

Chief Executive CONNECTS



Dear Colleague,

27/07/2021

One of our flagship courses, The Spread and Scale Academy, closes to applications tomorrow at midnight for the October 2021 academy. When we established the Spread and Scale Academy in 2019, we knew that the programme had potential but we could not have imagined some of the success stories of the teams that have been through it.

One such team is the tracheostomy team at Cardiff and Vale University Health Board who, following their attendance at the 2019 Spread and Scale Academy, accelerated the spread of their project across Wales leading to the launch of a Challenge Fund worth around £400,000 with the Cardiff Capital Region deal and SBRI Centre for Excellence for a new tracheostomy training programme for staff.

The simulation technology training project for tracheostomy care is making excellent progress with contracts awarded in Phase 1 of the challenge to four companies. The four companies awarded contracts in phase one are Rescape Innovation Limited, Nudge Reality Limited, Tru Corp Limited, and Aspire2Be. All four companies recently presented at a project board meeting on their progress ahead of the end of phase one on the 6th August. These four companies will be eligible to apply for further funding for Phase 2 which begins on 11 August to develop their solutions before testing them as part of phase 3 in real life operating conditions within Cardiff and Vale UHB.

A second team who have achieved great things following their attendance of the Spread and Scale Academy is Green Health Wales, led by Yasmina Hamdaoui a pharmacist from Betsi Cadwaladr UHB in partnership with members of staff from across Wales including Amarantha Fennell-Wells and Fiona Brennan from Cardiff and Vale UHB.

Yasmina says the Spread and Scale Academy was a huge leap forward in establishing Green Health Wales. Here, Yasmina and her colleagues learned about themselves and their peers and the mindset they needed to expand their enterprise. The focus on power sharing, personal development and work-place culture helped the Green Group to become better organised, more ambitious, and more cohesive as a team. Yasmina says, "The principles we worked through are genuinely applicable to both personal and professional life and any innovation project."

Thus, the Green Health Wales Network was born, and its inaugural conference was held at the end of June 2021, the recordings of which have just been made available online. This has the potential to transform sustainable healthcare across Wales and already has buy-in from every health board across Wales. You can read Yasmina's fascinating story here.

To apply to the Spread and Scale Academy, you need:

- A developed small-scale project
- A team of 3 – 6 members
- The motivation to unleash your project at scale
- The desire to be a leader for change.

Previous Academies have received overwhelming demand for places so we advise that you submit your application as soon as possible. Don't delay and good luck!

For more information and to apply, visit the [Spread and Scale Academy page on the Dragon's Heart Institute website.](#)

Len Richards
Chief Executive

COVID-19 Vaccine update

We have delivered 680,456 vaccines to our adult population and are continuing our walk in sessions at Bayside MVC and Holm View Leisure Centre every day between 8.30am and 7.30pm.

Following the updated JCVI guidance last week we are now inviting those that are nearly 18 to get their first dose, so anyone that turns 18 between 26th July and 31st October will be contacted directly to come to one of our Mass Vaccination Centres. If you are called, the number will have no caller ID. We are also working through the cohorts of children aged 12 - 15 years old with underlying health conditions or those living with someone who is immunosuppressed to receive their first vaccine and will confirm how you will be contacted. There is no need to contact us at this stage.

I also want to reiterate how important it is to get two doses of the vaccine. We are still seeing a high number of people not attending for their second dose and two doses is your best protection against the virus and protects against serious illness and hospitalisation.

So if you have an appointment please attend. Welsh Government have also issued a toolkit for employers to support employees to get their vaccine as we are hearing some instances where staff are unable to get time off to attend their appointments. I would urge employers to please be as flexible as possible when it's time for staff to have a vaccine as we need to all do our best to protect our population.

Our concerns team have been providing a phone line 7 days a week to answer questions around the vaccine and visiting. Due to essential maintenance this weekend the phone line will be closed on Saturday 31st July but lines will reopen at 9am on Sunday 1 August. If you have any queries during this time you can find a comprehensive FAQ on our website.

