

Chief Executive CONNECTS



Dear Colleague,

16/12/2020

Since the first vaccines were administered this time last week, we have successfully managed to deliver the COVID-19 vaccine to nearly 1000 members of front-line and care home staff. I want to echo my comments last week thanking all the members of staff and partners who have allowed for us to be in this promising position. However, as cases continue to rapidly rise in Wales, I have to be clear that this vaccine does not allow us to be complacent; we must continue to keep each other safe by following the regulations.

Covid rates are rising steeply across our communities. Our staff and services are already under extreme pressure. In the run up to Christmas, we must resist the temptation to cast aside the regulations in favour of meeting up with friends and doing things such as Christmas shopping. On behalf of everyone working hard on the frontline, who are still seeing the dreadful effects of COVID-19, I am pleading with you to stay home as much as possible and delay socialising with your friends and loved ones until it is safe to do so, as right now it is not. We are very concerned that our primary care and hospital services are now under sustained pressure due to Covid, and sadly the number of people who we are getting very unwell is increasing. Unfortunately, we are likely to see that translate through into more deaths too.

Your actions this Christmas could determine who's around the dinner table next Christmas. So please consider doing whatever Christmas shopping you can online and socialise with friends virtually. If you have to go to the shops, please do not meet up with friends to do so, avoid car sharing, sanitise your hands regularly, wear your mask and keep a two-metre distance from others.

If you develop symptoms of COVID-19 (a cough, temperature, or loss/change in taste or smell), or if anyone you live with develops symptoms, or if you are contacted by Test, Trace, Protect (TTP) and told to self-isolate, then you must self-isolate. Do not dismiss your symptoms as simply a common cold. If those you live with have symptoms, do not think that you being asymptomatic means you can go out; it does not. Please do not attend your place of work if you are symptomatic or have been advised to isolate and do not ignore the instructions of the TTP contact tracers; they are public health professionals there to protect you and others.

Len Richards
Chief Executive

Time to Reflect

On Thursday 17th December we will be premiering our Time to Reflect service on Facebook, an opportunity to pay tribute to colleagues we have lost this year, as well as for the public to remember their lost loved ones.

We are inviting staff and members of the public to share a message or dedication on our virtual Reflection Wall in memory of a loved one. The Reflection Wall will be published on the evening - you can submit your message [here](#).

We hope you can join us on Thursday evening at 6pm on our Facebook page.



Celebrating our staff

Last Thursday, we looked back on 2019 and celebrated the members of staff who made an outstanding contribution to the UHB. Originally due to take place in March but postponed due to COVID, this was the first ever virtual Staff Recognition Awards. The pandemic has been an incredibly difficult period for us all, but I must say that I have been taken aback by the magnificent contribution of every individual and team throughout the organisation for our collective response to the challenge. I have never been more proud to be the Chief Executive of Cardiff and Vale University Health Board.

During the course of a brilliant evening, we saw a number of examples of incredible work by talented teams and individuals from right across the organisation, showcasing leadership, dedication, compassion, and above all an outstanding commitment to providing our patients with the best possible care. I would like to share my sincere thanks and congratulations to all of our shortlisted individuals who have been recognised for going above and beyond. Standing out in our organisation is no mean feat, so you should feel very proud of your remarkable achievements.

If you missed the event, don't worry! [You can watch the whole thing back here.](#)

Take part in the PRINCIPLE COVID-19 Trial

Alongside GP practices across the UK, we're recruiting people aged 65 and above, and those aged between 50 and 64 with underlying health conditions, to take part in the PRINCIPLE clinical trial that is evaluating the effectiveness of already widely-used drugs in treating those who are at higher risk of complications from COVID-19.

The availability of a COVID-19 vaccine has been a significant step forward that gives us great cause for hope, but there remains a clear need for continued research to identify further effective treatments for the disease.

The NHS remains under significant pressure and with COVID-19 cases once again escalating in Cardiff and the Vale of Glamorgan, studies like the PRINCIPLE Trial could help to add further effective tools reduce the impact of COVID-19 on our population, relieve pressure on our hospitals, and save lives.

If you have had symptoms of COVID-19 in the past 14 days and are either aged above 65, or between 50 and 64 with underlying health conditions, I would urge you to please consider taking part in the trial. You can find out more and complete the initial screening questionnaire on the [PRINCIPLE Trial website](#).

