

Chief Executive CONNECTS



Dear Colleague,

13/10/2021

I'd like to begin this week's issue discussing the COVID-19 Vaccination protests which were staged at our Bayside Mass Vaccination Centre over the weekend. I am disappointed to hear of the behaviour of the protestors who have been targeting children attending the centre to receive their vaccine.

We urge everyone in our area to continue to protect themselves and their loved ones by having the COVID-19 vaccination, clinically proven to reduce the harm caused by contracting the virus. We are disappointed by the actions of a minority who attempted to negatively affect the vaccination programme.

Our staff, despite receiving abuse and threats, acted professionally throughout, maintained services, and kept the vaccination centre open which received a higher than average number of walk-ins over the weekend. I would like to thank our staff for their professionalism and resilience in a difficult and unprecedented situation.

I would also like to thank the members of the public who are continuing to attend to receive their COVID-19 vaccination despite the efforts of the protestors. By doing so they are protecting themselves and their loved ones against this virus.

We will continue to work with our colleagues at South Wales Police to maintain services and ensure the safety of both our patients and staff.

Prof Stuart Walker
Interim Chief Executive

Winter Pressures and how you can help

As we approach winter, often our busiest time of the year, we are facing immense pressures and are working with our partners to prepare for these challenging months ahead while continuing to support our staff and deliver the best care possible for our patients.

Please be assured we are doing our very best to overcome these significant challenges but we as we look ahead to a busy winter, your support and understanding is crucial.

We are calling on our communities to consider ten ways they can help us:

Get your COVID-19 vaccine. We have now offered appointments for all our adult population aged 18 and over. If you haven't yet received your first dose, book an appointment on 029 2184 1234. If you are aged 16 or over we are holding walk-ins for first and second doses of the COVID-19 vaccine every day at Bayside MVC and Holm View Leisure Centre, Barry, between 10am and 7.30pm. Please note your second dose must be eight weeks after your first dose. Getting the vaccine helps stop the spread of COVID-19 and reduces your risk of getting seriously ill from the virus.

For urgent and emergency care that is life threatening, call 999. Our Emergency Unit continues to remain open so we can treat medical emergencies that are life or limb threatening.

If you think you need to attend our Emergency Unit, phone ahead on 0300 10 20 247. A clinician will speak to you and give you a timeslot to attend. This enables us to stagger visits to our busy unit to enable social distancing to keep our staff and patients safe. Please also limit the number of people you bring to hospital with you.

See the right person for your healthcare needs. Your GP may not be the best person to see, depending on your healthcare need. You can receive treatment and advice from any members of our Primary Choice team including pharmacists, optometrists, dentists, practice physiotherapists and general practice nurses.

Visit www.cavuhb.nhs.wales/primarychoice for more information.

If you have COVID-19 symptoms, stay at home to isolate and book a test by calling 119 between 7am and 11pm or online at www.gov.uk/get-coronavirus-test

Please support relatives and friends who are journeying home after being in hospital. Look out for them and help them settle back in at home. Your support in your local community and neighbourhood can really help.

As we approach winter, visit **Keeping Me Well** to read up on the best ways of keeping well this winter, from eating healthy foods to getting enough physical exercise.

If you need mental health and wellbeing support for you or someone you know, visit our website www.cavuhb.nhs.wales/covid-19/mental-health-support to find out about local services available in your community.

Help protect yourself and others by continuing to wear a face covering and observe social distancing if you are visiting a hospital, GP practice or healthcare setting. Follow Keep Wales Safe behaviours by minimising your social contacts; practicing physical distancing; regular handwashing; wearing face masks where required; and choosing outdoor activities over indoor when possible. Our healthcare professionals are working hard to treat you and your loved ones to ensure you get the care you need. Please treat our staff with respect and kindness during these challenging times.

An update on the continued pressures on our maternity services

Our Health Board continues to face extreme pressures across services which includes maternity. The demand on the service, extra precautions in place due to coronavirus and short term staff absence are placing our maternity services under strain.

At times we have had to initiate a temporary closure of our Midwifery Led Unit and home birth services to ensure we continue to provide high-quality, safe and effective care. Currently, our Midwifery Led Unit is open and we are maintaining home birthing services where possible. This is under constant review and the team are working hard to maintain services to normal levels. A number of additional midwives have been recruited to support services during this period of sustained pressure and are due to complete training in the coming weeks.

