



Dear Colleague,

31/01/2023

I am incredibly proud that two colleagues were featured in the Future Generations Changemaker 100 list for their efforts in making positive changes to Wales' present and future. The outgoing Future Generations Commissioner Sophie Howe compiled the list to highlight the work of people making a positive difference to the nation and it was announced at a special event at the Wales Millennium Centre last week.

Simone Joslyn, Head of Cardiff & Vale Health Charity and the Arts for Health and Wellbeing programme, was recognised for the positive impact her team have on health and wellbeing. With a background in mental health nursing, Simone has seen first-hand the positive impact art and creative projects have and her team have created places holistically with wellbeing in mind. The Health Meadow is an innovative new space at University Hospital Llandough, boasting an ecological community health park which aims to benefit wildlife, plants and people through positive human environment interaction.

Dr Tom Porter, a consultant in Public Health Medicine at the Health Board is helping to bring about modal shift in Wales' capital city. Passionate about making transport systems work for people, Tom led the development of the Healthy Travel Charter and has been

instrumental in some of the major changes to active travel in the capital working collaboratively with Cardiff Council and the Vale of Glamorgan Council Transport teams, Sustrans, Transport for Wales, and all the Healthy Travel Charter signatories including Cardiff and Vale UHB.

Last week we saw further strike action with Welsh Ambulance Services Trust (WAST) and are expecting more action next Monday and Tuesday when Royal College of Nursing, Royal College of Midwives and the Chartered Society of Physiotherapists also go on strike with further WAST strikes also planned on the Monday.

I want to thank all colleagues for the time and effort that goes into the planning and preparation of the strike days to maintain patient safety, in particular the activity planning and the continuation of the improvement work, outpatient activity and planned care continuing as far as safe to do so.

As a health board I want to reiterate that we support our colleagues vote to strike in a peaceful manner and appreciate the efforts that are out in place to enable colleagues to do so.

I am also pleased to welcome James Quance to the Cardiff and Vale team as he joins as Interim

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Director of Corporate Governance while we say good bye to Nicola Foreman who leaves us this week after four and a half years. We wish Nikki all the best in her new role.

James joins us on secondment from NWSSP and has over 25 years' experience of working with the NHS and wider public sector in Wales and comes from a similar role in Powys Teaching Health Board.

The recruitment process is currently underway for the substantive role and we have already spoken to a number of very interesting candidates who are interested in the role.

Lastly I want to remind people that both of our Mass Vaccination Centres at Woodland House in Llanishen and Holm View in Barry are now open every day between 10am and 7pm to get your Covid-19 and flu vaccinations. The walk-ins are also able to accommodate children who missed their flu vaccination via school. There are still respiratory illnesses circulating in the community so getting vaccinated is the best form of protection.

## Health Minister visits Llandough Hospital

Health Minister Eluned Morgan visited two newly opened centres at Llandough Hospital which are benefitting hundreds of patients in Wales.

Charles Janczewski, Chair of Cardiff and Vale UHB welcomed the Minister to hospital and facilitated the visit to highlight the work that is undergoing in these two busy centres.

The Minister's first stop was to the All Wales Adult Cystic Fibrosis (CF) Centre based at University Hospital Llandough, which provides

specialist CF care to more than 350 adult patients across Wales and the borders and is the only adult CF centre in Wales.



Dr Ian Ketchell and Consultant Physician, Jamie Duckers hosted the tour around the unit which opened in 2021 with a newly completed 16 all en-suite bedroom ward, a larger patient gym in the outpatient area and an additional three special infection, en-suite bedrooms on outlying wards.

During her visit the Minister spoke with staff and patients about the advances in medical science including modulator therapies which has resulted in longer life expectancies for patients with CF.

Next the Minister had the opportunity to see the new Neuro and Spinal Rehab Unit which moved from Rookwood Hospital to Llandough in 2021.

Sarah Lloyd, Director of Operations Specialist Clinical Board and Lead Nurse for Neurosciences Carly Simpson and Senior Nurse for Neurosciences, Beth Owen spoke about the benefits the new unit has for patients with neuro and spinal injuries.

The new wards have state-of-the-art equipment and rehabilitation facilities include a hydrotherapy pool, gymnasium and consultation rooms. These facilities give patients the best possible chance of recovery and enhance their rehabilitation progress.



As well as viewing the new facilities the Minister had the opportunity to talk with staff and patients and enjoyed a look around the therapy garden spaces which have been established for patients in a collaboration between Cardiff and Vale Health Charity and Horatio's Garden Charity.

Minister for Health and Social Services, Eluned Morgan said: "I was delighted to visit the All Wales Adult Cystic Fibrosis Centre and the new Specialist Spinal & Neuro Rehabilitation unit at University Hospital Llandough. It was inspiring to meet staff and hear about all the amazing work that goes on here and I'm pleased to see the results of the Welsh Government investment in these facilities."

## New Whitchurch Road Surgery officially opens its doors

Whitchurch Road Surgery's brand-new state of the art medical centre has opened its doors to patients, less than 200 metres from its previous site. The new building, which officially opened last night and has been funded by Welsh Government, has introduced additional consulting rooms and capacity, dedicated treatment areas, including space for minor surgery, a spacious and comfortable reception and an on-site pharmacy.



