose whether to explore the whole plan or delve into particular areas of interest.

We would encourage colleagues to take the time to have a look at the virtual tour and find out more about our ambitions and how we intend to achieve them.

Cardiff and Vale UHB on track to complete Cardiff Healthy Travel Charter

Last week we joined our co-signatories of the Cardiff Healthy Travel Charter at a celebration event to mark the progress that has been made in supporting colleagues and visitors to walk, cycle and take public transport, despite all the challenges faced over the last three years.



By supporting colleagues to travel more sustainably, signatory organisations are helping to improve the health and wellbeing of staff and partners as well as reduce air pollution and cut carbon emissions. Travelling sustainably is also often cheaper than using a car, so can be an extra help during the current cost-of-living crisis. Cardiff and Vale UHB patients, colleagues and visitors are encouraged to use public transport or take the free Park & Ride which reduces the number of vehicles coming onto the sites. Colleagues can also sign up to the Cycle to Work scheme or take advantage of the OVO Bikes which are situated within, or close to, the larger sites.

The first seven organisations to complete the Cardiff Healthy Travel Charter were announced at the event in City Hall as well as those who will have completed the Charter by the end of December 2022, including Cardiff and Vale UHB.

Cardiff Healthy Travel Charter was launched in 2019. The Charter sits alongside a series of other interventions being put into place in Cardiff to make healthy travel the easy option, such as improvements to public transport including the South Wales Metro, investing in high quality segregated cycleways, and the expansion of 20mph zones.

Dr Tom Porter, Consultant in Public Health Medicine in Cardiff and Vale, and lead for Healthy Travel Wales said: "With new evidence emerging every day of the seriousness of climate change, and the urgency with which we need to act, it is incumbent on all of us to reduce our carbon emissions. Alongside the benefits to our own health and air quality, ditching the car to walk, cycle or take public transport, is one of the most important things we can do. Even if it is one day a week to start with, everything adds up. By making it easier for staff and visitors to make the swap, the organisations announced today are leading the way."

Cllr Huw Thomas, Chair of Cardiff Public Services Board, said "Huge strides have been taken over the last three years to embed active travel in the public sector in Cardiff and make it easier for staff to switch to walking, cycling and public transport for work-related travel. That vital work must and will continue. Transport is responsible for 41% of Cardiff's carbon emissions, yet half of all journeys within the city could comfortably be cycled in 20 minutes or less, with significant benefits for the health of people and the planet."

Also at the event, a new 'Level 2' Healthy Travel Charter was announced. The measures in the Level 2 Charter are significantly more ambitious and stretching than the original Charter, for organisations wanting to demonstrate their leadership in championing sustainable travel.

[More information about the Healthy Travel Charters is available here.](#)

Glowing endorsement of apprentice Olivia's contribution to Health Board

Congratulations to Olivia Headley-Grant who has been shortlisted for the Foundation Apprentice of the Year Award at the prestigious Apprenticeship Awards Cymru 2022. The winners will be announced at a virtual awards ceremony on 10 November.

Cath Doman, Director of Health and Social Care Integration, commented: "Olivia stands out because of her hard work, commitment, resilience to change and her willingness to achieve better. We are an improved team, and NHS, because of the vital role Olivia plays."



Olivia, 18, from Barry, joined the Regional Partnership Board's team within strategic planning as an apprentice during the pandemic and completed a City & Guilds Foundation Apprenticeship in Business Administration, delivered by Cardiff and Vale College, in November last year.

The awards highlight the outstanding achievements, during unprecedented times, of employers, apprentices and work-based learning practitioners.

Highlight of the year for apprentices, employers and work-based learning providers and practitioners, the awards are organised by the Welsh Government and supported by the National Training Federation for Wales (NTfW). Headline sponsor for the third year is Openreach.

The Apprenticeship Programme is funded by the Welsh Government with support from the European Social Fund. For more information about recruiting an apprentice, [click here](#).

Free Wills Month



This year, the generosity of our Gifts in Wills donors has helped fund state-of-the-art facilities that support patient and staff wellbeing. Free Wills Month could be an opportunity to think about how you'd like to be remembered. This month we'll be sharing ways Gifts in Wills supports healthcare services, as well as options for in-memory donations. [For more information, please click here.](#)

Occupational Health Gets a Fresh New Look

Cardiff & Vale Health Charity has recently worked with People Health and Wellbeing Services at University Hospital of Wales to provide a more comforting environment for colleagues. Provided with funds from the Make It Better Fund, we were able to supply the Occupational Health area with new seating from Poppi Furniture, and bright, uplifting vinyls to cover the walls from Grosvenor Interiors. [For more information, please click here.](#)

Congratulations to Liz Powell on her Skydive

Congratulations to Liz Powell who took to the skies to complete her skydive and raising incredible £1,065 for the Renal Unit. Proving you are never too old to jump from 12,000 feet, back in April 2022, she left the plane free-falling through the clouds at 120 mph for 45 seconds. [For more information, click here.](#)

Cardiff Royal Infirmary 200 year timeline

Through funding from the Staff Lottery at Cardiff & Vale Health Charity, the Arts for Health and Wellbeing Programme is proud to create a timeline to reflect 200 years of organised healthcare being provided in the South and East Cardiff Locality area, now on display in the Therapies corridor at Cardiff Royal Infirmary.

The timeline follows the journey of the hospital since 1822 as it moved to numerous locations from the Cardiff Dispensary's first site on Working Street, The Hayes and eventually, to the current site of Cardiff Royal Infirmary. The timeline captures significant events, achievements and changes that took place at the hospital throughout this time.

[Visit this link for more information.](#)