



Dear Colleague,

10/01/2023

Dear Colleague,

Firstly, I'd like to begin with wishing you all a very Happy New Year and I look forward to working with you all as we embark upon 2023 together.

The start of a New Year is an opportunity to reflect on the year gone by and look forward, using the beginning of the year as a chance to reset. Within the Health Board, we are also looking to reset with January marking the start of the Winter Reset support period.

The Winter Reset began on 9th January and will run until 22nd January and is an initiative to deliver more timely and safer care for patients in the best environment across the health system. The focus is driven by an emphasis of getting patients home safely, without compromising on quality. Winter Reset is one of the ways we can support colleagues across the organisation during challenging times and give patients a better experience. Colleagues are encouraged to engage with this initiative; to learn from, share experiences and help deliver improved care for patients. [To find out more about Winter Reset and to watch the staff video, please follow this SharePoint link.](#)

This week also marks the second industrial action day for GMB members, which affects colleagues in the Welsh Ambulance Service Trust. On Wednesday 11th January, GMB

members participated in strike action and the Health Board worked closely with colleagues and communities to ensure we could continue to provide care for those patients who need healthcare services the most. This advice included only using the Emergency Unit in circumstances where it was absolutely necessary, accessing support in alternative ways, such as Community Pharmacy or NHS 111 Wales online and promoting self-care at home messages.

This is an exceptionally challenging time for colleagues across health services and we are hugely grateful for the continued efforts being made in such difficult circumstances.

Last week I was invited to visit the Hamadryad Centre, to meet with the Primary Mental Health Care Team to hear more about the collective work they do to care for their client cohort. Operational Lead, Teresa Delaney welcomed me to meet the committed team of mental health practitioners whose team ethos and dedication to their roles was a joy to witness. Learning more about the assessment undertaken, psychological therapies and the interventions put in place to improve primary mental healthcare access was inspiring and I am taking this as an opportunity to deepen my knowledge and understanding of this client cohort and areas of practice. Thank you to the team for taking time out of their day to speak with me.

Finally, I would just like to end on reflecting on the visits we had to the Health Board last week. NHS Wales Chief Executive, Judith Paget and Minister for Health and Social Care, Eluned Morgan, visited teams and departments across the organisation, including Emergency Unit, Ambulatory Care, SDEC, Medical SDEC, Infection Prevention and Control Team, Paediatrics, Neonatal Intensive Care Unit, Maternity, the Labour Ward and the Ophthalmology Vanguard Theatres.

The Minister deeply valued the time teams took to speak with her, share expertise and experiences and was incredibly impressed with the candour, pride and confidence that colleagues demonstrated during incredibly challenging circumstances. I am incredibly proud to be a part of such a compassionate and dedicated team of professionals and for the resilience and commitment of colleagues from across the organisation to continue to go above and beyond every day in the interest of patient care. Thank you for your support and cooperation.

Best wishes,

Suzanne

Updated guidance around face coverings across Cardiff and Vale UHB

As touched upon earlier on, the prevalence of COVID-19 and other respiratory viruses remains high in our communities at this present time, which is having a significant impact on our ability to cope with the unprecedented capacity pressures we are experiencing across the healthcare system.

In the interest of protecting colleagues, patients and families, the Health Board continues to review its current guidance - this will also support us to maintain service provision as we work through a challenging winter.

- All colleagues are now required to wear fluid-repellent surgical masks in clinical areas or when interacting with patients.
- We strongly encourage colleagues and patients to wear masks/face coverings across wider areas such as corridors and offices, particularly when in close proximity to others. This will further reduce the transmission of the full range of acute respiratory illnesses.
- We strongly encourage good social distancing practices where possible which will also help with reducing the spread of COVID-19 and other acute respiratory viruses.

We have also updated our advice for visitors following a relaxation over the festive period. [More information on the guidance for face coverings can be found here.](#)

Nurse, Midwife and HCSW recruitment event

On January 11th, the Health Board will be holding two recruitment events, at our Cochrane Building at UHW. The aim of the event will be to showcase roles for both nurses and midwives looking to return to practice, and those with interest in a range of Band 4 healthcare support worker roles.

In support of development, the positions will be available to not just fully registered nurses with full qualifications and certificates, but also those still midway through their nursing degree, or whose NMC registration has currently expired.

Managers and other members at the event will also be able to have a chat about a range of nursing opportunities, as well as offering advice on interview techniques and job applications, as well as sharing their experiences of working for Cardiff and Vale University Health Board.

Protecting yourself, colleagues and communities through vaccination

Across Wales and the Health Board, we are seeing more people coming into hospital as a result of flu, COVID-19 and other respiratory viral illnesses.

With these seasonal illnesses circulating, and people heading back to work and children back to school, getting your COVID-19 and flu vaccinations is the most effective way to protect yourself, your loved ones, colleagues and communities from serious illness.

Staff and the public are reminded that those eligible for their COVID-19 boosters, are now

able to walk-in to one of our vaccination centres. If you are also eligible for the flu vaccine, GPs, Community Pharmacies and MVC's may be able to offer the COVID and Flu vaccination at the same time if stock is available. Health Board staff may be invited via Occupational Health pop up clinics.

To find out more about our vaccination programme, [please visit this webpage](#).

