



Dear Colleague,

16/08/2022

We experienced another weekend of very high temperatures and so my thanks goes far and wide to those who were working very hard in the heat to look after and care for patients and their families. We relaxed the uniform policy again to support colleagues during these weather conditions and hope that this helped to make your shifts slightly more bearable.

Cardiff and Vale Health Charity provided free ice-cream to all those working at the hospital sites last Friday so a big thank you to them for organising this and for helping many members of the team stay cool. We know not everyone is able to take advantage of this treat but you will understand logistics and the way our services are distributed make provision to all very difficult. I also know ice-cream isn't for everyone and we should take a balanced approach to the snacks we enjoy – so I don't intend to make this more than an occasional treat as circumstances indicate.

We continue to share guidance on keeping well during hot weather through the Cardiff and Vale UHB social media channels and [the website](#) where you can find advice and tips on staying cool, keeping hydrated and looking out for each other, as well as the best ways to access services during this time.

On a positive note, the COVID-19 prevalence in the community is improving with cases falling. In line with this we have reviewed the

guidance around mask wearing and visiting and have shared some information later in this issue of CEO Connects on what that means for colleagues, patients and visitors.

Last week I spent some time with the Vale Localities team at Barry Hospital where I met Suzanne Clifton, Head of Adults Services (Social Care) and the Vale Alliance and the Vale Locality Team members - Kate Roberts, Locality Lead Nurse; Rebecca Jorgensen-Corfield, Integrated Operational Manager- Vale Community Resource Service; Wendy Wade, Service Manager - Wellbeing Matters Service; Sarah Congreve, Deputy Locality Manager and Dr Ben Roper, Locality Community Director.

I was very interested to hear the ways in which the Vale Alliance is bringing together services and hear about ways in which the team are making improvements around how those services are best delivered. The team there have made enormous efforts to provide community packages of care to prevent hospital admission alongside supporting discharge, so a huge well done and thank you to all those involved.

Thank you also to those who took time to attend Ask Suzanne at Camerados, the Public Living Room at UHW. This space has been set up to offer the team a chance to relax and enjoy a break. Thanks to the Health Charity, the living room area has comfy sofas, books and

games for everyone to enjoy. We discussed a number of key issues including smoking on the sites, recruitment and supporting colleagues through the cost of living crisis.

Update to face coverings guidance

As the prevalence of COVID-19 in the community is falling, we have now relaxed some of the requirements to wear face coverings across sites.

- Colleagues will continue to wear fluid repellent surgical masks when directly delivering patient care in clinical settings.
- We are strongly encouraging colleagues to continue to wear face coverings in all clinical areas to protect patients, many of whom are vulnerable, and each other, to continue to reduce risk.
- Colleagues and visitors are no longer required to wear face coverings in non-clinical areas, it is up to the individual whether they choose to wear a face covering. Non-clinical areas include coffee shops and corridors.

We will continue to review our approach based on the current evidence as we head into winter. Thank you for your continued support and cooperation.

Visiting Guidance

We have also reviewed visiting guidance and every patient can have one visit per day for one hour with a maximum of two visitors. If you are visiting a loved one in hospital, you must book ahead with the ward.

For the Emergency Unit and Outpatient Clinics, please attend alone if possible. However, if you need one person with you, the team will try to accommodate this. Green Zones (Elective Surgery) and the Maternity Unit will have separate guidance – see [here](#).

For Carers, for those people helping with rehabilitation, for people with learning or mental health needs, the ward will agree an individual attendance plan with you.

For any patient receiving palliative care, an individual plan will be agreed with you.

Clinical areas have identified visiting slots to reduce footfall on hospital sites. A slot will be allocated when you call the ward. Please do not attend if you feel unwell in any way.

For further guidance, please see the website information [here](#).

Recovery & Redesign Spring/Summer Newsletter

Last year the Health Board established a Recovery and Redesign programme, which focused on restoring and improving access to services impacted by COVID-19, transforming clinical pathways and in so doing, enhancing services for patients.

As we move out of the pandemic, the Health Board's approach is focussing on bringing together all operational capacity and resources, including Recovery and Redesign funded projects, under One Operational Plan. The programme is overseen by the Health Board's Operational team, and is focused on improving services across primary, community and hospital care by increasing capacity and reducing waiting times.

