

Chief Executive CONNECTS



Dear Colleague,

27/04/2021

Yesterday in Wales, outdoor hospitality in restaurants, cafés and pubs reopened following months of being closed due to COVID-19 restrictions. It feels like a very long time since this lockdown began and I just wanted to start today's issue by thanking everyone who has followed the regulations throughout the winter. As we began to enjoy some of these amenities reopening, I would ask that you continue to follow the Welsh Government regulations and enjoy the lockdown easing in a safe and measured way, remembering the key actions of wearing a mask, maintaining social distance, washing your hands regularly and only meeting people outside. This is still crucial regardless of whether you have already received your COVID-19 vaccine.

I would also ask that if you have yet to receive your vaccine you attend your appointment to do so when offered. Last week, we had a number of people cancel or miss their appointments for a variety of reasons. Some reasons were perfectly valid and that is fine, but some were, for example, because the recipient would rather go to the beach than receive their vaccine. The vaccine teams have worked day and night for months to offer the best form of protection against COVID-19 and the best way we have out of this pandemic to the people of Cardiff and the Vale. Therefore, when you hear these stories you cannot help but be disappointed despite the fact we were often able to offer these appointments to people on the vaccine reserve list.

It is no accident that Wales that has one of the best vaccination rates in the World; it is down to the hard work of NHS Wales staff across the system. Our goal is to vaccinate as many people as possible so that we're all protected.

Therefore, it is absolutely crucial that you attend to receive your vaccine when it is offered to you. The process, is quick and easy so please do not put it off. That way we'll all be able to go back to what we enjoy doing much sooner.

We continue to make good progress with our vaccination campaign, having delivered over 370,000 vaccines (around 270,000 of which are first doses). People in the following age groups have now been auto scheduled and will receive an appointment in the post:

- Age 40-49
- Age 30-39
- Aged 28-29 into a Mass Vaccination Centres that offers Pfizer

If you are in priority groups 1-9 and have not yet received an appointment for your first dose, please complete our Leave Nobody Behind form and you will be contacted for an appointment.

If you are 18 and over you can complete our Reserve Form. By doing so you will be invited for an appointment as they become available. If you are unable to attend your appointment please call us on 02921 841234 to cancel so we can offer the slot to someone else. We have updated our telephone system to help manage the demand on the service.

Len Richards
Chief Executive

Inaugural CCR Innovation Challenge Fund

I am delighted to say that the Cardiff Capital Region (CCR) has announced its first Innovation Challenge Fund, open to any business able to demonstrate rapid simulation technology solutions for healthcare training.

The Challenge Fund, worth £400,000, is open to bids from any enterprise capable of delivering innovative, impactful training for Cardiff and Vale UHB to deliver to healthcare staff to ensure the best possible care of patients with tracheostomies. Pre COVID-19, Tracheostomy training was delivered through a combination of online education and face-to-face simulation training; however, the latter has become increasingly difficult as a result of the pandemic.

The Innovation Challenge is backed by CCR's Challenge Fund working in partnership with Welsh Government and the SBRI Centre of Excellence. A successful outcome for this simulation challenge would deliver training in a more convenient method, without time or location restrictions, increasing numbers being trained and reducing any backlogs while making the training experience as close as possible to the bedside experience, providing a real sense of the actual environment.

Paul Twose, a Consultant Therapist at Cardiff and Vale UHB, is the clinical lead for this challenge. He said, "The launch of this Challenge Fund is the result of strong partnership working across Wales and the culmination of several years of work within this field at Cardiff and Vale University Health Board.

Since 2019, we have been striving to improve the quality and safety of the care given to patients with tracheostomies by improving the skills and confidence of staff to make rapid decisions often under intense amounts of pressure, then spreading what we have learnt across the whole health system in Wales.

"The COVID-19 pandemic has presented huge challenges to everyone in the NHS but it has presented us with an opportunity to drive meaningful change and I believe that the outcome of this Challenge Fund has the potential to enhance training for all staff across Wales. Everyone involved in this project is thrilled and honoured that Cardiff and Vale UHB is at the heart of the first CCR Challenge fund, and excited to see its outcome."

I would like to echo Paul's comments and say that I am incredibly excited that Cardiff and Vale UHB is at the centre of this first challenge and I cannot wait to see how it progresses. [You can read more about it, here.](#)

Collaborating with partners such as the SBRI is an excellent way of solving some of the most significant challenges we face. For example, there is currently an open call for proposals to address the challenge of Outpatient Transformation. If you are working in this field and believe you have a workable solution, especially one that involves a partnership with a small-medium business, I would strongly urge you to [read more and apply here](#) or contact our Assistant Director of Innovation, Mark Briggs (Mark.Briggs@wales.nhs.uk) for assistance.