Join our Annual General Meeting

Our Annual General Meeting takes place this Thursday and will be hosted live on Teams at 10am. If you want to watch live you can do so via [this link](#) or you can catch up on our social media channels in the afternoon. The event will look back at the last year and set our vision for the future as we learn to live with COVID-19.

Our Enhancing Biodiversity programmes feature on Future Generations site

I am incredibly proud to share with you that our work to enhance biodiversity across the UHB has been featured as a case study by the Office of the Future Generations Commissioner on their website.

Cardiff and Vale University Health Board is working to increase biodiversity and address the climate and nature crises through their estate, while also improving the mental health and well-being of their staff, patients and community.

From developing innovative spaces like Our Health Meadow - Ein Dôl Iechyd at the University Hospital Llandough site where we are collaborating with partners to establish an ecological community health park that will enhance biodiversity and help reconnect people with nature; to our Critical Care units planting trees to offset carbon emissions and clinicians reducing emissions through the supply chain; to organising a Green Health conference to encourage others to take part in this work, we are finding new and bold ways to address the challenges facing our current and future generations and contribute to the vision of the Well-being of Future Generations Act.

Read the case study here in [English](#) and here in [Welsh](#).

UHL Research Delivery Team recognised at Nursing Times Awards

I am delighted that the University Hospital of Llandough (UHL) Research Delivery Team have made it into the final of the Nursing Times Awards 2021 for 'Team of the Year'.

This new team was created to research and contribute to crucial global Covid-19 knowledge in the midst of the pandemic. They established the team in order to ensure all COVID-19 patients attending our two main hospitals, University Hospital of Wales (UHW) and UHL, could take part in National Clinical trials and receive potentially life-saving treatments.

Senior Clinical Research Nurse Zoe Hilton needed to establish a confident, informed and productive team in a short period of time that could deliver innovative and fast-moving COVID19 clinical trials.

Initially, CAV UHB was only equipped to offer clinical trial opportunities to patients presenting at UHW. As admissions escalated it became clear that recruiting people at both our major sites into National Clinical trials had to be a priority in order to develop treatments and save lives. Thanks to the hard work of Zoe and her team in exceptionally challenging times, this initiative was set up quickly and efficiently in a very high-pressured, anxious environment.

It is a fantastic and well-deserved achievement for the team to be recognised so prominently such a short time after being established.

I'd like to congratulate Zoe, and every member of the team. Thank you for your efforts!

Pension Advice through Salary Sacrifice

Cardiff and Vale Health Board is pleased to introduce a new Pensions Advice Salary Sacrifice Scheme to make use of the tax exemption which allows employees to save Tax and National Insurance on the first £500 worth of pensions-related Financial Advice, each tax year, when offered through a salary sacrifice scheme. This means that a typical higher-rate taxpayer will end up paying only £290 for £500 worth of advice.

To take advantage of the Scheme, the eligibility requirements are that employee concerned must be employed by the Health Board and be paid via the Health Board's payroll system, with the normal PAYE deductions. This means for example, that Clinical Academics, employed by Cardiff University, are not eligible to join the Scheme.

Pension tax is a complex area and we strongly encourage employees take independent financial advice to ensure their decisions are well-informed, based on reliable and accurate information and positioned in the context of their overall long-term financial position.

NHS Employers have compiled a [list of organisations](#) which are able to give expert guidance and advice on pension tax issues for members of the NHS Pension Scheme. Their web page has been developed to support employers to provide access to education, guidance and advice.

As a Health Board, we are just signposting employees to the list that NHS Employers has compiled and we are not endorsing, promoting or recommending the use of any organisation. Further details on the scheme, including the list of the organisations which are able to provide expert guidance and the process to be followed can be found on the [Pensions Salary Sacrifice web page on the UHB internet](#).

Congratulations to the Eye Clinic Team in UHW

Congratulations to UHW ophthalmic nurse practitioners Jane Ongsingco, Kate Humphreys, Millie Padfield, Zeynab Taghizadeh, Nia Diamond & Mek Chalabry who recently completed in house training and assessment with flying colours in the Eye Clinic Outpatients Department.

These nurse practitioners will now proceed to register with Cardiff University to commence a postgraduate course in Medical Retina to support their essential roles in the wet macular degeneration Outpatient Eye Clinic. The Medical Retina course can be used towards a Master's Degree if further courses are completed.

