

Chief Executive CONNECTS



03/11/2020

Dear Colleague,

This week, we have turned Chief Executive Connects green as we mark Wales Climate Week. This week is a timely opportunity for us to reflect on some of the fantastic work going on across Cardiff and Vale University Health Board (UHB) as we strive to become more sustainable and reduce our impact on the environment. In what has been an exceptionally challenging year for health services globally, the pandemic has arguably accelerated the pace of change, allowing us to push forward better ways of working to create a more sustainable future.

Cardiff and Vale UHB has always been very keen to support Welsh Government's Wellbeing of Future Generations Act (2015) and we are taking action in a number of areas. We are invested in various projects including the One Planet Cardiff Strategy alongside partners such as Cardiff Council and are working with Vale PSB partners to deliver the Climate Emergency Charter. Targeted action and a deliberate commitment underpin our strategy to foster sustainability in every area of the organisation.

External review has confirmed that we are progressing well with embedding the Wellbeing of Future Generations requirements and I am very proud of the seriousness and professionalism adopted in our approach to sustainability as an organisation. Commitment must always be followed by action and the developments being made in all areas of our organisation are commendable. Making progress is crucial - and we still have a long way to go, but with the right visions and support mechanisms in place to drive these forward, we can instill change.

Each day this week, we'll be offering an insight into some of the initiatives we are facilitating as part of our commitment to sustainability. Keep an eye out on our social media channels and website for more information.

Len Richards,
Chief Executive

Welcome to our new Clinical Fellow for Sustainable Healthcare

I am delighted to welcome to our newly appointed Clinical Fellow for Sustainable Healthcare, Amarantha Fennell-Wells. It has been over 18 months since Welsh Government declared a climate emergency and, although COVID-19 has shifted our focus this year, the climate crisis is not going away. As such, it is important that we continue to take action where we can to fight it and Amarantha's appointment is a key step on this road.

This post has been made possible through collaboration with Health Education and Improvement Wales and the Centre for Sustainable Healthcare, and is the first Clinical Fellow position in Cardiff and Vale UHB to focus on sustainable healthcare.

Alongside Jon McGarrigle and Dr Fiona Brennan, Amarantha delivered a fascinating presentation on their work to the executives recently. As well as supporting key projects within the Health Board, one of Amarantha's key responsibilities will be to engage with Welsh Medical Schools in order to support the introduction of sustainable healthcare into the curriculum. This will be key in informing, guiding and enthusing others to make changes to their practice, embed planetary health into our understanding of human health, and understand the impact on the planet and future generations of the clinical decisions we are making today. If you have an idea or project that you believe will make healthcare more sustainable and if you require any support or advice, please contact Amarantha via email (Amarantha.Fennell-wells@wales.nhs.uk).

The Welsh Health hack is back!

One way in which we can reduce our environmental impact is by embracing new, sustainable technology, and one way in which we can do this is via the Welsh Health Hack. The Welsh Health Hack offers a great opportunity for NHS Staff, Universities and Industry to collaborate and network to develop early-stage ideas that may possibly solve operational health challenges in Wales. It brings healthcare professionals, digital, technical and databased companies together to solve clinical challenges from across the health and care sector in Wales. Cardiff and Vale UHB has had great success in the Welsh Health Hack previously with projects such as BUDS and CHEETAH receiving Welsh Government funding ([you can read more about these projects here](#)).

The 8th Welsh Health Hack is taking place online 10th and 17th November 2020, and the first step to participating is to submit the challenge which is impacting your work, [which you can do here](#). Following the submission of your challenge, a member of the organising team will be in touch. Once your challenge is published, colleagues will have the opportunity to open conversations and network ahead of the event.

In addition to the £200,000 of joint funding from Welsh Government and Agor IP (to be split among all winning challenges), external experts will also offer advice on how to take proposed solutions forward. If you have any questions, you can reach the organisers at events@lshubwales.com

All-Wales NHS Staff Survey - tomorrow!

The new All-Wales NHS Staff Survey, Our Reflections, Our Decisions, Our Future, launches tomorrow. The new survey is much shorter than previous ones and comprises fewer than 20 questions. It should only take a couple of minutes of your precious time to complete and your feedback will be completely confidential.

The responses you give will help shape the future of NHS Wales and will improve the working lives of you, your team and the wider organisation, leading to better care for the patients and communities which we serve.

It doesn't matter where you work in the organisation; everyone who works for NHS Wales can take part and everyone's opinion is equally valid.

Once the survey is made live, we will share it with you and I would please urge you to join me in completing it as soon as possible. We want to take action to make our NHS better for generations to come and we need your help, and your feedback to do so. By taking part, each one of us can help create a healthier Wales.

Remembrance Day

Remembrance Day is going to look a little different this year under COVID-19 restrictions, but there will be opportunities for our staff and the public across Cardiff and the Vale to pay their respects.

The National Service of Remembrance for Wales will take place on Sunday 8th November at the National War Memorial in Cardiff as a small socially distanced event. The public will be able to watch the service from home, live on the Cardiff Council YouTube channel for the first time. Coverage starts from 10:50am and [can be viewed here](#).

