



Dear Colleague,

26/09/2022

It was with extreme pride that I shared a letter to colleagues this week from Judith Paget, Chief Executive of NHS Wales to thank all teams for their exceptional efforts made over the past two weeks to ensure a safe and successful Royal visit. Without the professionalism, dedication and positive attitude from you all, events like these would not be possible, so I am extremely grateful to all those who went the extra mile to keep the local community, dignitaries and guests safe and well. It's still a very challenging time and Judith's letter demonstrates that your commitment and dedication does not go by unnoticed.

Just in the last week we have seen a small increase in COVID-19 infections circulating in our communities, causing some outbreaks in clinical settings and causing sickness absence. As we approach winter it's important to take care and do all we can to reduce the spread of respiratory infections. We would still advise people to take care if you are showing symptoms, practice good hand hygiene, and get your covid booster and flu vaccination when you are invited. Vaccination is the best way to protect yourselves, your loved ones, patients and the community against both covid and flu.

For patient-facing colleagues who are showing symptoms, you should isolate at home and request a PCR test via the Staff Testing Pathway and not return to work unless

your PCR is negative. For colleagues who are asymptomatic, there is no need to test but this guidance is continually being reviewed in line with current Covid transmission.

As the weather is starting to turn colder, we've been raising awareness of the risks around slips, trips and falls which unfortunately are more common at this time of year and over the next few months into winter, especially when we'll see more frost and ice. Around one in three adults over 65 have at least one fall a year. Thankfully, most don't result in serious injury but some sadly do and involve needing emergency care. Prevention is much better than cure and so it's worth taking some time to [read through the NHS 111 Wales webpage](#) for advice on preventing harm within the home and when you are out and about.

Lastly, for anyone looking to kickstart their career within the NHS, [come and join us at our next recruitment event on 19 October in the Hilton Hotel](#). Cardiff and Vale UHB colleagues will be there on the day, sharing their experiences of working within healthcare and the many opportunities and benefits you will receive when you join the team. Keep an eye on our website and social media channels for more information and we look forward to meeting you.

Best wishes,

*Suzanne*

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## Organ Donation Week

This week is Organ Donation Week and the emphasis is on having a heart-to-heart with your loved ones about your decision.



Organ donation is when healthy organs and tissues from one person are transplanted into another person. You can choose to donate some or all of your organs and tissue, or you can choose not to donate.

The legislation in Wales is deemed consent. This means, if you haven't registered a decision, you will be considered to have no objection to becoming a donor, except those who are part of certain groups.

Your family will be involved before any organ donation can go ahead, and sadly hundreds of opportunities for transplants are missed every year because families aren't sure what their loved ones wishes are.

This week, make the time to have the heart-to-heart with your family about organ donation, so they can support your decision after your death. [Learn more about organ donation and how to register your decision here.](#)

## Welcome to our newest Project Search Interns

A very warm welcome to our latest cohort of Project Search interns to the Health Board.

[Project Search](#) offers training and work experience to young people with Additional Learning Needs so they can gain the skills and confidence they need to successfully move into paid employment. [We became a Project Search organisation in 2021](#) and it's been a huge success, with previous interns going on to join various departments at University Hospital of Wales such as pharmacy, cellular pathology, switchboard, linen and in our restaurants. Viola Bullatovci, an intern who is joining the Pharmacy department, said: "I'm excited to start my first placement but I'm a little bit nervous. I am most looking forward to learning more about the hospital".

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## Special thank you to Housekeepers for going the extra mile

I would like to say a special thank you to Craig Bartley, Damian Marley and Andrew Caple from the Housekeeping team at University Hospital of Wales who volunteered in their free time to clear up litter across the hospital site. You already do a brilliant job in keeping our hospitals clean and safe and I wanted to thank you personally for going the extra mile to help keep our sites clean and tidy. Sadly, we do see a lot of litter on our sites which should not be happening – so please consider this and use the bins provided, or even better, take your rubbish home.



## Cardiff & Vale Health Charity

### Irene Hicks and team raise £200,000

Back in 2019 we celebrated the success of Irene Hicks and a fabulous group of people for raising just over £100,000 for our Breast Centre Appeal. Fast forward just over three years and the team has achieved its goal of raising £200,000 for the Breast Centre Appeal.

Earlier this month, Irene, her friend Tracy and their many helpers and supporters organised a 'retirement' party, as due to the health of herself and her husband, Irene now feels she needs her life and home back to finally take some well-earned rest. Members of the Health Charity Team, and Mr Sumit Goyal MBE, Consultant Oncoplastic Surgeon at The Breast Centre attended to show support and gratitude for all they have done.

Irene has amazing community spirit and her Facebook selling page has offered a wonderful service to her local community and further afield.

Irene is a loving mother who tragically lost three out of her four sons – including two in just six months – and has turned her children's deaths into an amazing legacy. Irene has previously said, "I have to keep going for them. The boys were so proud of my work and I've got the whole community behind me. If I didn't have this I would have cracked up. There's nothing I can do to get them back so I just keep going."

Some of the money raised has been used to equip a gym with exercise equipment and funding for a Senior Physiotherapist at The Breast Centre in University Hospital

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Llandough. This funding enables us to support anyone using the service with an exercise prehab and rehab programme which has been so well received by any patients that have joined in the various fitness, swimming and group sessions available to our patients.

Congratulations and well done Irene, you're an inspiration.



## Forget-me-not Chorus Calon

[Forget-me-not Chorus](#) is a chorus to support those who are bereaved after having cared for a loved one with dementia. In partnership with Arts for Health and Wellbeing, there is a new chorus in Cardiff at Canton Uniting Church and everyone is welcome. It will be a weekly event so feel free to come along to join in and meet others who have been through shared experiences. Singing can be a great way to boost your health, physically and mentally, whatever age you are.