Many thanks to Ms Jane Savage, hospital optometrist and Cardiff University tutor who organised the in house training and assessment and to Ms Sharon Beatty, Optometric Advisor and Gareth Bulpin, National Digitisation Architect, who organised the course funding through HEIW.

We look forward to hearing more about their upcoming studies and how it supports their excellent care for patients.

Cardiff and Vale UHB has been recognised by the HPMA Excellence in People Awards 2021 for their 5 year training programme for eye care practitioners (primary and secondary care) as a finalist for the HEIW Award for Smarter Working, results to be announced later this year. Best of luck to the team!

Main Theatres team raise over £500 for local mental health and suicide charity

Our Main Theatres team in the Perioperative Directorate recently ran a fundraising event as part of men's mental health month. Given that Christmas was a difficult time for staff with the pressures of the pandemic, the team decided to theme the event as 'Junemas'.

The team put up some festive decorations, sold festive goodies and cakes, and held a raffle - raising a fantastic £502. The event was also an opportunity to raise awareness of the importance of mental health and wellbeing and highlighted the support the 19 wellbeing champions can provide across the directorate. The wellbeing champions form part of a wider initiative run by the Health Board's Employee Health and Wellbeing Service.

The team has decided to donate £502 to the Jacob Abraham Foundation. The charity aims to prevent suicide through direct intervention with vulnerable people, raise awareness of mental health/suicide issues, promote positive mental health, and support people bereaved through suicide in South Wales.

Happy retirement to Maria Jones

This week we are sadly saying goodbye to Maria Jones who is retiring after more than 15 years leading the Outpatient Nursing team and 45 years as an NHS Nurse. Maria has been a consummate professional throughout her career, setting and upholding nursing standards for her team and countless others.

Maria has continually placed patients and staff at the heart of her thinking and decision making and always leading by example. Maria will be missed very much on both a professional and personal level. We would like to whole heartedly thank Maria for her huge contribution to the NHS and wish her well during the next phase of her life.



New painting by Harry Holland displayed at UHW



Reknowned artist, Harry Holland has kindly donated a painting to the Arts for Health and Wellbeing programme at Cardiff and Vale University Health Board, to be exhibited at the University Hospital of Wales. [Read more](#)

A chance to talk

We know that our staff have gone through an incredibly challenging period, and we want to support your wellbeing.

We will be holding drop-in sessions for staff. If your wellbeing has been affected in any way, please come along to one of our drop-in sessions where you can talk, ask questions, get to know the support that we have available for staff or simply have a break.

Next session:

Riverside Health Centre Friday 13th August
9am to 4pm



EMPLOYEE HEALTH &
WELLBEING SERVICE
Occupational Health
Occupational Physiotherapy
Employee Wellbeing
Health Intervention

Drop- In Sessions at Riverside Health Centre

We Invite you to attend our Drop-in Sessions on:

Friday 23rd July 9am to 4pm
&
Friday 13th August 9am to 4pm

Feedback Questionnaire for Patient Experience Team

In order to improve the service we provide, the Patient Experience Team are conducting a survey of staff who, whilst working for Cardiff and Vale UHB, have been involved in an inquest within the last 5 years.

The questionnaire below takes around 2 minutes to complete, is voluntary and all responses are anonymous. When answering the questions within, please do not include any personal details such as your name, address, date of birth or telephone number. Also, please do not include specific details of the inquest itself.

[Complete the survey here.](#)

Other news and events

PCIC Summer newsletter

Read the primary care team's summer newsletter on the staff intranet.

[Read more](#)

Arts Council grant for CRI

Cardiff and Vale University Health Board have been awarded a grant from Arts Council of Wales for a project at CRI

[Read more](#)

Barry Hospital Exhibition

The first Open Call Exhibition is being held at Barry Hospital which features a varied collection of artwork including paintings, drawings, mixed media and photography, all by local artists, visitors and staff members.

[Read more](#)

Welsh Voyage of Discovery

Health Charity funding for the Welsh Voyage of Discovery to help young people with mental health issues.

[Read more](#)