Nursing Times Award for ChatHealth Messaging

I'd like to offer my heartfelt congratulations to the School Nursing Team who have recently been joining in the celebrations for a Nursing Times award for the ChatHealth initiative, which was launched in Cardiff and the Vale of Glamorgan in 2019. ChatHealth is a means for young people to reach trusted healthcare advice and support which has been developed and supported by Leicestershire Partnership NHS Trust since 2013. ChatHealth has been implemented by more than 50 NHS Trusts and healthcare organisations across the country for use across a variety of healthcare services.

Evidence has shown that young people in particular like the fact that ChatHealth enables them to make discreet contact with health professionals 'behind a screen' while busy parents value its convenience.

Following a ChatHealth conversation, one young person commented: "I love that it's anonymous and that it's a texting service. That means you can openly talk about your problems freely without feeling nervous."

ChatHealth Project Lead Sandra Dredge at Cardiff and Vale University Health Board said: "We are delighted to share in the celebrations for ChatHealth winning a Nursing Times Award. It is such a great service for young people to reach out and get in touch with their school nurse anonymously if they have any problems or issues affecting them."

[Read more here.](#)

Cardiff and Vale ICU staff join the race for Christmas number one

Twelve members of staff from our ICU team have joined a 100 strong Zoom choir known as the ICU Liberty Singers. The choir, made up of all ICU staff is releasing a re-make of the classic Police track 'Every Breath You Take' in a bid to secure the Christmas number one spot, while raising funds to support NHS staff.

The choir was born out of an attempt to bring some fun and respite for ICU workers after what has been one of the most challenging years in NHS history. Choir members include a range of ICU staff including nurses, doctors and allied health professionals who have been working on the frontline – from regions around the UK.

Cardiff and Vale UHB choir members are:

- Judith Burnett - Senior Nurse
- Donna Crimmins - Sister
- Natasha Williams - Senior Staff Nurse
- Sarah Carpenter - Staff Nurse
- Katherine Whyte - Staff Nurse
- Rachel Lloyd-Jones - Staff Nurse
- Laura Morton - Critical Care PA
- Helen Leigh - Critical Care Lead Pharmacist
- Gemma Jones - Clinical Lead Speech and Language Therapist
- David Carey - Critical Care technician
- Christopher Gough - Consultant ICU and Anaesthetics
- Jack Parry-Jones - Critical Care Consultant

The single will be released on Friday 18th December and will be available to download and stream through usual music channels. All money raised will create a fund managed through the Faculty of Intensive Care Medicine, providing support that will have a positive impact on wellbeing and mental health.



Complete the Genomics survey for a chance to win a £100 voucher

Although some nurses and midwives are already involved in screening, testing, treating and discussing options that involve genomics, Genomics Partnership Wales also recognises that many nurses and midwives will not be doing this yet and may be unfamiliar with how genomics is likely to be incorporated within their area of practice.

We are inviting a cross-section of the Welsh nursing and midwifery workforce to take part in this study in order to help us assess ways we can support staff to care for patients with genetic diagnosis or increased risk for an inherited condition. Your participation will help inform future education and training initiatives provided by GPW.

Complete the survey in [Welsh](#) or [English](#). You can also find out more about Genomics Partnership Wales by visiting genomicspartnership.wales

Cardiff & Vale Health Charity COVID Fundraising Report

This year has been so difficult but our Health Charity have been there every step of the way to try and make things better. They have just published their COVID-19 Fundraising Report, which details just some of the fundraising activity and support shown for Cardiff & Vale Health Charity since the start of the COVID-19 Pandemic in March 2020.

The limitless generosity and dedication to raise money and support Cardiff & Vale Health Charity's 'Spread the Love' Campaign was truly inspiring. The Health Charity has received donations from generous businesses, organisations and members of the public, all to support NHS staff, patients and volunteers affected by COVID-19.

[Read the full report here](#)

Other News and Events

UHW Lakeside Wing – go 'Behind the Build'

Every week, I like to try and introduce you to key members of the project team behind the UHW Lakeside Wing, who are helping keep the project on track and within budget. This week is no exception; [meet Alex Morris](#) from our Capital, Estates and Facilities team who is the Project Lead for the Lakeside Wing.

Park and Ride: Christmas 2020

Cardiff Bus have confirmed the timetable for the UHW Park and Ride service over the Christmas period. Please [click here](#) to see the full timetable and remember to follow COVID regulations while on public transport

Barry Hospital Newsletter

Our Health Charity have been busy at Barry Hospital this year to celebrate its 25th anniversary. See what they have been up to lately, [here](#).

Health Charity Newsletter

To promote the variety of events they are hosting over the Christmas period, the Cardiff & Vale Health Charity have launched a newsletter, [which you can read here](#).