Surgical Green Zone at UHW expanded

Last summer, we established the Protected Elective Surgery Unit (PESU) at UHW and the Protected Surgical Unit at UHL to ensure that our clinical teams could continue to safely deliver a full complement of elective surgery and emergency procedures. More than 7,600 planned procedures have been undertaken across 3 hospital sites as a result of this since July.

To minimise the risk of COVID-19 infection and keep patients and staff in these areas as safe as possible, we implemented a number of measures to minimise the including the introduction of 'green zones' - areas within our hospitals where access is strictly restricted to staff working on the units and patients attending for procedures.

This week, we have expanded the footprint of the green zone at the University Hospital of Wales to include ward A5.

This newly expanded footprint will provide more space, beds and flexibility for managing patients attending PESU, facilitating improved care and helping to maximise the opportunity to safely undertake as many procedures as possible.

Staff working in the vicinity of the green zone will have seen clear signage that has been put in place to identify the new extended footprint of the green zone, and to highlight the dedicated entrance and exit routes, rest spaces and changing and shower facilities.

I would like to share my thanks with all of the teams involved in both establishing our green zones at both UHW and UHL, and working within them. You have worked incredibly hard to ensure that we have safe spaces to continue providing urgent procedures for our patients, which has been vitally important against the backdrop of a global pandemic. Thank you, and may your exceptional work continue.



Success for Health Pre-Schools at UKPHR awards

I would like to offer my sincere congratulations to Catherine Perry, a Senior Health Promotion Specialist from our local public health team, who recently won the Improving Public Health Practice Award at the 2021 UK Public Health Register awards for her Healthy Pre-Schools programme in the Vale of Glamorgan.

These prestigious national awards showcase innovative research, education and practice, as well as celebrate the work of leading public health practitioners from around the UK. In the Improving Public Health Practice Award, the judges were looking for a public health practitioner's case study that shows good public health practice, capable of influencing the practice of others. It aims to seek out examples of the practical application of public health ethics; or significant action taken to improve one's own or others public health practice (including the wider workforce).

As many health habits are established at a young age, making the early-years environment an ideal time to influence a child's health. Early-years practitioners have the potential to make a huge contribution to the health and wellbeing of children in their care, and the Vale of Glamorgan Healthy and Sustainable Pre-school Scheme helps them to do this by working with childcare organisations to promote positive health behaviours in children from the very earliest age, including nutrition and oral health, physical activity, and mental and emotional health.

It is incredible work, well done Catherine!

Supporting people's recovery from COVID-19

With lockdown restrictions in Wales having this week eased further, many of us have been taking advantage of the fine weather and enjoying more of a sense of normality. However, there are many people in the community who continue to struggle in their recovery from COVID-19, whether they have been severely unwell in hospital or if they weren't hospitalised but are now experiencing Long-COVID.

We are here to support you in your recovery from COVID-19 through our newly established COVID-19 rehabilitation service, with a team of allied health professionals offering a range of therapeutic support including physiotherapy, occupational therapy, speech and language therapy, psychology and dietetics. A small proportion of these patients are also being supported at existing specialist clinics.

This is supplemented by the Health Board's '[Keeping Me Well](#)' online therapies resource, which features a range of information, advice and resources to support people to manage elements of their own rehabilitation. In addition, the [NHS Wales COVID Recovery app](#) has good information and guidance to support people recovering from the symptoms of COVID-19.

If you are struggling in your recovery from COVID-19 or with Long-COVID, we are here for you. Please contact your healthcare professional who will guide you to the support you need

Recovery & Wellbeing College Summer Prospectus out now

The Cardiff and Vale Recovery & Wellbeing College has launched its new Summer Prospectus, outlining all the fantastic free courses available this term.

All of the courses are co-produced by people with lived-experience of mental health challenges, including those who have used mental health services and mental health practitioners.

With a mix of Zoom and in-person delivery, highlights include opportunities to understand psychosis, depression or anxiety, improve sleep patterns impacted by the COVID-19 pandemic, or learn how activity can help benefit mental wellbeing.

There is also a chance to talk to trainers one-to-one beforehand to discuss any concerns that might hold individuals back from enrolling. Zoom workshops are a new optional addition this term to help students feel more at ease with online course delivery.

