



Dear Colleague,

25/03/2022

With COVID-19 rates on the rise again and we are definitely not out of the woods yet. While restrictions are lifting in many parts of our lives, we need to remember that the virus is still with us. If you are vulnerable or you care for someone who is vulnerable, please remember to take precautions to help protect yourself and others you are in contact with.

To Keep Wales Safe, get both vaccinations and your booster if you haven't already. Outdoors is better than indoors for meeting others, and remember to do a lateral flow test before meeting with friends or loved ones. If you have symptoms, we would advise that you self-isolate and book a PCR test to avoid transmitting the virus further. As guidance on masks is changing on Monday it is still a legal requirement to wear them across all health and social care settings. Although it will no longer be a legal requirement in shops and on public transport we would still advise you to wear them in busy communal areas so we can continue to disrupt the transmission.

The continuing situation in Ukraine alongside the distressing images in the news and social media have profoundly affected many of us, I'm sure. Sadly, the range and number of global conflicts or natural disasters means that at any one time there are world events that are likely having a direct impact on members of our team and local communities. It is important that we

take care of one another and remain sensitive to individual needs. There is help available, and I would encourage colleagues who require support to reach out to our [Employee Wellbeing Service](#). There are also [helpful resources available through the Stepiau website](#).

Wales was recently announced as a super sponsor for the UK Government's Homes for Ukraine scheme and many will have already donated to the Disasters Emergency Committee or to local and national charities helping on the front line in Ukraine with emergency supplies. If you do want to help, you can visit [Welsh Government website](#) for further information on ways to support the efforts.

I would also like to highlight the work of Medical Aid Ukraine, an initiative created by the collaboration of Ukrainian Medical Association of the UK and the British-Ukrainian Aid Charity that is fundraising for medical aid and the transport of those supplies to the people of Ukraine. A Cardiff and Vale UHB ITU doctor, Marina Garmash is part of this incredible effort by fundraising to buy old, roadworthy ambulances to be sent to Ukraine. [If you would like to support, please visit the GoFundMe page](#).

Last week I had the pleasure of meeting Vaughan Gething, Minister for Economy and MS for Cardiff South and Penarth where we

shared interesting discussions around the health and social care issues experienced by constituents. I look forward to continuing to work closely together. Last Friday we entered the pre-election period which allows for local campaigning for the Welsh local elections on 5 May. [Guidance is available online for local government activity that will be restricted](#) until then.

The result for Wales in the final round of the Six Nations Championships wasn't what we hoped for. It didn't go well for England either, so commiserations to both teams and supporters. The rugby continues with the women's Six Nations this Saturday and it's great to see the profile of women's rugby continuing to rise as part of this prestigious tournament. Good luck ladies! .

I'd also like to pass my best wishes and admiration to all the runners who are taking part in the Cardiff Half Marathon on Sunday, especially those raising money for [Cardiff & Vale Health Charity](#) – you're amazing, thank you!

COVID-19 Day of Reflection

This week marks two years since the UK first entered lockdown.

It has been a tough two years for us all, and it's important to reflect on the impact that the pandemic has had on healthcare workers, patients and communities throughout Cardiff and the Vale of Glamorgan, across the nation and globally.

Alongside organisations throughout the country, we supported a moment's silence, illuminated our sites and shared [content](#)

[including a great video as part of the national COVID-19 Day of Reflection.](#)

Since its emergence, COVID-19 has placed monumental pressures on the NHS beyond anything we have ever seen before. Staff in both clinical and non-clinical roles throughout our health systems have faced challenge after challenge, relentlessly needing to find new ways of working to safely treat patients in the most difficult circumstances.

The Cardiff and Vale UHB Team, alongside partners and with the support of the community, have gone to incredible lengths to respond to those challenges. This has included working long, uncomfortable shifts day after day in PPE to treat patients, support colleagues or sanitise our sites, contributing at the forefront of global research efforts to find effective treatments for COVID-19, delivering the demanding testing and mass vaccination programmes, transforming the national stadium into a 2,000 bed hospital and establishing Lakeside Wing in a matter of weeks, creating the 'green zone' and undertaking thousands upon thousands of surgical procedures safely within it, enabling colleagues to work remotely, and facilitating the distribution of tens of thousands of meals, desserts and toiletries donated to staff via the Staff Havens.



