

Chief Executive CONNECTS



Dear Colleague,

29/06/2021

Monday the 5th July will be the 73rd anniversary of the NHS. It is a date that we celebrated wholeheartedly a few years ago for the service's 70th anniversary and I imagine there will be more major celebrations in a couple of years' time for the 75th, or platinum, anniversary. In truth, the 73rd anniversary of something is not one we would usually mark. However, after the previous 16 months or so, I would just like to pause and reflect on how lucky we as a nation are to have the NHS.

From the initial response to COVID-19, to the excellent work on the vaccination rollout, to the planning and preparation of how we recover from the pandemic, the work of the dedicated, determined staff in all departments and across all levels of Cardiff and Vale UHB has been nothing short of exemplary, and I would like to invite you to just take a moment at some point in your day on Monday to reflect on your own achievements from the past year. Whoever you are, and wherever you work in the UHB, I can guarantee that you have made a difference during these unprecedented times; thank you.

For everyone who is grateful for the NHS and the work of its amazing people, I would ask you to continue to help us help you. We are unfortunately beginning to see a rise in cases in our communities, especially in the Cathays area of Cardiff linked to students living in multiple occupancy homes. I would ask that you re-familiarise yourself with the COVID-19 restrictions in Wales as set out by Welsh Government and follow them to help us to keep this disease under control as we continue the vaccination programme.

Our COVID vaccination programme is continuing to move at pace with 599,267 vaccines delivered so far meaning we will pass the 600,000 figure today. There are 351,447 adults who have now received their first dose which is 86% and 247,766 adults who have received both doses which is 61%. These are incredible figures in just 6 short months but there is still some way to go in vaccinating those that have not yet come forward.

Following the success of our walk in clinics at Bayside MVC this weekend we will be offering a walk in clinic at Holm View Leisure Centre in Barry. From Friday 2nd – Sunday 4th July you can attend the centre between 8.30am and 7.30pm and receive your first dose. Please note you must be over 18 and live or work on Cardiff and the Vale of Glamorgan so please bring ID. This is also for first doses only as second doses are being scheduled in line with the gap needed between doses. Our walk in clinic at Bayside MVC will also continue every Saturday and Sunday between 8am and 4pm. Please do your bit for the community and make it part of your weekend to get your vaccine which will protect you, your loved ones and your community and help us all get back to some normality.

Despite good uptake, we are however noticing an increase in people not attending for their second vaccine. It is vitally important that you receive both doses of the vaccine to increase the level of protection, especially in line with new variants emerging.

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It is concerning to see that case numbers in our area are increasing and this is mostly in younger people that have not been fully vaccinated. So please when invited, get your vaccine and if you cannot attend let us know and we will rearrange your appointment.

Len Richards
Chief Executive

Our Annual General Meeting (AGM)

Our AGM for 2021 will be taking place virtually on Thursday 29 July between 10am and 11am. The event will be live streamed and people will be able to attend and hear from our teams about the last year.

Full details of the event, including how to watch will be available on our website this week and shared on our social media channels so look out for more.

We are also encouraging questions from the public and staff so if there is anything you would like to ask please email news@wales.nhs.uk with the subject AGM Question.

EU Settlement Scheme

There's now only one day to go until the deadline of 30 June 2021 for applications to the EU Settlement Scheme, so if you're from the EU and are still need to apply, please make doing so your top priority.

I want all of our colleagues from the EU to be confident that they have secure, vibrant and fulfilling futures here with us and applying for the EU settlement scheme is an important step towards achieving that.

We value the diversity of our community, both within our organisation and across Cardiff and the Vale of Glamorgan. It's a particular asset within our workforce, as it means the services we provide to our population benefit from a wide range of experiences, perspectives and skills, and it's important that we can continue to benefit from the invaluable contribution made by our colleagues from the EU long into the future.

Our staff can access support or assistance in applying for the EU settlement scheme free of charge with a trained advisor at Newfields Law. Call 029 2169 0049 or email info@newfieldslaw.com for more information. You can apply and find out more information about the EU Settlement Scheme at: www.gov.uk/eusettlementscheme.

Introducing the new innovation team

I am very proud of our organisation's track record when it comes to developing and embedding excellent innovations to improve the care we give our patients. However, we know that there are many members of staff in our system with great ideas who do not know where to turn in order to progress them.

To address this issue, The Dragon's Heart Institute is delighted to introduce the new innovation team for Cardiff and Vale UHB who will be a dedicated single point of contact for members of staff across the system with innovative ideas, services or products. [Meet the team here.](#)

During the COVID-19 pandemic, the Health Board was fortunate to have teams in all departments and directorates work in innovative new ways to solve the unprecedented challenges we faced. Now, as we look to recover from the impact of the pandemic, it is innovation which will allow us to do so and continue to improve services for future generations.