We would like to reassure women and families that services are still open and access to water births are still available through the main delivery suite, women who are receiving midwife led care will also continue to do so. Infection prevention and control measures remain in place to help keep you safe.

We apologise to any expectant mothers who may be impacted by temporary arrangements when services come under strain. We encourage you to continue to discuss your options with your midwife on a regular basis.

Updates on Dragon's Heart Institute training programmes.

The Dragon's Heart Institute ran the third Spread and Scale Academy last week in the Principality Stadium, attended by around 96 people on 17 teams from across NHS Wales, the South West Academic Health Science Network and even the private sector. Initial feedback has been exceptional with delegates calling it: "probably the best three days ever" and reporting that they would never have aimed to achieve so high without this course.

The Spread and Scale Academy will return in 2022 so if you and your team have a project that is ready to be unleashed, please keep an eye on the [Dragon's Heart Institute website](#) for the latest updates.

The Dragon's Heart Institute is also thrilled to announce the names of the three teachers who will be delivering the Climb Wales for the 2021/22 cohort leadership programme, which begins in a couple of weeks' time.

Alongside teaching from some of the best in Wales, these three international teachers will guide the recently selected 30 Climb Wales delegates through the 10-month course, which begins at the end of October 2021.

They are Hahrie Han, Director of the SNF Agora Institute and Professor of Political Science at Johns Hopkins University, Professor Sir Muir Gray, Honorary Clinical Researcher at the University of Oxford's Centre for Evidence-based Medicine, and Mark Prain, Founding Director of the Hillary Institute of International Leadership. The programme will also have input from Peter Hillary, New Zealand mountaineer, philanthropist, writer, and son of Sir Edmund Hillary.

You can read about what each of the teachers will be leading on for Climb Wales on the [Dragon's Heart Institute website](#).

Arts and Minds Programme to Support Cardiff and Vale Mental Health Projects

Cardiff and Vale University Health Board has been awarded £28,600 as part of funding made available by Arts and Minds, a new Baring Foundation and Arts Council of Wales programme. The programme aims to promote better mental health in Wales and is supported by the National Lottery. Cardiff & Vale Health Charity and Arts for Health and Wellbeing programme underpinned the Health Board's proposal.

The Arts and Minds programme has been built on strong alliances between the NHS in Wales, the Baring Foundation and the Arts Council of Wales. The seven Health Boards in Wales, including Cardiff and Vale University Health Board, will work with artists and organisations to come up with ways of improving the lives of people with mental health challenges.

Through the Cardiff & Vale Health Charity and the Cardiff & Vale Arts for Health and Wellbeing programme, the Health Board will invest the funding in creative activities to support adult mental health. The funding will help bolster the Recovery & Wellbeing College's arts offering, allowing the college to expand on courses that support recovery through creativity and art. The funding will also support the availability of movement and music activities in the Neuropsychiatry Department, helping engage some of the Health Boards most vulnerable patients.

[Read more.](#)

Director of Public Health Report 2020 Published

Cardiff and Vale UHB's Executive Director of Public Health publishes 2020 Annual Report for Cardiff and the Vale of Glamorgan, focusing on tackling inequities and prioritising prevention through recovery from COVID-19.

The report, entitled 'Let's leave no-one behind in Cardiff and the Vale of Glamorgan', highlights the varied impact the pandemic has had on our population and sets out a vision for working through recovery in partnership.

[Read an interactive summary of the report on Sway.](#)

The Chapel at Cardiff Royal Infirmary

As many of you will be aware the Chapel at Cardiff Royal Infirmary has been renovated and is now a community hub with a library, café, and meeting place to serve CRI staff, patients, service users and local residents.

There is an open consultation on what its name will be and you can have [your say here](#).

There is also a video of the transformation taking place. The building is 100 years old on 12 December 2021 and its future is now secure.

from the Arts Council of Wales from the new National Lottery Arts, Health and Wellbeing Fund is being facilitated within the Arts for Health and Wellbeing Programme, it aims to re-frame a deeper, more accessible relationship to NHS services for all, through the creative arts and to people in their communities.

To find out more about the project, keep up to date with opportunities to get involved and to share your stories and experiences, please visit our [Arts team's website](#).