This is just a snapshot of the inspiring achievements made by the whole Cardiff and Vale UHB team alongside our partners in the face of such adversity during the pandemic. Sadly, all of those achievements have come at a real cost - our staff are exhausted as they continue to go above and beyond in the face of unrelenting pressure. Although I am new to the organisation, I have also seen the lasting devastation caused by the tragic loss of Jitu, Gareth, Julianne, Allan and Dominga to the virus, five much-loved colleagues.

When people look back on the COVID-19 pandemic in years to come, they will do so with a variety of emotions and memories, but there will be a huge sense of pride for how the NHS responded to it. But, while today is about reflection it is also important to look forward.

A key focus for the Health Board is to restore and improve access to services that have been impacted by the COVID-19 pandemic, transform clinical pathways and in doing so, enhance services for patients and communities through our ambitious Recovery and Redesign programme. As we increasingly learn to live with COVID-19 and look to the future I am looking forward to working with our teams to harness and build upon their achievements, so that our health services can recover and deliver the best possible care for our patients.

I would encourage everyone to take a moment today to reflect on the past two years, thinking about those we've lost, the sacrifices that have been made, and the differences that those around us have made during that time.

COVID-19 vaccine used for treatment, rather than prevention

I was very pleased to see, and hear, the work of Professor Stephen Jolles and Dr Mark Ponsford and the team at the Immunodeficiency Centre for Wales featured in the news over the weekend.

The team, which is based at the University Hospital of Wales, successfully used COVID-19 vaccination to treat a patient who had ongoing COVID-19 in what is thought to be the first example of the vaccine having successfully been used to treat COVID-19, rather than prevent it.

The vaccine was used to treat persistent COVID-19 in Ian Lester, who had the virus for more than eight months. Mr Lester has Wiskott-Aldrich Syndrome, a rare condition which causes immunodeficiency, so he has a dampened response to infection.

When he caught COVID-19 in December 2020, Mr Lester was unable to fight off the virus and it was repeatedly detected in his body for more than 200 days. However, the virus was finally cleared from his body after the team used two doses of the Pfizer vaccine to treat him. It suggests that the vaccine successfully kick-started Mr Lester's immune system to clear the virus.

This is an excellent, ground-breaking piece of work by the team, which has not only had a significant impact on Mr Lester's life, but also gives hope to other patients who are immune compromised. I'd like to congratulate and thank Professor Jolles, Dr Ponsford and the wider team for this fantastic work, for which they should all be hugely proud.

More advice available on Keeping Me Well website

A specialist Cardiff and Vale UHB team has been working to improve the [Keeping Me Well website](#), so that it can support even more people to access information to support rehabilitation and to live well.

The website was first launched in Summer 2020 to support people identified as having rehabilitation needs arising from the COVID-19 pandemic. Now, the digital resource has been expanded to provide a range of therapeutic information, advice and video resources to support people who are recovering from COVID-19 or experiencing Long-COVID, managing an existing condition or new symptom, preparing for upcoming treatment, seeking information about local therapy services, or adopting a healthier lifestyle.

Please share this resource with your family and friends, so that they can benefit from the broad information, advice and guidance provided.

Cardiff South West Cluster

Cardiff South West Cluster were delighted to welcome Eluned Morgan, Minister for Health and Social Services on Thursday 17 March to meet the team and learn more about the work they are doing to improve health and wellbeing in the communities.

The cluster shared some innovative work they are doing including the integrated child health Multi-Disciplinary Team (MDT) clinics bringing primary and secondary care clinicians together to deliver planned care close to home, resulting in shorter waiting times for outpatient clinics, reduce the need for follow up appointments

and has received excellent feedback from both patients and clinicians.

They also have an accelerated cluster model which brings support to members of the local population through a combination of community support, MDT working, an integrated care hub and advance care planning. This approach has already been shown to reduce the rate of hospital, admissions in Cardiff South West when compared to other clusters. Future plans include enhanced support for patients to enable early discharge from hospital.

The cluster are also instrumental in social prescribing with the Grow Well project, and the Cluster wellbeing connector service. These projects have supported and improved the wellbeing of many in the community and the use of a new social prescribing platform, Elemental, has helped facilitate seamless social prescribing across all agencies.

I am looking forward to meeting the team and learning more about this integrated way of working and how it has helped to improve access to health and wellbeing.

