

Chief Executive CONNECTS



Dear Colleague,

22/06/2021

I must begin this week with some excellent news, which I received recently. I am incredibly proud to say that it has now been over 100 days since the last hospital-acquired COVID-19 infection at any of our sites.

This is an incredible feat and a testament to the hard work of our staff across the system in keeping the infection rates down in our hospitals. I would like to thank everyone involved in achieving this significant step in our fight against COVID-19. Please continue to do what you are doing so well, following infection prevention and control measures, and keeping our patients safe as we continue to vaccinate our population.

We have now delivered 571,078 vaccines to the population of Cardiff and the Vale of Glamorgan with 349,729 first doses which is 86% of our adult population and 221,294 second doses which is 54% of our adult population.

Our walk in sessions at Bayside MVC are continuing every Saturday and Sunday between 8am and 4pm so if you live or work in Cardiff and the Vale of Glamorgan and have not received your first dose you can just show up with your ID and our team will get you vaccinated.

Bayside MVC offers both AstraZeneca and Pfizer vaccinations. Alternatively you can call our booking line on 02921 841234 and a member of the team can book you an appointment at one of our MVCs or a community pharmacy if there is one local to you.

Second doses are being scheduled and people will receive a letter and a text message with their appointment times. Please note this may not be where you received your first dose. If you are unable to attend please let us know via the booking line and we can rearrange the appointment.

This week, I received praise from a member of the public for the COVID-19 vaccination helpline, which you can read below. Please keep up the good work!

"I would like to pass on my sincere compliments to the member of staff I spoke with on the vaccination helpline this evening. The service I received was far beyond my expectations and I felt that it would be remiss of me not to pass on my compliments to you and your team."

"The staff member I spoke to was professional, friendly, compassionate and is an absolute credit to your service."

Len Richards
Chief Executive

EU Settlement Scheme

There's now only one week to go until the deadline of 30 June 2021 for applications to the EU Settlement Scheme, so if you're from the EU and are still need to apply, please make doing so your top priority.

We value the diversity of our community, both within our organisation and across Cardiff and the Vale of Glamorgan. It's a particular asset within our workforce, as it means the services we provide to our population benefit from a wide range of experiences, perspectives and skills, and it's important that we can continue to benefit from the invaluable contribution made by our colleagues from the EU long into the future.

I want all of our colleagues from the EU to be confident that they have secure, vibrant and fulfilling futures here with us and applying for the EU settlement scheme is an important step towards achieving that.

Our staff can access support or assistance in applying for the EU settlement scheme free of charge with a trained advisor at Newfields Law. Call 029 2169 0049 or email info@newfieldslaw.com for more information. You can apply and find out more information about the EU Settlement Scheme at: www.gov.uk/eusettlementscheme.

Introducing the 14,000 Voices programme

I am delighted to announce the start of our 14,000 Voices programme, hosted by the Dragon's Heart Institute. It is an opportunity for staff to connect with the executive team, share their ideas, and drive meaningful change in a relaxed, informal setting.

We know that many of the best ideas about how to improve practice and processes across the health and care system are generated by those working on the front line but that they often face barriers to progressing them.

During the COVID-19 pandemic, staff across the health and care system worked in new, innovative ways to solve the challenges posed by the disease. Now, 14,000 Voices aims to capture that momentum and ensure that the staff are engaged, supported and empowered to make their ideas about improving care a reality.

The executive team at Cardiff and Vale UHB have committed to driving forward the best ideas and suggestions from the sessions and reporting back to those who suggested them with their progress regularly.

The first 14,000 Voices sessions will take place at the University Hospital Llandough in July and be chaired by the Executive Director for People and Culture. Further sessions planned for other Health Board sites will be announced in the near future. In order to maintain social distancing during the sessions, which will take place in person, we have limited the number of places in each and encourage you to book your place as soon as possible via this [Eventbrite page](#) to avoid missing out. We look forward to meeting you all so we can hear your voice.

Cardiff Capital Region: overcoming the challenges posed by COVID-19

As the Health Board looks to its recovery from the impact of the COVID-19 pandemic, we are working diligently to identify the problems and challenges you face in the work you do that would benefit from innovative solutions. Over the course of the pandemic, I have been immensely proud of the ways in which, time and time again, Cardiff and Vale UHB staff have risen to the challenge and continue to provide their absolute best for our patients and the community we serve.

As we set our sights on the future, we need to hear from you, members of Cardiff and Vale UHB working across the system, to identify the problems you are facing for which there is not a solution available.

