

Chief Executive CONNECTS



23 September 2020

Dear colleague,

COVID-19 is on the rise again in Cardiff and the Vale of Glamorgan. As of Monday, over the last seven days, there were 25.8 confirmed cases per 100,000 of the population. We are also seeing many of our neighbouring local authority areas going into local lockdowns with new measures announced on Monday for Bridgend, Merthyr Tydfil, Blaenau Gwent, and Newport, which take effect from 6pm yesterday evening. They join Caerphilly and Rhondda Cynon Taf, which were also placed into local lockdown recently.

We still have a chance to prevent a local lockdown coming into effect in Cardiff and the Vale of Glamorgan. But slowing the spread of the virus requires us all to work together and follow the same basic guidelines. If we all act responsibly, we can prevent lockdown measures being imposed in our local communities. Please remember to:

- Maintain a 2 metre distance wherever possible
- Wash your hands regularly.
- Only meet members of another household outdoors, while social distancing.
- Do not socialise indoors with members of other households, including in pubs, cafes and restaurants
- Work from home if you can.
- Wear a face covering when indoors in public places
- Stay at home if you or anyone in your extended household has symptoms
- If you have symptoms, get a test

We have all worked together over recent months and made great sacrifices to stop the spread of COVID-19 and protect our families, friends, and the most vulnerable in our communities. We must not undo all of this hard work. We all have a personal responsibility to keep ourselves and each other safe and by following the simple rules outlined above, we can keep our local area safe and our communities open.

To protect our visitors, our patients, and our staff, we have taken the decision to re-implement a No Visiting Policy across our hospital sites. This is in light of the local lockdowns that are happening in South Wales and to help us to limit the spread of the virus in Cardiff and the Vale.

There are some exceptional circumstances such as:

- End of life care - At the discretion of the nurse in charge.
- For a patient with Learning disabilities/ Carers needs
- Children's Hospital for Wales – Only one parent/legal guardian may visit at one time

For maternity services: Members of the public who are experiencing the symptoms associated with COVID-19 should not visit maternity hospitals. Pregnant women with symptoms of COVID-19, or have tested positive or are self-isolating, should be advised to phone their maternity service to discuss the rescheduling of their appointment.

Partners can attend for the following appointments only:-

- 12-week pregnancy dating scan
- early pregnancy clinic
- anomaly scan (20-week scan)
- attendance at Fetal Medicine Department
- a birthing partner for women in labour, preferably from the same household or part of an extended household

Face coverings/ masks must be worn on entering any of our healthcare sites

Stop the spread

Keep Wales Safe

Wear face coverings indoors



- ▶ Wear a facemask in all public spaces
- ▶ EVERYONE must comply
- ▶ Health exemptions to be reported to manager
- ▶ PPE must be worn in clinical settings

Regular hand washing



- ▶ Good hygiene can reduce the spread of COVID-19
- ▶ Wash hands regularly or use hand sanitiser
- ▶ Clean frequently touched areas regularly

Got symptoms?



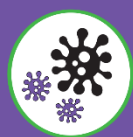
- ▶ Do not attend work if you have COVID-19 symptoms
- ▶ Do not attend work if you have been in contact with a suspected or confirmed case in the last 14 days
- ▶ If showing symptoms, speak to your manager to get tested

Keep your distance



- ▶ Maintain a 2 metre distance whenever possible
- ▶ Wearing a face mask does NOT replace social distancing
- ▶ Set an example throughout your working day

Stop the spread



- ▶ Please take personal responsibility to stop the spread of COVID-19
- ▶ For more information and guidance, visit our intranet and staff connect App



Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

www.cavuhb.nhs.wales



Llywodraeth Cymru
Welsh Government

**#Keep
Wales
Safe**

Join our virtual Annual General Meeting

This Thursday (24th September 2020), you have the opportunity to virtually attend our Annual General Meeting (AGM) and hear first-hand how your local Health Board is performing and its plans for the future. The meeting will be hosted on Zoom and streamed live to the Health Board's [Facebook page](#) from 10am. You can find the agenda and papers for the AGM [here](#).

The UHW Lakeside Wing hospital – construction has started

As you may have seen in the [news](#) last week, the Health Board has received a £33m investment from Welsh Government to build a temporary surge facility to ensure sufficient surge capacity is available in the event of an increase in the COVID-19 pandemic. This is part of our Health Board preparations and follows our agreement with Welsh Government and the WRU to decommission the use of the Principality Stadium as a Field Hospital from autumn 2020.