111 is live

NHS 111 Wales is now live across Cardiff and the Vale of Glamorgan and will help facilitate easier access to healthcare advice, support and urgent care. It is important for our residents to remember that we still need you to phone first if you think you need the emergency unit or minor injuries unit and you must now call 111. By doing so it will mean you can wait safely at home for a timeslot and be treated in the right place first time.

Ending physical punishment of children

This week sees a historic moment in Wales for children and their rights as physically punishing children became illegal in Wales.

The new law is here to protect children and their rights and to help give them the best start in life.

From 21 March, anyone who physically punishes a child will be breaking the law, risks being arrested or charged with assault and may get a criminal record which is the same for any criminal offence.

If you are concerned about a child or see a child being physically punished or abused please contact your local social services department or you can also call the police in an emergency or if a child is in immediate danger.

Chair of Cardiff and Vale University Health Board. Harmoni Cymru provided a musical backdrop while people enjoyed a drink and cake at the café.



Thanks to all who attended and have supported the transformation of Capel i Bawb. [More information about the opening.](#)

Capel i Bawb officially opens

Cardiff and Vale Regional Partnership Board was delighted to officially open the former Chapel at CRI, now named 'Capel i Bawb'. Thanks to capital funding from the Welsh Government Integrated Care Fund (ICF) and Cardiff Council and a partnership between Cardiff and Vale University Health Board and Cardiff Council, the iconic, grade II listed building, is now home to health and wellbeing information and advice centre, a new library, meeting spaces, IT suite and an Aroma Café.

Capel I Bawb was officially opened by the Minister for Health and Social Services with Abigail Harris, Executive Director of Strategic Planning (C&V UHB) and Chair of the RPB Strategic Leadership Group, Cllr Susan Elsmore from Cardiff Council and Charles Janczewski,



Collaborative work to improve eye care services wins Glaucoma UK's Excellence in Glaucoma Care Award 2022

Congratulations to our Health Board's Primary Care Optometry and Secondary Care Glaucoma teams, along with Gareth Bulpin, National Architect Eye Care Digitisation NHS Wales, who have been awarded this year's Excellence in Glaucoma Care Award for their work to improve eye care for patients across Wales.

Cardiff and Vale University Health Board and Gareth Bulpin responded to the COVID-19 pandemic by developing a new Electronic Patient Record (EPR) and electronic referral system for eye care in Wales, the first national system of its kind.

This new system allowed patients to choose an appointment more suited to them in terms of time and location and improved patient waiting times. [Read the full article here.](#)

Stay Steady Clinics return to face-to-face sessions

Are you or a member of your family feeling unsteady on your feet or worried of falling?

You can now benefit from in person sessions as our Stay Steady Clinics are offering face-to-face appointments along with continuing to offer virtual or telephone appointments.

Sessions are available by appointment only and currently available in Roath Fire Station on the last Thursday of every month and Barry Fire Station on the last Friday of every month, but please note, this is likely to change. For further information on the Stay Steady Clinics or to book an appointment, you can email staysteady.cardiff@wales.nhs.uk or call 029 2183 2552.

HIW Patient flow survey

Healthcare Inspectorate Wales is carrying out a national review to assess the impact of any delay in assessment or treatment for patients. It is using the stroke pathway to assess the quality of a patient's journey and wants to understand what is being done to mitigate any harm to those awaiting care and how the quality and safety of care is being maintained throughout the stroke pathway. If you, a family member or friend have suffered a stroke within the last few years, please complete our short survey. Find out more [here.](#)

Arts for Health and Wellbeing Join our first NHS Online Auction

We are delighted to announce our first NHS Online Art Auction to raise funds for the Arts for Health and Wellbeing Programme. The auction launched Monday 21st March, keep your eyes peeled for more information on our social media channels. Find out more here: <https://cardiffandvale.art/2022/03/17/nhs-online-art-auction-2022/>



NHS ONLINE ART AUCTION 2022

Bidding now open!
Please visit [NHS.auction](https://nhs.auction) or scan the QR code to bid.

Logos for Health Charity Elusen Iechyd, Oriel Yr Aelwyd Health Gallery, Arts for Health and Wellbeing, NHS Wales, and Bwrdd Iechyd Prifysgol Caerdydd a'r Fro Cardiff and Vale University Health Board.