Working alongside the existing Innovation Multidisciplinary Team led by Prof Jared Torkington as well as external partners such as Cardiff University and Life Sciences Hub Wales, the Innovation Team at the Dragon's Heart Institute has been established to allow staff to continue to innovate in their practice long after the COVID-19 pandemic ends.

It is my hope that with support of the Dragon's Heart Institute's Innovation Team we will soon see more and more innovation come to the fore rather than have staff abandon their ideas when faced with seemingly insurmountable barriers.



To get a baseline understanding of the organisation's views on innovation in Cardiff and Vale, the team would be very grateful if staff would take a few minutes to complete **this short survey**. Participants of this survey will automatically be entered into a prize draw (supported by the Cardiff & Vale Health Charity) to win either an Amazon voucher or spa treatment!

The Dragon's Heart Institute is also facilitating our upcoming 14,000 Voices sessions at the University Hospital Llandough on the 13th July. More than half of the available spaces have now been taken so I would urge you to register for a space as soon as possible; we cannot wait to hear from you! [Read more about the 14,000 voices programme and book your place here.](#)

Bevan Exemplar Innovation Showcase

Three projects from Cardiff and Vale UHB will be featured in the Bevan Exemplar Innovation Showcase on Wednesday June 30. Two projects will be in session 6 from 13.30 - 15.00.

The first is a project led by Louise Silva, Colorectal Research Fellow, called 'The OMNIUM Centre' which helps patients with pelvic health - [find out more here](#). The second, led by Dr Sarah Page, looks at the development of an app to help people with Parkinson's Disease - [find out more here](#). These two fantastic projects will feature in session six of the showcase from 13.30 - 15.00 and [tickets are available here](#).

The third project which will be presented in session 7 (15.30 - 17.00) is called Get there together - a resource to support the people of Wales to access their communities led by Dr Natalie Elliott - [find out more here](#). [Tickets for this session are available here](#).

The projects have been supported by the Bevan Commission as part of a Bevan Exemplar fast track programme to test out new ideas and improvements across a range of disciplines against the backdrop and challenge of Covid-19.

Cardiff and Vale UHB has had an excellent level of success with the Bevan Exemplar programme and would anyone working on an innovative project to consider applying to be part of the programme's Cohort 7. Further information about this cohort, including the themes it is addressing can be found here: <https://www.bevancommission.org/bevan-exemplars>.

Alternatively, please contact cav.innovation@wales.nhs.uk for advice and guidance on how to complete an application.

UK-wide Research Strategy – Implementation Plan

I wanted to draw your attention to the publication today of the implementation plan to drive the UK clinical research strategy, which is being supported by all four devolved nations. The 12-month plan outlines the key activities that will drive forwards the wider research agenda post-Covid and which will be critical to recovery as the NHS deals with the impact of the pandemic.

Cardiff and Vale UHB has a stellar record of cutting-edge research and development, and led the UK in many of the trials into treatments for COVID-19. This plan will benefit our research and development and is backed by over £64 million of dedicated investment.

The activity for the coming months will include:

- the development and trial of new COVID-19 treatments and vaccines

- making UK clinical research delivery easier through more rapid ethics reviews and faster approval processes
- boosting clinical research capacity with more virtual and remote trials
- increasing diversity and participation in research in communities traditionally under-served by research
- digitising the clinical research process to allow researchers to find patients, offer them places in trials, and monitor health outcomes.

With the help of this plan, we will continue to work with partners such as Health and Care Research Wales to offer world-leading research and development opportunities to achieve better treatments and outcomes for our patients and to deliver a Healthier Wales. [Read more on the HCRW website](#).

The Health Board CONECTS with its community nurses

CONECTS (Community, Online, Nursing, Education, Competency, Training and Skills) is the new unique learning programme within the Electronic Staff Record, where essential skills and training are listed for all community registered nurses.

The creation of CONECTS was to provide online training as the training previously was delivered face-to-face but sessions were often ad-hoc, varied between teams and it required people to travel for sessions, spending longer time outside of the workplace.

Now, nurses can access training remotely which has had a lot of positive results. Both the mandatory training and core clinical skills via e-learning can be accessed which will help staff to complete theory based education promptly, lessening the time it takes to become clinically competent. A huge benefit of CONECTS is the convenience as it allows nurses to access it at anytime from anywhere.

“By having all the essential skills in one place it really helps save time for all staff as the learning is all in one place. Previously it was extremely time consuming when finding modules individually.” - Radyr District Nursing Team.