Improved Support for Parents and Carers to Care for Unwell Children at Home



In a first of its kind for Wales, a new Better at Home Training Suite has opened in Cardiff and Vale University Health Board, led by WellChild Parent Trainer Nurse, Laura Trustcott-Wright.

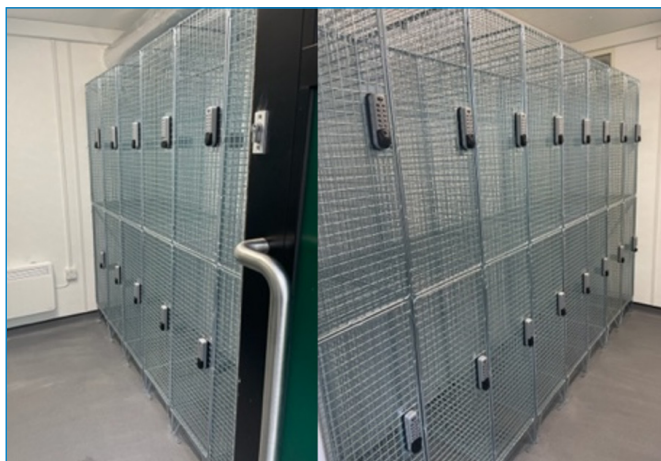
The WellChild Better at Home Suites are designed to help support parents and carers with how to meet the needs of their seriously ill children, within a safe environment, where they can train under the supervision of nurses and healthcare professionals and prepare for providing care in the home.

National charity WellChild has funded the project at the Health Board, thanks to support from The October Project, so that posts like Laura's can be made possible and help support parents of children dealing with serious illness.

Laura says that stepping into the role of Parent Trainer Nurse is her 'dream job', joining the WellChild Network of over 50 nurses. Laura is a dedicated and compassionate paediatric nurse who began her career at Great Ormond Street Hospital after graduating from the University of Glamorgan. As of 2019, she achieved her Post Graduate Certificate in Practice Education, becoming an NMC Teacher.

Laura's manager, Alison Davies, Senior Nurse of Children, Young People and Family Health Services, said: "Within Cardiff and Vale University Health Board we are extremely proud of the work Laura has undertaken as a WellChild Parent Trainer and the impact she has made in such a short space of time. Laura has an infectious zest for life and a 'can do' attitude that is truly inspirational. She demonstrates strong leadership and advocates for the children and young people in her care on a daily basis."

Supporting sustainable travel with an introduction of a new Cycle Hub



As part of our commitment to encourage sustainable travel, Cardiff and Vale UHB has opened its new cycle facility at the University Hospital of Wales (UHW) site.

The new hub was developed following feedback from staff on how to improve cycling and active travel facilities across the health board. The cycle hub will contain two-tier storage for 90 bikes as well as changing facilities, two unisex showers, a toilet and a drying room. The new facility has been designed using the latest technology

and is timber-clad and well insulated to reduce energy

Located opposite Noah's Ark Children's Hospital for Wales, the secure facility

will be monitored by CCTV, with staff gaining access via their ID card.



Geoff Walsh, Director of Capital, Estates and Facilities said: "This facility will help open up cycle access to the UHW and backs up our commitments to promoting healthy and sustainable travel as well as Cardiff Council's sustainable travel plan for the city."

Mike Mullan, Workforce Information Manager at Cardiff and Vale University Health Board, is a cyclist and was involved in the plans for the new facility. He said, "I was very impressed ... I think the facility will encourage more staff to cycle to work at the UHW site."

By working together with a view to the long-term, public-sector organisations in the city aim to increase the proportion of journeys made to and from workplaces which are sustainable, reducing the impact on the environment and improving the health of people in Cardiff and the Vale, now and in future generations.

Debbie Hendrickson is crowned Health Hero for December



Cardiff & Vale Health Charity is pleased to announce Debbie Hendrickson, Resuscitation Practitioner, UHB has been crowned Health Hero for December. Debbie has been described as being committed to improving herself, her colleagues, peers, and staff that she trains during resuscitation and acute deterioration training. She has excellent clinical skills and holds the values and behaviours of the Health Board as paramount to her work.

[To find out more about Debbie and the reasons why she was crowned December's Health Hero, please visit the Health Charity webpage.](#)

The Red Dragon Has Landed at The Paediatric Emergency Unit, UHW

Cardiff & Vale Health Charity recently attended a small gathering to launch the new and improved areas of the Paediatric Emergency Unit at University Hospital Wales. The enhancements to the unit saw a range of bright, colourful vinyls uplifting the walls. The images even feature the department's mascot of a red dragon with bandages and plasters, with the hopes of bringing more smiles to patient, visitor, and staff faces.

To read more about these improvements, [please click here.](#)



Artwork at the Neuro Rehabilitation Centre in Memory of Jan

A vinyl print has been created for display at the Neuro Rehabilitation Centre in memory of Janice Davies. Jan's daughter Sarah, and family, raised the funds for the print and, with the support of the Arts for Health and Wellbeing Programme and Cardiff & Vale Health Charity, worked with Grosvenor Interiors to design a wall vinyl that reflects Jan's memory.

[Read more about this on the Health Charity website.](#)

