

Chief Executive CONNECTS



21/10/2020

Dear Colleague,

I hope you're keeping yourselves well. We may feel daunted as we collectively face the prospect of the two-week firebreak lockdown, which was announced on Monday (19th October) by First Minister Mark Drakeford. However, I am sure that you will agree with me that it is a necessary sacrifice which we must all make in order to get back in control of this virus. The firebreak will see a return to restrictions similar to those we experienced in March and April of this year, and I would implore everyone reading to familiarise yourself with them now in order to be ready to follow them from 6pm this Friday.

You can find the latest COVID updates including all of the regulations as part of the Firebreak lockdown, as well as Frequently Asked Questions, on the [Welsh Government website](#).

We have created a simple one-page breakdown of what the new lockdown regulations mean for Cardiff and Vale UHB staff, [which you can access here](#).

From the introduction of the firebreak until the 9th November, you must stay at home except for exercise or essential journeys, you must work from home wherever possible, and you must not meet with anyone who does not live with you either indoors or outdoors. This national guidance will supersede the local lockdown guidance on a national level and there will be further announcements from the Welsh Government about what we can expect afterwards.

Please do not treat this week as a last hurrah before the firebreak; continue to follow the current regulations and guidance, and help the staff at Cardiff and Vale UHB, who have been there for you throughout this pandemic, to continue to provide the best possible care in these extremely challenging circumstances.

Len Richards,
Chief Executive

Welcome to our new Director of Finance

I would like to extend a warm welcome to our new Director of Finance, Catherine Phillips. Catherine joins us from North Bristol NHS Trust, where she has been the Director of Finance for nearly eight years.

During this time, Catherine has given outstanding financial leadership to the Trust at a significant point in its history. She calmly navigated them through a complex PFI contract, with considerable settling in of services and commissioning issues as the new hospital came into effect. With Catherine's stewardship they exited Financial special measures in less than one year and have for the last four years met the financial control total set by NHS England.

This new role enables Catherine to further develop her system leadership in a different political and social context, and I am looking forward to her beginning her role with us here in Cardiff and Vale UHB.



COVID-19 Testing for Healthcare Key Workers

It is important that we remain aware of the symptoms of COVID-19, how to spot them in ourselves and others, and what to do when we see them. The most common symptoms of COVID-19 are:

- A high temperature
- A new and persistent cough
- A loss or change of taste or smell

If you have any of these symptoms, you and members of your household should stay at home. **Most importantly, you must book a COVID-19 test.** As a critical workers, staff of Cardiff and Vale UHB can access testing directly via the Health Board.

Symptomatic healthcare key workers (or household members) should not book a test online. Just speak to your line manager who can arrange a test for you.

Members of the public can book a test via the Welsh Government online portal. This can be [found here](#) or by searching COVID testing online.

Please ensure that the Infection Prevention and Control team are notified if a member of staff receives a positive test result for COVID-19 by emailing IPC.CAV@wales.nhs.uk. Please also notify the Health Board's TTP team by emailing Covidstaff.Ttp@wales.nhs.uk

Staff Wellbeing during COVID-19

Earlier this month, Nikola Creasey, a Consultant in our Paediatric Emergency Unit gave a fantastic presentation at Grand Round, highlighting the importance of the wellbeing of staff and the impact that our wellbeing has on the level of care that we provide to patients. In Paeds EU over the last 12 months, an employee wellbeing initiative has been implemented and I was interested to hear about the positive outcomes for the team. They introduced a 'wellbeing corner', a 'wellness draw', and the 'wellness Wednesday forum', which are all opportunities for staff to take a moment to relax and practise mindfulness, access information about available resources and support, and check in with each other. Staff report that they feel more valued and happier within their roles, which is a remarkable achievement working in the face of a global pandemic.

2020 has been an incredibly challenging year and the COVID-19 pandemic is having a continued impact on everyone at Cardiff and Vale UHB and across the NHS. Now is a critical time to focus on our wellbeing and I would encourage departments to consider how they can support the wellbeing of their staff. Don't forget that our Employee Health and Wellbeing Service (EWS) is also here to support you.

With World Mental Health Awareness Day having taken place recently, the EWS team is sharing information and resources throughout this month to help support the wellbeing of our staff. They are also holding a number of wellbeing related Q&A's throughout October, November and December.

[Find out more here.](#)

Learning and Legacy: COVID-19 survey for all Staff

COVID-19 has brought about many changes to how health and care services work in partnership across Cardiff and the Vale of Glamorgan and it is important that we capitalise on the shared experience and innovation that has emerged over the recent months. In response, the [Cardiff and Vale Regional Partnership Board](#) (RPB), has commenced a broad scale project to understand and capture this learning from all health, local authority and third sector staff. The results will inform our priorities and support a refresh of a five-year health and social care strategic plan.

[Complete the survey here.](#)



Get your flu jab!

All healthcare workers are reminded of the importance of getting a flu vaccine in a timely manner in order to keep themselves and others around them safe. Occupational Health Staff Flu clinics will continue this week and vaccine is available to immunise health board staff.

Phone first system:

Please call Internal 43264 or External 02920 743264 in advance to book a slot at Occupational Health in UHW.

Drop in clinics:

The drop in session below will be held for staff between 7am and 9am and will not require individuals to phone first.

UHW - Denbigh House
23rd October

Please note that social distancing will be controlled in order to safeguard both staff and clients. You can also contact your Clinical Board Flu Lead to check their availability and arrange a vaccination.

A reminder to staff that each individual receiving a flu vaccine in work is eligible to be entered into our weekly prize draw.

Congratulations to Charlotte Bates from CD&T who as our week two winner, received a high street voucher.



For further information on this year's Flu vaccination programme click [here](#) or visit: www.beatflu.org

Clinical Senate - this Friday!

I will be delivering an executive update at the Clinical Senate this Friday followed by two fascinating talks from Mark Cahalane, Digital and Health Intelligence Programme Manager, and Dr Ceri Bygrave, Consultant Haematologist.

All the details to join virtually can be found in the events section of [StaffConnect](#). See you there.



Other News and Events

UHW Road Closure

Please be aware that from Friday 23rd at 5pm to Saturday 24th at 4pm, the road below the helipad at UHW to the mortuary will be closed.

This is in order to allow works to be undertaken to the Green Zone on the third floor.

Mortuary access will be via Academic Avenue. If you have any queries, please contact Marc Anthony from the Capital, Estates and Facilities team on 02921 836201

Join the Staff Lottery

There's no denying that 2020 has been an incredible difficult year for us all at Cardiff and Vale UHB. However, throughout everything our Health Charity have been there to try and make things better. In just a few months, things will be getting a lot better or one lucky person as the Staff Lottery SUPERMEGADRAW is getting closer! There's a £20,000 prize up for grabs but you have to be in it to win it.

The draw is taking place on the 27th November and you must join by the 30th October to be in with a chance of winning. [Join here](#) and good luck!

Barry Hospital Gardens

I was delighted to see the work undertaken by the charity Keep Wales Tidy in conjunction with the Wales Probation Services' Community Payback team to create a wildlife garden in one of Barry Hospital's internal courtyards. For images and the full story, [click here](#).

Apple Day

Today is Apple Day and the Our Orchard team at UHL are celebrating that the orchard's trees have produced some lovely traditional heritage apples this year. Great progress is being made on the Our Orchard project and you can read more about getting involved [here](#).