After a thorough options appraisal, the area outside of Lakeside at the University Hospital of Wales (UHW) was evaluated as the best option to construct a temporary U-shaped modular building, which will be known as the UHW Lakeside Wing. The UHW Lakeside Wing will accommodate up to 400 beds; this with the additional 200 beds available across the Health Board's sites, will allow us to provide 600 beds in total which meets the requirement as predicted by Welsh Government and local intelligence data and modelling. Construction started on Saturday 12 September and we expect the construction to be completed in phases:

- Phase 1 – the Northern wing of the building - 166 beds are expected to be ready by 25th November 2020
- Phase 2 – the Southern wing of the building - 244 beds are expected to be ready by 28th January 2021

The developer, Darwin Group Ltd, is expected to give the final handover of the UHW Lakeside Wing to the Health Board on 5 February 2021. Although construction is taking place 24/7, we will keep our staff, patients and the public updated on progress of the build. We anticipate no services, patient clinics or appointments will be affected by construction. If there are any temporary disruptions, we will communicate these in advance.

We have a dedicated webpage on our [website](#). This page will be continuously updated with all the latest information on the new UHW Lakeside Wing, Frequently Asked Questions and should act as a first port of call for information. Updates will also be available through our social media channels.

A warm welcome to new students in the city!

As we are in the midst of Fresher's fortnight, we thought it was timely to give a warm welcome to new students. We know this is an exciting time and you're probably inundated with information but it's crucially important that you know how to access healthcare, especially if you're new to the city.

Fresher's is an extremely busy time in our Emergency Unit due to accidents, alcohol and substance abuse. Unlike other Emergency Units around the country, you can't just turn up to the unit – this is unless you have a life or limb threatening injury. If your situation is not an emergency, you will need to phone first; phone CAV 24/7 (which stands for Cardiff and the Vale) on 0300 10 20 247, open 24 hours a day, 7 days a week. By phoning us first, we can make sure you are seen at the right place, first time and if you do need the emergency unit you will be given an appointment slot so you can wait safely at home.

Another thing you need to do is register with a GP practice as soon as you can. This tends to be something we see students putting off until they need to see a doctor. Why not familiarise yourselves with the three ways to access urgent healthcare in the city by visiting our [website](#) where you'll find a handy flowchart that you can download, print and stick to your notice board or fridge? I would also encourage you to put the CAV 24/7 telephone number (0300 10 24 247) in your phone.



There are 3 ways to access healthcare in Cardiff and the Vale

The banner features three icons: 1. PrimaryChoice logo with the tagline 'WE ARE PRIMARY CARE'. 2. A hand holding a smartphone displaying '0300 10 20 247' next to a clock face labeled 'CAV 24/7'. 3. A white telephone handset icon on a red background.

cavuhb.nhs.wales/3-ways

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

Free self-testing kits for sexually transmitted infections are now available in Wales and can be delivered straight to your home. Thanks to the confidential and discrete Test and Post (TAP) service, if you visit www.friskywales.org or www.cymruchwareus.org, you can book a postal kit and use it in the comfort of your own home before posting the sample back. You'll be notified of the results by either text or phone call and attend a clinic only if it's needed. This service is open to all, not just students.

Finally, I would implore all students, especially those who have come to Cardiff from over the border or from further afield, to take the time to familiarise themselves with the Welsh Government's COVID-19 guidance. Crucially, it is important to recognise that it differs from the rules that apply in England in several key places. Welsh Government's COVID-19

regulations and guidance can be found in full here: <https://gov.wales/coronavirus-regulations-guidance>. As new residents of our fantastic city, please be conscientious of your actions, and consider the local population and your local NHS services, as we work together to beat this virus. Follow the guidance to keep us all as safe as possible.

So to our all our new students, good luck with your studies and more importantly, stay safe.

Beat Flu 2020 campaign launches

Yesterday, Dr Richard Roberts from Public Health Wales and one of our Health Board's Flu Champions, nurse Casey Keegans, officially launched this year's Beat Flu campaign.

Casey said: "It has always been important to have your flu vaccine, but particularly this year because of the COVID-19 pandemic. By having the flu vaccine, we're not only protecting ourselves, but we're also protecting those around us, especially individuals with pre-existing health conditions."

You can watch the full launch video here: <https://youtu.be/eoHrJkb9kvc>

We are working in partnership to encourage all eligible people in Wales to have their free flu vaccine as we embark upon the largest ever national flu vaccine programme. Flu can be serious, particularly for those who are older or have a health condition and are more vulnerable to complications as a result of the flu. Having a flu vaccine every year is one of the most effective ways to protect against flu.

Those eligible for a free NHS flu vaccine include people with long term health conditions, people aged 65 and over, pregnant women, children aged two to ten years old, carers, domiciliary carers and care home staff with regular contact as well as care home residents.