Paul Twose identified a problem related to the delivery of Tracheostomy Training and we are now working with the Cardiff Capital Region to fund new, innovative ways in which simulation technology could be developed to solve this problem. We are now seeking similar detailed problems that we can solve through innovation, rather than additional funding – of which I know there are many.

If you have an idea – the more specific the better, please complete [this short survey](#) with as much detail as you can before Friday 25th June 2021.

For additional information and a chance to discuss your idea, you are welcome to attend this [Microsoft Teams drop-in session](#) on Thursday 24th June between 13:45 and 14:30.

Celebrating the success and value of our Overseas Nurses Adaptation Programme

In order to provide sustainable healthcare for the future, and the robust workforce necessary to deliver our services, Cardiff and Vale University Health Board (UHB) recruits nurses who have trained overseas through both UK based and international recruitment.

Our Overseas Nurses Adaptation Programme (ONAP) was established in 2019 to support overseas nurses through registration with the Nursing and Midwifery Council (NMC) and join our Health Board as registered nurses. Since it was formed, the programme has supported 119 overseas nurses to join us.

We look forward to welcoming our thirteenth cohort of ONAP nurses this month. The Health Board expects a further 136 nurses to complete the programme by the end of the year. [Read more here.](#)



Love Your Lungs Week

Yesterday marked the beginning of Asthma UK and British Lung Foundation's Love your Lungs Week (21-27 June).

Nearly one in five of the Welsh population is affected by a lung condition. These conditions can be anything from COPD, Asthma, IPF (ILD), Bronchiectasis, Sleep apnoea, Long COVID and Severe Asthma. They can be caused by anything such as poor air quality, genetic factors, and inhaling tobacco smoke with some without any known cause, such as Idiopathic Pulmonary Fibrosis.

Prevention, Diagnosis, Treatment and helping people Live with lung conditions is essential. A condition which we are learning more about all the time is Long COVID. According to Asthma UK and British Lung Foundation Wales, 1 in 10 people who have had COVID-19 are estimated to still have symptoms 12 weeks later and therefore have Long-COVID.

Our [Keeping Me Well website](#) provides a number of resources and rehabilitation techniques for people managing long-term conditions or recovering from COVID-19.

World Wellbeing Week

This week is World Wellbeing Week, which is an opportunity to reflect on the impact that the past 15 months have had on all of us. The COVID-19 pandemic has been one of the challenging periods of all our lives, and one of the most testing times in the history of the NHS.

Our staff have responded incredibly to the intense pressure that the pandemic has put on our services, which has taken its toll on all of us to some degree, and I would remind our staff of the support that our [Employee Health and Wellbeing Service](#) is able to provide if they need help.

The service's monthly programme of activities is available on our [Staff Intranet](#) and the StaffConnect app, which this month focuses on men's mental health, with a Q&A session taking place on Tuesday morning next week. The service is also asking staff to complete a short survey to help identify any additional support that it should offer.

If you'd like further information about the Employee Wellbeing Service or would like to discuss the available support, please call 02920 744465 or email employee.wellbeing@wales.nhs.uk.

Pride Month

As Pride month continues I've invited the Chair of our LGBTQ+ Staff Network, Rhiannon Owen to introduce herself in my blog. Rhiannon has shared a few words about her coming out story, which I am sure will be inspiring and comforting to other people in the community, and her hopes for the committee going forward.

Hi! I'm Rhiannon Owen, I work as the Interim Service Manager in Emergency and Acute Medicine and am also Chair of the Health Board's Rainbow (LGBTQ+) Network. In honour of Pride month I thought I'd share my experience of being part of the fantastic LGBTQ+ community and the importance of Pride in this day and age.

I was raised in a small market town in North Wales, the kind of town where you or your friends didn't know anyone who identified as LGBTQ+ and any interactions and experiences outside of your heteronormative life was non-existent. Growing up, the LGBTQ+ community wasn't relevant to me - I was madly in love with a boy that I was, to quote myself, 'absolutely without a doubt going to marry'. Oh to be young and idealistic! But with maturity grew introspection.

Coming out to my father at 19, in a Malaga airport during last call for a solo flight home was one of the most frightening moments of my life. Even knowing my dad - one of the kindest men I've ever met, there was still huge amount of uncertainty about how my confession would be received. Though for some, the timing and the location sound strange, these were a security blanket for me as it gave me an avenue to escape following an admission of something that could potentially have huge consequences on my closest relationships. Luckily and unsurprisingly I was met with love, warmth and parental reprimand (He didn't appreciate the timing of this emotionally heavy news) and I am forever proud of my younger self for my bravery and the fear that I overcame that has allowed me to live the wonderful visible life that I lead today.