Recovery & Wellbeing College courses are open to anyone living with mental health issues, as well as service users, carers and Health Board staff.

[View the prospectus and find out how to enrol here.](#)

Apply for the EU Settlement Scheme

We're proud to be a diverse organization, and we are made stronger by this diversity. Our talented workforce also includes a large proportion of staff from the EU whose contributions are integral to the fantastic work that happens throughout the Health Board every day, and our growth as an organisation. We want all of our staff to be confident that they have secure, vibrant and fulfilling futures here with us, which is equally true for colleagues from the European Union. The EU settlement scheme is an important step towards achieving that, so I encourage staff from the EU to please take time to submit your application for the scheme, before the 30th June 2021 deadline.

The scheme allows you and your family members to get the immigration status you need to continue to live, work and study in the UK beyond 30 June 2021 and continue to be eligible for public services. There is a lot of information and assistance available to help you through the process.

You can apply and find out more information at: www.gov.uk/eusettlementscheme

For any support or assistance in applying for the EU settlement scheme, you can get in touch with a trained advisor at Newfields Law free of charge on 02921690049, via info@newfieldslaw.com or [via their website.](#)

I would also urge staff members to ensure their nationality details are up to date on the ESR so we can contact you soon as possible with any important updates about the settlement scheme. [Find information on updating your nationality in ESR here, including a step-by-step guide.](#)

Genomics Showcase

Register for the first ever Genomics Showcase. The free event is hosted by Wales Gene Park on behalf of Genomics Partnership Wales as part of the delivery of the Genomics for Precision Medicine Strategy, to showcase advancements in the field of genomics and its potential to improve healthcare to the people of Wales.

The aim of the event is to increase general awareness of genomics in Wales and to celebrate many successes, through presentations from expert speakers, master-class sessions on a range of subjects and interactive displays and activities.

The event will also have a secure area where healthcare professionals can engage directly with the NHS, academia and industry partners. There will be opportunities to learn more about genomics, through games, activities, talks and networking. To find out more about the event and to register, [visit the GPW website.](#)



Genomics Showcase
2021

- Friday 14th May
- 10am - 7pm
- Free Virtual Event

To learn more or to register email:
WalesGenePark@cardiff.ac.uk

Logos at the bottom: Cardiff University Genomics Partnership, Wales Gene Park, PARC Cymru, Bristol School of Cellular & Regenerative Medicine, and Aneurin Iwan Rhys Iarsoddi Cymru.

Resilience Project

The Resilience Project has launched a range of free resources aimed at building greater mental health resilience for children and young people. It is being achieved by providing new resources and bespoke training for education staff, as well as clinician-led consultations for education staff. The project also provides group work promoting children's mental health, as well as direct interventions with children and their families.

By supporting children and young people with their mental health needs, the Resilience Project ensures children can get help sooner in their school community.

All resources are free and can be accessed by visiting our website.



Electronic Test Requesting Update

I recently shared the excellent progress that has been made increasing the use of Electronic Test Requesting (ETR) across our Health Board. I would like to take this opportunity to thank all staff for their continued support in helping ensure the transfer, from paper to ETR only when requesting laboratory tests, remains as effective as possible. I am pleased to report that our Emergency Unit (EU) at University Hospital of Wales has begun a four week phased roll-out of ETR.

There has been an extremely positive response from our EU colleagues, with 3 in 4 requests now being made electronically after just a couple of weeks. Following the success in EU, next month we will begin a similar approach in the Medical Emergency Assessment Unit (MEAU) at University Hospital Llandough. I would also like to remind departments or teams with questions about ETR, to please look out for the ETR Project team who regularly visit wards and are available to provide both planned and ad-hoc training.

Other News and Events

Have your say on the future of Our Health Meadow

University Hospital Llandough (UHL) is on the verge of developing of a remarkable new way of delivering health care through the use of the outdoors – and we want to know what you think!

[Read more](#)

Arts annual report

The Arts for Health and Wellbeing Team have released their annual report, you can [read all about their year here](#).

Big NHS Jump 2021

Will you take on the ultimate challenge? Jade, Olivia and Liam are taking on the Big NHS Jump 2021.

[Read more](#)

International Dance Day

Read about how the Health Charity has improved services to patients with movement and dance sessions.

[Read more](#)

New mural marks 25 years of Barry Hospital

Following the positive feedback received about the, Rose McDonald was commissioned by the Health Charity to create another mural in the new Adult Phlebotomy area.

[Read more](#)