In the Spring/Summer edition of the Recovery & Redesign newsletter find out more about the projects being progressed across the Health Board to reduce waiting times and increase capacity. From the establishment of two state-of-the-art mobile ophthalmology theatres at University Hospital of Wales to reduce cataract surgery waiting times, to the new Surgical Same Day Emergency Care (sSDEC) multidisciplinary unit, which opened last month to help speed up the process of diagnosis and treatment for patients with acute surgical problems, allowing many patients, who previously would have been admitted to hospital, to return home on the same day. [You can read the interactive newsletter on Sway by clicking here.](#)

St David Awards 2023 – Critical Worker category

We need your help to find the next winners of the St David Awards – the national awards of Wales. We are looking for nominations in the Critical Worker category. This category was introduced to recognise the important role critical workers have played in the Coronavirus pandemic and they continue to play. This is your chance to recognise the exceptional people that make Wales great. Nominations close on 20 October. To nominate someone, go to the St David Awards [website](#).

Early Detection & Diagnosis Funding Call

Through this 2022 funding call, Moondance Cancer Initiative aims to pump-prime the implementation of changes that will increase the proportion of cancers diagnosed at an earlier stage in Wales.

We welcome applications for 'changes' in the broadest possible sense – whether they are workforce innovations, new technologies or software, or new/improved models of care, or similar. The proposed change may be entirely new, or inspired/transferred from elsewhere.

We are particularly interested in applications that will reduce inequalities in cancer outcomes.

Crucially, applications should plan to implement the change(s) in 2023, and should plan to measurably improve early diagnosis in the local patient population.

The funding call will be open to clinical and non-clinical colleagues across NHS Wales. External partners interested in applying should partner with relevant NHS colleagues.

Funding available:

A total of £1 million is available through this funding call. In order to support implementation of new approaches of varying scales, applications are welcome in two categories:

- Up to £25,000
- Up to £200,000

Where a larger amount of funding is requested, we will expect to see a larger potential improvement to cancer diagnosis.

Have an idea?

We strongly encourage anyone interested to arrange an informal conversation with the Innovation Team at Cardiff and Vale UHB team before applying. Please email Mark Briggs to arrange a call on mark.briggs@wales.nhs.uk or Rachel Lee on rachel.lee7@wales.nhs.uk

Cardiff and Vale UHB Chair visits All Wales Therapeutics and Toxicology Centre (AWTTC) to find out more about their ground-breaking work



AWTTC was delighted to welcome Charles Janczewski Chair of Cardiff and Vale UHB to their offices to meet the team and find out more about the work of the organisation and the committees it supports.

Ruth Lang, Senior Liaison Manager for AWTTC and Tony Williams, Head of PAMS (Patient Access to Medicines) for AWTTC met with Mr Janczewski and Peter Welsh, General Manager of Llandough and Barry Hospitals at their offices in the Routledge Academic Centre in Llandough Hospital.

Since the establishment of the All Wales Medicines Strategy Group in 2002, AWTTC has worked closely with Welsh Government to help patients in Wales get access to medicines. The health technology appraisal process in Wales is open and transparent and having a national committee making decisions, ensures that people living in all parts of Wales have equal access to new medicines.

Other work includes the central co-ordination of the Individual Patient Funding request (IPFR) process and the 'One Wales process' for

decisions on medicines where there is clinical demand but no advice available. AWTTC's multi-disciplinary team works with colleagues to develop resources for prescribers and co-ordinates the development of national indicators to promote quality and safe prescribing. Its data analytical team develops dashboards, which enable health boards in Wales to compare prescribing in their area, and monitors stocks of critical medicines.

The Yellow Card Centre (YCC) Wales is also part of AWTTC and is one of five regional adverse drug reaction (ADR) monitoring centres acting on behalf of the Medicines and Healthcare products Regulatory Agency (MHRA) to promote the reporting of serious adverse drug reactions to medicines, vaccines and devices.