Having operated for years from a three-storey converted terraced house on the bustling Whitchurch Road, the practice's new premises has been built upon the former Allotments Site Sachville Avenue.

Supporting the practice to deliver primary care services for the community, the new building will give the practice team the modern space it needs to expand the range of services it is able to provide to its registered patients.

Dr Gareth Lloyd, Senior Partner, Whitchurch Road Surgery, said: "This is a major step for our patients and staff and will enable us to deliver primary care services in a building

that is suitable to meet the demand capacity required. The new premises also allow us to extend our training capacity to support training of future doctors, something that the surgery has always supported as an established training practice. Both staff and patients are already benefiting from the new environment, and we have already received extremely positive feedback from patients who have attended the new practice.”



The development has been possible as a result of months of work between Cardiff and Vale University Health Board, Whitchurch Road Surgery and Assura plc as the appointed specialist third party developer and the local Allotments Association – Flaxland Avenue Allotments Society.

## Festival of Genomics & Biodata 2023

Last week saw the return of the hotly anticipated Festival of Genomics at London’s Business Design centre. The festival is one of the largest in the UK and attended by a host of global industry professionals and academics from across health, technology and the life sciences.



It was great to see so many colleagues from the All Wales Medical Genomics Service (AWMGS), Wales Gene Park and the Pathogen Genomics Unit (PenGu) showcasing the latest achievements and the strategic vision for Wales which is underpinned by the Genomics Delivery plan 2022-25.

Delegates attending the event were treated to a host of key talks from expert panellists including our pioneering Syndrome Without A Name (SWAN) clinic, the opportunities and challenges of rapid whole genomic sequencing for diagnosis and screening of critically ill paediatric patients and the critical role of microbiology in providing sequencing of over 100,000 covid-19 samples for variant detection and data to better understand how the coronavirus has evolved.

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Special thanks to AWMGS Director of Laboratories, Sian Morgan, Angus Clarke, Clinical Professor at Cardiff University, Rob Orford, Chief Scientific Advisor for Health at Welsh Government and Hywel Williams, Senior Lecturer in Bioinformatics at Cardiff University and to all of the other speakers for their inspirational talks which were so informative and put Wales firmly on the map as a leader in the genomics sector.

### Apply for year three of the Climb Leadership Programme

Recently, the Executive Team had the pleasure of meeting with Cardiff and Vale UHB colleagues who graduated from the first year of the Climb Leadership Programme. Climb was developed by Cardiff and Vale's Dragon's Heart Institute team as a response to the COVID-19 pandemic and some of the lessons in leadership that the system had to learn in those unprecedented, uncertain moments.

Climb is open to any current or future leader across Wales and the team from Cardiff and Vale UHB have been regaling us with their experience of this 10-month course. In leadership roles, or if you're trying to make a change to the status quo, you can often feel like you're doing so alone of that you suffer from things like imposter syndrome. The team have told us that Climb is an antidote to this, that it is a community rather than a course.

It has been interesting to see the work produced by the team, who are from a broad and diverse range of roles. This includes work on inclusion, equity, representation and race by colleagues Zoe Hilton and Dr. Kerry-Ann Holder; Zoe from her experience volunteering

in the refugee camps in northern France and Kerry-Ann from her experience as a black, female consultant growing up, living and working in Cardiff. Other projects include work from Dr. Fiona Brennan, one of the driving forces behind Green Health Wales, who are helping to reduce the environmental impact of the services we deliver.

The second cohort of Climb are currently halfway through their programme and recruitment for a third is currently underway. Applications are open until Friday, 3rd February you can find out more information on the [Dragon's Heart Institute Website](#).

### Cardiff Jobs Fair and Refugee Support Event

The People Resourcing Team attended The Cardiff Jobs Fair and Refugee Support Event last Thursday in the Capitol Shopping Centre which was organised by Into Work Advice Service in conjunction with the DWP and Cardiff Council. The Health Board had over 200 individuals sign our records and hopefully many of these will go onto to be prospective employees.



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This event was one of the busiest events the team has attended and helped us to support with the Welsh Government's Future Generations Act by promoting UHB careers and recruiting from underrepresented groups and deprived areas of Cardiff and the Vale.

## Saying goodbye to a valued colleague

After more than four decades of dedicated service to mental health, Martin Ford, Directorate Manager of Psychology & Psychological Therapies Directorate has retired.



During his career Martin has made a major contribution in developing Primary Mental Health Services in Cardiff and the Vale to deliver high quality, rapid and effective interventions for thousands of people with complex conditions.

Colleague Dan Crossland, Director of Operations, Mental Health Clinical Board wanted to thank Martin for his years of service:

"Martin has been a constant steady hand for services, always ready with knowledge tempered by years of experience. It has been a pleasure to work with him and he will be a huge loss to our team. He leaves an enduring legacy of excellence that will be hard to match.

"On behalf of the Cardiff and Vale University Health Board, Mental Health Clinical Board and Psychology & Psychological Therapies Directorate, I'd like to wish him a long and happy retirement."