On Armistice Day, Wednesday 11th November, a small service will be held at the Merchant Navy Memorial at the Civic Offices in Barry from 11am. The wreath-laying service will be streamed live on the council website and Facebook page.

These opportunities offer a point of reflection on the huge sacrifices and contributions of our Armed Forces past and present. This year, it also seems fitting to recognise all of those on the frontline in response to the global pandemic, taking huge risks to care for others and keep our communities safe.

Our Health Charity is selling knitted poppies to raise funds for the Post Traumatic Stress Team within Mental Health Clinical Board. They are available from the Health Charity office at Woodland House, Security and Cashiers at UHW and UHL.



Occupational Therapy Week

This week is also Occupational Therapy Week and we are celebrating the role of Occupational Therapy across the Health Board. Occupational Therapists work across Cardiff and the Vale within a wide range of multidisciplinary teams from child development to palliative care services, including physical and mental health acute and community settings, schools, workplaces and prison mental health services.

Occupational Therapists look at the world through the eyes of other people, focus on the areas of life they find challenging, then help them find a way to overcome those challenges.

This week join us in promoting the work of the Health Board's amazing Occupational Therapists and inspire others to consider a future career in Occupational Therapy.

The Royal College of Occupational Therapists have asked therapists to use the week to promote diversity of enrolment in the profession, and how diverse and inclusive the role is.

Join the conversation and find out more info via the hashtag #ChooseOT.

Appointment of Dr Clare Rowntree

I am delighted to be able to confirm that, following completion of an appointment process this week, Dr Clare Rowntree has been appointed to the role of Clinical Board Director for the Children & Women's Clinical Board. Many of you are aware that Dr Rowntree has been undertaking this role on an interim basis and I am now pleased to confirm this substantive appointment with immediate effect.

I am very much looking forward to continuing working with her and her Clinical Board colleagues.

UHW Lakeside Wing

I'm pleased to say the UHW Lakeside Wing is being delivered on time and within budget; I cannot thank enough all of the colleagues who are working on this project, particularly in the Capital, Estates and Facilities team. Darwin Group (the main contractor working on the Lakeside Wing) has kindly produced a 'walkthrough' of what the UHW Lakeside Wing will look like illustrating the exterior and inside the building, [please visit our website to watch the video.](#)

Sustainability is at the forefront of our minds during this build and the Lakeside Wing has an EPC rating of A. Energy-saving LED lighting will be installed throughout, and hot water and space heating will be generated via renewable technologies. There has also been minimal wastage on materials as a result of efficient standardised design and tight factory control.

We're also working with the National Museum of Wales to decorate the new Staff Haven in the UHW Lakeside Wing. Cardiff and Vale UHB Staff members have the chance to vote for their favourite theme.

Read more about the themes [here](#) and please vote in the survey section of the StaffConnect app ([sign up here](#)).

Voting closes on Sunday 8th November.



Congratulations to Brynmor Jones

I would like to extend my sincere thanks and congratulations to Brynmor Jones, Procurement Business Officer, Cardiff and Vale UHB Frontline team, who recently celebrated 40 years' service within the NHS. Bryn began his career in the NHS during September 1980, working at the University Hospital of Wales Hospital as a Senior Catering Assistant. Following a varied career within the Catering Department, Bryn joined the Procurement Team on 31st October 2011.

The Procurement Team have asked me to convey that you are a huge part of the team and they could not imagine their work family without you. Thanks you for your dedicated service through the years.



Other News and Events

Bonfire Night

As Bonfire Night fast approaches us this week I am urging you to take part in a safe way and remind you that we are still here for you. If you think you need to visit the Emergency Unit and it's NOT life or limb threatening then please call CAV 24/7 on 0300 10 20 247. Ideas for how to celebrate safely and within national lockdown restrictions can be found by visiting the South Wales Fire and Rescue website.

Employee Wellbeing - Q&A

The Employee Health and Wellbeing Service is offering virtual Q&A sessions for managers via zoom. The sessions aim to help managers to support the wellbeing of their staff and to share information about wellbeing resources. The next session takes place tomorrow at 1.30pm. To book your place please call the Employee Health and Wellbeing Service on 02920 744465 or email employee.wellbeing@wales.nhs.uk.

Your working environment

With more and more people working from home, taking time to optimise our working environment has never been so important for our health. [Watch this video produced by the Occupational Health Physiotherapy team which has tips that can help to reduce the onset of MSK conditions.](#)

James Sommerin Recipe Book

During Covid-19, James and his family sourced, prepared and cooked over 26,000 meals for NHS staff on the frontline at Cardiff and Vale University Health Board. James has since produced a cookery book to sell to raise money for the Health Charity. [Read more here.](#)

Amazon Smile

If you shop on Amazon, please consider supporting the Cardiff & Vale Health Charity with Amazon Smile, which donates a percentage of the cost of your purchase to your chosen charity. [Full details on how to do this can be found on the Health Charity website.](#)

Only Time Will Tell available on Kindle

Cardiff & Vale Health Charity Patron and long-serving doctor at Cardiff City Football Club, Prof. Dr Len Noakes' book: 'Only Time Will Tell: A Father's Journey' is now selling digitally on Amazon for just £7.95 and funds raised are being donated to the Health Charity's Prop Appeal. [Read more.](#)