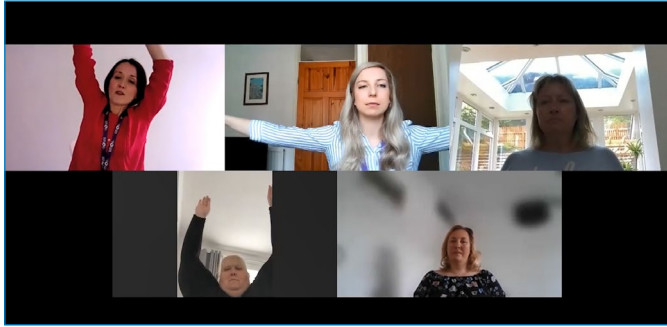
The Welsh National Poisons Unit (WNPU) provides healthcare professionals with advice 24 hours a day 365 days of the year on the toxicity of substances and how to manage exposures to them.

"It was fantastic to be able to share the important work of AWTTC," said Ruth. "We've achieved so much in our 20 years since AWMSG was established and we will be celebrating the achievements at our conference in November. We are excited to see what the next 20 years will bring."

Cardiff and Vale University Health Board and Welsh National Opera join forces to help long COVID recovery

Our collaboration with Welsh National Opera through the Cardiff and Vale UHB's Arts for Health and Wellbeing programme has yielded some very positive results in helping people with long COVID manage their symptoms.

The sessions which involve WNO vocal specialists teaching patients breathing and diaphragmatic techniques to help with breathlessness, anxiety and other long-term effects of the virus.



Results of the six-week online course have been encouraging with patients reporting an improvement with their symptoms.

Between November 2021 and February 2022, 31 people took part in four separate Wellness with WNO courses with 94% of participants reported the breathing techniques were effective.

The pilot programme is being offered through Cardiff and Vale UHB, Cwm Taf Morgannwg UHB and Betsi Cadwaladr UHB and classes are being considered as a way of treating other long-term illnesses.

Health Hero

**Amanda Whiles
is crowned
our Health Hero
for August**

PARK PLAZA
CARDIFF

Cardiff & Vale
HealthCharity
Elusen Iechyd
Caerdydd a'r Fro

GIG CYMRU NHS WALES
Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

Cardiff & Vale Health Charity are pleased to announce that Amanda Whiles is crowned Health Hero for August! Amanda is a Reconditioning Technician for the South Wales Mobility and Posture Service, and her outstanding knowledge and ability for processing returned mobility and posture equipment is second to none. Amanda will always go above and beyond for her colleagues and service users. Read her full story [here](#).

Our Health Meadow Crowdfunding Platform

Our Health Meadow has officially launched a new crowdfunding platform which shows the vision of the area come to life. Visit the site and click the markers to donate on the various areas. From the Memory Orchard where you can dedicate trees to the Veg Plot and Pollinator Paradise, there's something for everyone. Check it out [here](#).

NHS 5K round up

Thank you to everyone who participated in the NHS 5K Do It Your Way event on Sunday 31 July, and support the Health Charity. A big thank you to the fabulous volunteers and sponsors. This was the first year of running the 5K event, and we hope to make it bigger and better for next year's NHS 75th birthday. Make sure to get involved!





Travel to and from the challenge (from Cardiff), an expedition guide with insurances and snacks and drinks are included in the registration fee.

A one-night stay in a hotel in North Wales prior to the event is not included and can be arranged by the Health Charity for an extra £45pp.

Secure your place by registering below. For more information email fundraising.cav@wales.nhs.uk or read more [here](#).

Welsh Three Peaks Sign Up

Cardiff Half Sign Up

The Health Charity has secured 25 places for runners to take part in the Cardiff Half Marathon on 2 October 2022, so why not sign up to raise money for your local NHS hospital, ward or department to improve patient care.

So, if you want to run or walk to say thank you for the care you or a family member has received, or if you are a member of the team running or walking to provide little extras for your wards to improve patient care then we'd love on have you join us.

Climb the three highest mountains in Wales!

Total Height 2180 metres, Total distance 16.5 miles, Total time 24 hours.

Snowdon – Cadair Idris – Pen Y Fan
Sunday 16 October.

£110 registration fee and £250 minimum sponsorship per person.

Why not enter as a team with your friends, family or colleagues? All registrants will receive a welcome pack, T Shirt and fundraising support leading up to the event.

Spaces are free, all we ask is that you commit to raise £300 in sponsorship for Cardiff & Vale Health Charity.

Register and we'll send you an application pack to complete. [More information here](#).