Cardiff Children play a part in new service development for the Health Board

The Cardiff Health Access Practice (CHAP), through the partnership with Child Friendly Cardiff and the Health Board, requested for children in St Mary the Virgin C/W School to design a logo for the expansion of services they provide. The CHAP service will be opening up to provide access to health assessments and public health screening to a much wider group of vulnerable individuals or to those who have difficulties in accessing healthcare.



The logo design required the representation of people from all over the world who may use the service and reflect the theme that Cardiff is a city that welcomes everyone to establish roots and grow. Three winners were selected and each design will be incorporated into the final design. A sunflower design represents strength and long life, the globe design was chosen to represent users from all over the world and the sunflower with a rainbow design reflects the diversity of service users. Pupils will now be working alongside the graphic design company 'Turnip Starfish' to develop their designs and watch as the design comes to life. [You can read more on the Cardiff Newsroom website.](#)

Peas Please Prize 2021 winners

Last week the winners of the second annual Peas Please Prize were announced with Cardiff and Vale UHB pick of the crop, taking top spot in the Veg-O-Meter Prize. Peas Please is a UK-wide ground-breaking initiative focused specifically on veg and is a partnership that includes The Food Foundation and Food Sense Wales.

The prize celebrates the biggest percentage increase in vegetable portions sold or served by Peas Please pledgers during the 2019/20 reporting cycles. The Veg-O-Meter Prize recognised the fact that Cardiff and Vale University Health Board has increased the amount of veg we were serving year on year by a staggering 701.7% on just one of our sites.

This prize acknowledges the fantastic work that has been taking place to ensure everyone has access to healthy choices, with our Health Board the first in Wales to formally adopt Healthy Eating Standards for Hospital Restaurant & Retail Outlets. [Read more about our Peas Please prize here.](#)

This is excellent work and I would like to wish a heartfelt congratulations to everyone involved in achieving this much deserved recognition.

Staying Steady Schools reduce risk of falls

Throughout the pandemic young people from schools across Cardiff and the Vale of Glamorgan have been helping older adults stay steady on their feet, by taking part in the Staying Steady Schools project. During 2020, the pandemic prevented these sessions being run face-to-face, but we have successfully piloted a virtual version so that primary schools can get involved in the project just as easily whilst restrictions are still in place.

The pupils at Lakeside Primary School in Cardiff piloted the virtual version during the start of 2021, and did a fantastic job at demonstrating how the Staying Steady Schools project can still convey the key falls awareness messages and promote strength and balance exercises that older adults should be aware of. [Watch Lakeside Primary School's falls prevention video here](#) and if you would like to take part in the project, please get in touch with Martha for more information: Martha-Jane.Powell@wales.nhs.uk

Pelvic Health Community Hub launched in Barry Hospital

Earlier this month the Pelvic Health Community Hub opened in the outpatients department in Barry Hospital. The aim of the Hub is to deliver patient focused support, advice and treatment options for the management of pelvic floor disorders.

The hub aims to improve the patient pathway and reduce waiting times for outpatient appointments as it is essentially a 'one-stop-shop' with patients having access to a full multi-disciplinary team.

The central objective of the service is to provide a multidisciplinary approach towards patient care. The team comprises of clinical nurse specialists, a dietician, a physiotherapist, as well as colorectal, urology and gynaecology consultants.

At the moment the hub is holding around 3 sessions per week but due to its success and popularity, the team are aiming to increase this to a full time service. Although the hub has only been active for a short period of time, there has been a high uptake of the service with those patients highly benefitting from the access to such an expert multidisciplinary team.

This service can be accessed via a patients' GP or their current healthcare provider with the Cardiff and Vale UHB.

Health and Wellbeing Survey for Nurses and Midwives

On behalf of Public Health Wales and Quality Health, I would like to ask for your support with a survey that will examine the impacts of COVID-19 on Wellbeing of Nurses and Midwives in Wales.

The wellbeing of the NHS workforce is an integral part of the COVID-19 recovery. We would like to carry out a second survey on the health and wellbeing of our nursing and midwifery workforce, following up on [previous research in 2019](#). We would like to know whether our considerations for action are still the key priorities following the COVID-19 pandemic or whether there are new areas we need to target to improve health and wellbeing in the workforce. For this survey, we are also inviting students to take part.

We are supporting Public Health Wales and Quality Health to collect data which explores the current wellbeing of nurses, midwives and healthcare support workers in Wales, and the factors that impact on their wellbeing while at work.