Staff Flu Vaccination programme:

[Your local flu champion](#) will be able to administer flu vaccinations to staff from 23rd September. Once again, I would like to remind our workforce of the importance of accessing the flu vaccine in a timely manner this year and would encourage all staff to identify the Flu Champions in their area to check their availability and arrange their flu jab.

We all have a duty of care to ensure we do everything we can to protect ourselves, our patients, our colleagues and our families this winter as flu circulates alongside COVID-19 in our communities.

Read more about this year's Flu campaign [here](#) or visit www.beatflu.org

Connie's heading home from UHW

I am absolutely delighted to be able to share with you some positive news regarding one of our members of staff, Connie Pilart, a nurse within our Medicine Clinical Board, who has been battling COVID-19 for the last five months in the University Hospital of Wales, where at one point she was critically ill.

Connie was discharged from UHW on Saturday afternoon and was greeted with applause from a socially distant crowd as she was wheeled out of the main entrance. According to Lead Nurse, Barbara Davies, there wasn't a dry eye in the house!

I would like to wish Connie well on the rest of her recovery journey and convey my thanks to everyone who has taken care of her, and all of our COVID-19 patients, over the last few months.



Smoking rates across Cardiff and the Vale are lowest in Wales

I am very pleased to report that smoking Prevalence rates across Cardiff and the Vale of Glamorgan are now the lowest in Wales at 14% of the population.

This is according to the latest release of the National Survey for Wales 2019-2020. The figure has dropped a significant 4% on the same time last year and is 4% below the Wales average which remains at 18%.

Our local public health team work very successfully with a range of partners to deliver a number of programmes which aim to support smokers through the difficult journey of breaking a longstanding habit and understanding the numerous benefits this will bring to their life. I would like to congratulate them for their contribution to driving down the number of smokers across Cardiff and the Vale.

Particularly at this time as we battle with COVID-19, individuals are being encouraged to access the free NHS help and support available to help them make this important lifestyle change and ensure they are protecting their lungs and improving their health to make themselves less vulnerable.

[Read more here.](#)

Patients in Wales to Routinely Receive DPYD Test Ahead of Chemotherapy Treatment

I am delighted that Wales has become the first in the UK to routinely provide all cancer patients being treated with certain types of chemotherapy DPYD screening to identify their risk of severe side effects and help prevent this occurring.

An estimated 10% of patients prescribed fluoropyrimidine drugs, which are widely used for the treatment of cancer, can develop severe, sometimes life-threatening side effects. These toxicities can be triggered by genetic variations in *DPYD*, the gene that encodes for dihydropyrimidine dehydrogenase (DPD) enzyme which helps to metabolise (break down) the chemotherapy drugs.

Low levels of the DPD enzyme –predicted by the genetic test– can result in a build-up of these chemotherapy drugs, thereby making the side effects more severe and occasionally fatal.

The *DPYD* test will be offered prior to the start of chemotherapy with results available in as little as 3 working days. With such quick turnaround times, treatments can be adjusted accordingly leading to significantly improved patient outcomes.

Personalised medicine offers many prospects and it is exciting to see Wales once again leading the way in pharmacogenomics by routinely offering *DPYD* testing for chemotherapy patients across Wales.

“By screening for *DPYD* variants at the right time and in an actionable timeframe we are able to provide better treatment options and save lives.”

A new name for our Children, Young People and Family services

From 1st October the Community Child Health Directorate will be known as ‘Children, Young People and Family Health Services’.



Last April, the Child and Adolescent Mental Health (CAMHS) teams were welcomed into the directorate and as the multidisciplinary teams have grown and developed, a more appropriate name was chosen to reflect the changes.

The services webpages and other communications are being updated to better describe the services and make it easier for people to access them.

The multidisciplinary teams will work together to deliver services that put the Child, Young Person and Family at the centre of all they do and are committed to listening to the people who use our services to keep on improving them.

Find out more here: <https://cavuhb.nhs.wales/news/home-page-news/name-change-for-community-child-health-directorate/>

Our Vision Matters – supporting National Eye Health Week

We're supporting this year's National Eye Health Week (NEHW) which takes place this week (21 to 27 September 2020), promoting the importance of good eye health and the need for regular eye tests for all.

For example, did you know that smokers are FOUR times more likely to lose their sight than non-smokers? Or that just spending two hours or more each day outdoors could help prevent your child becoming short-sighted?

Vision Matters has created a pack of electronic resources so you can also get involved in promoting [NEHW](#). They've also produced specific resources on COVID-19 eye care advice, including how to wear glasses with a face mask, visit their [website](#) for more information.

