



Dear Colleague,

30/05/2022

Firstly, a huge thank you to everyone for continuing to deliver care with such energy and professionalism across our communities. You really are doing an incredible job in caring for people through what is still a very challenging time.

As we head towards the Queen's Platinum Jubilee weekend of celebrations, [I wanted to share this BBC clip](#) which was filmed when Her Majesty The Queen officially opened University Hospital of Wales back in 1971 where she spent time meeting many members of the team and patients.

Her Majesty's admirable commitment and dedication to 70 years of public service will be marked by the many events going on in Cardiff and the surrounding area.

Our Health Charity is supplying wards across sites with celebration boxes so colleagues and patients can take part in the #BigJubileeTea as part of the Platinum Jubilee Celebrations. It's wonderful to see that the charity is enabling those in our care to take part in the national celebrations and have their own tea party. The charity team will be delivering the boxes in the coming days so look out for yours and don't forget to share your photos – I'm looking forward to seeing them!

As part of the celebrations the Health Board will be lighting up University Hospital of Wales and University Hospital Llandough in purple for the four days to mark this wonderful national occasion.

Please remember it will be very busy in the city centre and surrounding areas and there will be some road closures which may affect your travel arrangements. You can keep up to date with these via our partners at South Wales Police, Cardiff Council and Vale of Glamorgan Council.



I hope you all enjoy the festivities if you are able to get out and about, but please help us to help you by taking measures to keep yourself safe and well. Stay tuned for updates

on the [website](#) and social media channels as we will be sharing useful information for you.

Urgent and Emergency Care is usually very busy over bank holiday weekends, so please be aware that unless you have a life-threatening or limb-threatening condition, waits for other presentations will likely be extended, so please take care of yourselves over the coming week to minimise risks to your health and wellbeing. If you think you, or someone you know, experiences an injury or illness that needs to be assessed then please phone first by calling 111.

Please also remember that 111 is there for you if you need to access healthcare information, advice or urgent care support. You can access a range of healthcare advice and local information on the [NHS 111 Wales website](#).

Last week we held the first public Board meeting in over two years at the Village Hotel in Coryton. It was great to see Board colleagues and Independent Members face to face and have the opportunity to discuss issues together. It was also great to be able to welcome some members of the public to observe. The agenda was full and is a good reminder of the range and depth of activities and areas of focus, challenge and opportunity right across the Health Board. The Board heard a particularly powerful patient story which spoke to the challenges carers and loved ones of patients experience when those they care about are in-patients. Of course, this has been particularly difficult during the pandemic when visiting has been so very restricted. It really pointed to the need for us to listen to carers, relatives and loved ones of patients, to value their insight and knowledge about the person we are caring for and for us

always to be kind and compassionate in our interactions. The story really set the scene for the rest of the Board's discussions. The Board meetings are a really great way to hear and learn about the Health Board so do consider coming along to observe and everyone is welcome. I look forward to welcoming more of you at future meetings, dates are advertised on our webpages [here](#). You can also read my CEO report which I presented at the Board which you may find of interest [here](#).

At Board the memorandum of understanding to continue to work in partnership with the third sector was approved. This is vital when delivering services to the local population as third sector partners provide additional and important support, advice and services for patients to complement their healthcare journey, so it is encouraging that this work will continue. It was also great to approve the name of the new Wellbeing Hub@Maelfa which is the first hub that is to open in our communities. This is a great example of partnership working with Cardiff Council and the third sector to provide a one stop hub for patients to access health and wellbeing support and advice. There will be an open day on 11 June for people to come along and meet the services that will be on hand once the hub officially opens in July.

I am pleased to share some exciting recent news - I have been appointed to the Cardiff University Council as the NHS Lay Member. I recently had the opportunity to attend a dinner to meet my fellow council members and celebrate some of its key achievements over the past 12 months. It was good to meet my new colleagues and to start to develop the network and relationships which I hope will prove mutually beneficial and support and strengthen our ongoing relationship with Cardiff University which is so very

important in so many ways and fundamental to the training and development of healthcare professionals and scientists, clinical research and innovation as well as the implementation of new healthcare technologies and medicinal products. As I have said before, we know a research-active organisation gives better quality care and so cultivating and developing the relationship with Cardiff University has many benefits in support of our plans and developments.