In addition to your experiences of working/studying during the COVID-19 pandemic, we will be asking questions on a number of topics, including current views on nursing as a career choice, some markers on physical and mental health, and also some barriers to leading a healthy lifestyle.

The survey will be available to complete until 06/08/21 and a report of the survey results will be published in December 2021 which will be shared across Wales. [The link to participate in the survey can be found here.](#)

Free courses on mental health and wellbeing topics

Our Recovery & Wellbeing College provides free courses on a range of mental health and wellbeing topics - available to people who are currently using or have used mental health services, their carers, Health Board staff or individuals working in mental health in the Local Authority and Charitable Sector.

All courses are co-produced by someone with lived experience of mental health issues and services, presenting valuable insights and useful information to help aid recovery.

There are still places available on a number of courses for the remainder of this term. Find out more in the [Summer Term Prospectus](#) and get in touch to book your free place.

Traumatic Stress Wales

Traumatic Stress Wales has launched its new website, aiming to improve the health and wellbeing of people of all ages living in Wales at risk of developing or with post-traumatic stress disorder (PTSD) or complex post-traumatic stress disorder (CPTSD). This is a national initiative that works through a network of easily accessible, locally based services. [Find out more about the initiative.](#)

Positive Feedback for Breast MRI Team

Cardiff and Vale UHB has been able to provide MRI screening for the genes that increase the risk of breast cancer since the end of January this year. The service launched in just a matter of weeks following approval thanks to everyone's swift hard work.

A patient who recently attended for a mammogram and MRI has given really good feedback to Alex Murray, consultant geneticist, about her whole experience from booking through to the examinations, which I would like to share with you.

The patient asked to pass on her thanks for the experience: she said it was fantastic, everyone was lovely and the examination didn't hurt at all. She's previously been having private MRI and this was her first experience of the NHS for screening and her first mammogram.

She wanted to say how grateful she is that she's been able to have this done through the NHS.

I would like to pass on my thanks to everyone involved in this service. This shows how patients are so glad to have access to this NHS service.

Install Cysgliad on your work PC

Staff are now able to have the Cysgliad software package installed on their work laptop or PC.

Cysgliad is a software package that includes the Cysill Welsh-language grammar and spelling checker as well as the Cysgeir collection of dictionaries.

Cysill is a Welsh language spelling and grammar checker. In addition to correcting spelling and general grammatical errors, correct incorrect mutation and, when errors are found, inform the user why the error is considered to be incorrect.

Designed for staff who want to increase their use of Welsh when writing documents and emails, it helps the user draft accurate and correct language.

Please contact the IT helpdesk to request installation.

Career opportunities for Nurses and ODPs

This July, Cardiff and Vale UHB has recruitment events coming up for two fantastic areas of the Health Board – we're looking for enthusiastic individuals to join us.

Spinal & Neuro Specialised Rehab Unit – Recruitment Event/Open Day

University Hospital Llandough, Saturday 24th July. This event is open to registered nurses. Attendees will get the chance to see the new unit and interviews will be offered on the day.

South East Wales Vascular Network Recruitment Event

University Hospital of Wales, 3-6pm, Lecture Theatre 1, Thursday 8th July. This event is open to registered nurses and ODPs. Attendees will be able to find out more about the network and the career opportunities on offer.

[Sign up to secure your place now.](#)

Other news and events

Jack's 7 marathons in 7 days

Jack's 7 marathons in 7 days for Cystic Fibrosis Unit raises over £20,000. He took on this epic challenge as his life-long friend Joe Tobin has Cystic Fibrosis and receives his care at the All Wales Cystic Fibrosis Unit at University Hospital Llandough. As Joe turns 21 and his friend Jack decided to run 7 marathons in 7 days to raise money and also raise awareness about young people who suffer with Cystic Fibrosis

[Read more.](#)

Nathaniel Cars support Health Charity with NHS Big Tea event

Nathaniel Cars will be holding an NHS Big Tea event at their Bridgend dealership, David Street, Bridgend Industrial Estate on Friday 2nd July between 9am - 4pm, why not pop in for a brew and say thank you?

[Read more](#)

UNISON Cardiff & Vale Health Branch sponsor NHS Big Tea for staff

UNISON Cardiff & Vale Health Branch has kindly supported Cardiff & Vale Health Charity's NHS Big Tea with a donation to supply tea and treats for Health Board staff to celebrate the birthday of the NHS on 5th July.

[Read more.](#)

Will you take on the Big NHS Jump Skydive?

Cardiff & Vale Health Charity are partnering with Skyline to launch a campaign encouraging people to give thanks to our incredible NHS by taking on the ultimate adrenaline rush in support of Cardiff & Vale Health Charity.

[Read more](#)