But coming out isn't just a one and done deal either. As LGBTQ+ people we are actively coming out nearly every day. I'm coming out to hairdressers, when seeing my engagement ring note the 'he did a good job with that', I'm coming out to those who when I talk about my 'cariad' assume he is a man, and for the majority of you reading this today, I'm coming out to you.

And most importantly it's important to note that each coming out story is unique, and unfortunately not everyone has the same experience of coming out to family as I did. [The Albert Kennedy Trust](#) (UK's leading LGBTQ+ youth homelessness charity) found that more than six in 10 LGBTQ+ young people surveyed said they felt frightened or threatened by their family members before they became homeless.

This Pride season, amongst the glitter and the rainbows, remember the real lived experiences of LGBTQ+ people. Pride is a celebration and a protest. Celebrating the wonderful lives of LGBTQ+ people and the vibrancy that being open and proud of who you are can enrich your life and the lives around you. But also protesting the discrimination and the fight for human rights that LGBTQ+ people face every day.

Though I've been out during my whole career with the NHS, and feel very privileged that this experience has been relatively easy, I am acutely aware that this isn't the case for many people in the health board and feel now is the time to improve other's experiences with the support of our wonderful committee.

I feel very privileged to have been offered the opportunity to be network chair and I'm incredibly excited about the potential of our new committee and the great work we will do together.

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You will find out more about our network's aims and objectives in the next issue of CEO connects and updates in the coming weeks but if you want to know more now or directly get involved please contact us on RainbowNetwork.Cav@wales.nhs.uk or Rhiannon.Owen4@wales.nhs.uk

Don't forget that staff who are members or allies of the LGBTQ+ community are being invited to join the new Staff Network. [View the LGBTQ+ Staff Network recruitment poster here](#) or email rainbownetwork.cav@wales.nhs.uk to find out more.



Kickstart at Cardiff and Vale UHB

Cardiff and Vale University Health Board is delighted to be taking part in a scheme which supports young people in gaining valuable experience.

The Kickstart Scheme aims to develop transferable skills and increase the opportunity for sustained employment. The scheme offers six-month work placements, using grant funding to support 16 to 24 year olds who are currently out of work, claiming Universal Credit and are at risk of long-term unemployment.

As a health board we recognise the impact of COVID-19 on employment especially for young people and we are therefore pleased to be in the position to support our young people and to make a positive impact at such a challenging time.

From an initial intake of 50, we have successfully enrolled 136 participants to date, with that number expected to increase to 200 by the end of the year.

We are pleased to see several departments supporting the Kickstart Scheme within our Health Board including Learning, Education & Development Department, Housekeeping, Catering, Dental Clinic Support, Cardiff & Vale Health Charity and the Children's Hospital of Wales.

More information about the Kickstart Scheme can be found on the [Job Help site](#).



Goodbye to Alison McCarthy

Tomorrow will be a sad day for the Cardiac Rehabilitation Department as Alison McCarthy, who is a Specialist Nurse in the department, is retiring after 39 years working for the Health Board.

Alison has been a valued member of the Cardiac Rehabilitation team for 20 years, but started her training in 1982 and Qualified in 1985, beginning her career on East 7 and then East 5 at Llandough, before moving to the Coronary care unit there where she worked for 16 years.

I would like to thank Alison for her many years of excellent service with the Health Board, and wish her all the best for her well-deserved retirement.

Other News and Events

WINDRUSH DAY

To mark Windrush Day on 22nd June, The Heritage and Cultural Exchange are asking anyone of the Windrush Generation to share their story with them. Please contact admin@tigerbay.org.uk to get involved.

The Heritage and Cultural Exchange (a community-based organisation that aims to fully chronicle the heritage together with the cultural diversity of Tiger Bay and Cardiff Docklands) are launching a website www.windrushday.wales

Their forthcoming online exhibition will celebrate, in particular, the contribution made by all to the life of Tiger Bay and Cardiff Docklands.



Other news and events

Defibrillator Cabinets

Cardiff & Vale Health Charity has recently funded external cabinets for defibrillators to help in local communities in an emergency, [find out more here.](#)

Cardiff Life Awards 2021

Cardiff & Vale Health Charity and the Arts for Health and Wellbeing have been shortlisted in three categories in the Cardiff Life Awards [Read more.](#)

Art used to document the pandemic in Wales

The Arts for Health and Wellbeing Team were delighted to work alongside a number of artists during the pandemic, [read about these collaborations here.](#)

Wellbeing wall art for staff rooms

Would you like our new wellbeing poems for your staff room/staff area?

If so, please contact the Arts for Health and Wellbeing Team for A2 size posters. [Read more.](#)