The whole executive team recently visited Lansdowne Surgery where we had the privilege of meeting the team who make up the Cardiff South West Cluster, covering Canton, Ely, Caerau, Pontcanna and Riverside - a large part of the city with a variety of differing health and social care needs. I was impressed and inspired to hear about their work, in particular the impact that their approach to intervention and prevention by using the multi-disciplinary team. The figures have demonstrated that 80% people said they felt better after having a wellness intervention and coupled with the reduction in presentations to the Emergency Unit, this has had a hugely positive impact on patient as well as healthcare colleagues across our hospitals and in the community.

There will be no CEO Connects next week due to the bank holiday weekend. If you have time off, I hope you can enjoy the celebrations with your family and friends. If you are working, thank you for everything you are doing to keep our community safe and well. It really is appreciated.

Mask wearing in health care settings

Welsh Government has announced the lifting of the last of the Covid-19 restrictions from Monday 30 May which means that face masks are no longer a legal requirement across healthcare settings.

All colleagues, patients and visitors will no longer be legally required to wear masks when moving around hospital sites, including our Aroma outlets. However, guidance will be shared with colleagues in clinical areas where PPE is still required.

Please be mindful that some people may still feel comfortable to wear masks and it is their choice to do so.

Hospital Visiting

Following the easing of restrictions, the Health Board is now changing the way we operate visiting on the wards. Every patient can now have one visit per day for one hour with a maximum of two visitors. The central visiting line has now been stopped and visits can be booked with the wards directly. Thanks to everyone for your patience over the last two years while we were operating under COVID-19 restrictions. As we move towards more relaxed visiting we ask that you please do not attend our sites to visit if you are feeling unwell in any way.

Improving Standards for Sexual Assault Referrals in South East Wales

The Sexual Assault Referral Centre (SARC), sometimes referred to as 'Safe Island' or 'Ynys Saff', hosts a range of specially trained and experienced professionals that currently provide a 24-hour service for police forensic services. The centre also provides help, support and advice to people who have experienced sexual assault. With support from Welsh Government, the SARC at Cardiff Royal Infirmary has recently undergone a refurbishment which includes the development of a temporary extension.

The refurbishment of the centre forms part of regional work in South East Wales to improve services and care for clients. The SARC continues to be developed in partnership with the police, health and voluntary services to ensure that people who experience sexual assault get the best possible care.



Through the project, there has been a particular focus on forensic pathways. Specific ISO Forensic Standards are in place for best practice and the demands of the standards are set to increase in October 2023. With this in mind, the Health Board, its partners and Welsh Government identified there was an opportunity for improvement to safeguard provision against future standards while enhancing the care and experience of clients.

The SARC at Cardiff Royal Infirmary in Cardiff and Vale University Health Board will act as a hub, extending its services to Aneurin Bevan UHB and Cwm Taf Morgannwg UHB. Clients will have access to SARC's range of specialist forensic services that are run by experts in this field. The SARC will then refer clients to their

local spoke service for ongoing Independent Sexual Violence Adviser (IVSA) support in Merthyr or Risca. Cardiff will remain the local spoke service for the Cardiff and Vale of Glamorgan area. [Find out more by clicking here.](#)

Overseas Nurse Programme Goes from Strength to Strength

Nurse recruitment and retention is a challenge nationally. In order to sustain the robust workforce necessary to deliver services, Cardiff and Vale University Health Board (UHB) has established a very successful Overseas Nurse Programme. Since 2019, the Health Board has been recruiting nurses who have trained overseas through both UK-based and international recruitment.

The Health Board has recently begun welcoming its next cohort of 135 nurses as part of the Overseas Nurses Programme. The programme will support overseas nurses through to registration with the Nursing and Midwifery Council (NMC) and join the team as registered nurses.



Since the programme was established in 2019, the Health Board has already welcomed 308 overseas nurses who are playing an instrumental role in providing high-quality care to our population. [Find out more here.](#)

Cardiff & Vale Health Charity NHS 5k – sign up today!

Why not commit to a challenge and complete 5K this summer? The NHS 5K Do it Your Way event will be the first of its kind and will take place on Sunday 31 July at 10am in Pontcanna Fields, around the NHS birthday. Everyone is welcome to join the 5k journey as this unique event allows participants of all ability levels to compete together in a supportive environment. More information can be found here NHS 5k. [Do It Your Way | Cardiff & Vale Health Charity](#).



**Join us for a stroll, roll or ride
on 31st July 2022 at the
NHS 5K – Do It Your Way event**

Taking place in beautiful Pontcanna Fields,
everyone is welcome to join the 5k journey.

Sign up here www.healthcharity.wales/events