Employee Health and Wellbeing Question and Answer Sessions

The Employee Health and Wellbeing Service are offering question and answer sessions via zoom for managers. The sessions will be aimed at helping managers to support the wellbeing of their staff and to share information about wellbeing resources provided by Employee Health and Wellbeing. The next session will take place on **Tuesday 6th October at 09.30am**

To book a place on the next session, please call Employee Wellbeing on 02920 744465 or email employee.wellbeing@wales.nhs.uk. Once your place is confirmed you will be provided with log on information to access the session on the day.

Numbers for each session are limited to a maximum of 20. Further dates will be arranged soon.

Support your mental wellbeing

Extra help for your mental wellbeing is available across Wales, online and over the phone. These resources are safe, free, and you don't need a referral, so take a look and see what can help you today.

- **SilverCloud** is an online course which offers support for anxiety, depression, and much more, all based on Cognitive Behavioural Therapy (CBT). Anyone aged 16 or over can sign up at: nhs.wales.silvercloudhealth.com/signup/
- **CALL Mental Health Listening Line** provides a confidential mental health listening and emotional support line which is open 24/7. CALL can also signpost to support in local communities and a range of online information. Call 0800132737, text "help" to 81066 or visit: callhelpline.org.uk

- **Beat** provides helplines and information for adults and young people, offering a supporting environment to talk about eating disorders and how to get help. Call 0808 801 0677 or visit: <https://www.beateatingdisorders.org.uk>
- **Mind Active Monitoring** provides six weeks of guided self-help for anxiety, depression, self-esteem and more. To get started, visit www.mind.org.uk/AMWales
- **Activate Your Life** is an online video course which shares practical ways to cope with thoughts and feelings causing distress and help you to live life with more confidence. Visit: <https://phw.nhs.wales/services-and-teams/activate-your-life/>
- **The Young Person's Mental Health Toolkit** links young people, aged 11 to 25, to websites, apps, helplines, and more. You can access it here: <https://hwb.gov.wales/repository/discovery/resource/e53adf44-76cb-4635-b6c2-62116bb63a9a/en>

Cardiff and Vale Recovery & Wellbeing College Virtual Launch Event

I'm delighted to announce Cardiff and Vale University Health Board (UHB) will launch its Recovery & Wellbeing College on Tuesday 29th September. Free courses on a range of mental health and wellbeing topics will be available to anyone with an interest in mental health - including those with lived experience, carers and Health Board staff.



Cardiff and Vale
**Recovery &
Wellbeing College**

Underpinned by the principles of recovery and co-production, the Recovery & Wellbeing College is flexible and has an educational focus, with the promotion of wellbeing at its core. Individuals are invited to enrol as students on courses that will take place online or in person at venues across Cardiff and the Vale where social distancing can be accommodated. All of the courses provided are co-produced by people with lived experience of mental health issues and mental health services. Upcoming courses include; *Better Sleep During COVID*, *Understanding Psychosis*, and *Discovering Self-Compassion*.

A significant amount of groundwork has gone into the establishment of the Recovery & Wellbeing College and we are excited to reveal the initial timetable of free courses on the day of the launch. This is a fantastic extension to the mental health services available across Cardiff and Vale UHB – allowing people to understand more about mental health issues to better aid recovery and wellbeing.

All are welcome to join the launch event where the Recovery & Wellbeing College will be officially introduced with details on the course timetable and how to get involved.

Join the virtual launch event on Tuesday 29th September at 11:30am via Zoom:

[Zoom link here.](#)

Meeting ID: 996 9842 3476

Passcode: w4WzkH

Wishing Kerry Peacock a happy retirement

Kerry Peacock has worked for Cardiff and Vale UHB since 1977, commencing her career as a Housekeeper in maternity services where she spent two years. Kerry then transferred to B4 as a Housekeeper, and in 1991 she decided she was going to apply for a Nursing Auxiliary post on B4 where she was successful and continued working there until 2012, when she transferred to T4 as a Health Care Support Worker (HCSW).

Kerry is extremely hard-working and has been an excellent role model to all new staff both registered and un-registered that she has encountered along her career. Now that she has retired she plans to join Cardiff ramblers and spend quality time with her friends and family doing the things she enjoys most.

In two weeks, Kerry is returning to T4 to continue working as a HCSW providing excellent care to all of her patients. We wish Kerry well in her retirement, I'm sure you will all join me in thanking Kerry for her hard work over the course of her career with us – and for coming back to support us as a HCSW.



A handwritten signature in black ink that reads "Len Richards".

Len Richards
Chief Executive