



Dear Colleague,

31/08/2022

Thank you to those who worked over the Bank Holiday weekend. Bank Holidays are usually very busy and place added demand on our services which, as you are all too aware, are already under pressure, so your continued commitment, compassion and professionalism over this challenging time is very much appreciated. A big thank you to everyone from us all.

I would also like to welcome Paul Bostock to the team who joined us last week as Chief Operating Officer. Paul is undertaking his period of discovery at the moment and as he's meeting colleagues I know a big focus for discussions will be preparing for what will no doubt be a difficult winter ahead. I'm confident that by working together, planning diligently and realistically we will be ready and able to remain resilient and responsive to our communities needs. Welcome Paul it's good to have you with us as we head into the coming months.

Last week our Board had a really powerful and emotive presentation, a "TED Talk" from Dr Kerry-Ann Holder, Consultant Clinical Psychologist and Psychology Service Lead for Child Health and Inherited Bleeding Disorders to inform our discussion of the Anti-Racist Plan for Wales. Kerry-Ann focused on representation and told us about her experiences of growing up and shared the impact of not being able to see other people from an ethnic minority like

herself represented in sport, media, leadership, business and so on. She also reflected on how, thankfully, society is changing and becoming more diverse and inclusive and the effect popular culture has had on this change and how we now see many more people from minority backgrounds represented across the spectrum of media and culture. She also challenged Board colleagues to think about how we build more diversity and inclusion across the Health Board and made suggestions about practical steps we could take. Thank you Kerry-Ann for your time (whilst you were on holiday) and for sharing your insight and experiences with us in such a powerful way. I will stay in touch with Kerry-Ann so that we can seek her advice on our plans for the future.

As we head into the autumn vaccination teams will be implementing the roll out of the Covid 19 Autumn Booster starting with care home residents. Front line colleagues will also start to receive invitations in the post for your booster and you will be able to get your flu vaccination at the same time. Further details on the flu and covid booster programme will be shared on the website and social media channels but I urge everyone to please take up the offer of these effective vaccinations when you get one. Both vaccines give you proven protection as well as safeguarding your loved ones, patients and colleagues from the threat of covid and flu illnesses this winter.

Pinc List 2022

We are incredibly proud that five Cardiff and Vale University Health Board (UHB) colleagues have been featured in this year's Pinc List.



Now in its eighth year, the Pinc List is drawn up by WalesOnline in collaboration with Pride Cymru and recognises LGBTQ+ people in Wales who have done exceptional things for their communities.

Lisa Cordery-Bruce, a specialist emotional wellbeing nurse who works closely with the Youth Board to support their incredible work, has been featured on the Pinc List for a third-year running.

As well as featuring on the Pinc List herself, Lisa's nominee Ellis Peares has also been included as a 'one to watch'. 15-year-old Ellis is a member of the Health Board's Youth Board and is passionate about making sure the voices of young LGBTQ+ people are heard. He also successfully ran for Welsh Youth Parliament, having set improving LGBTQ+ support in schools

as the main feature of his manifesto.

Dr Darren Cousins, Consultant in Sexual Health and HIV at the Cardiff Royal Infirmary, has been included in this year's Pinc List for his dedication to developing sexual health services for men who have sex with men, with the aim of making healthcare more accessible.

Also named as a Pinc List 'one to watch' is Dr Kate Nambiar, a queer mixed-race transgender doctor who has worked in the NHS since 1999. Having recently moved to Wales, Kate now works at the Welsh Gender Service.

Dr Sophie Quinney was the first GP to specialise in gender identity medicine in Wales, and is a Gender Specialist in the Welsh Gender Service, hosted by Cardiff and Vale University Health Board. Alongside her job within the Welsh Gender Service, Sophie Quinney works as a mentor with the 'Equal Power, Equal Voice' project with Stonewall UK.

She was recently on a panel of experts briefing Westminster MPs on including transgender people within the conversion therapy ban and is one of the people currently advising the Welsh Government on its LGBTQ+ Action Plan.

Mental health settings to become smoke-free across Wales

This week from 1st September 2022, Welsh Government legislation requires all mental health settings to be entirely smoke-free. This includes all residential units, wards, buildings, grounds and vehicles on our sites.

Since March 2021 it has been illegal to smoke on hospital grounds, however, under this regulation mental health settings were

allowed to identify designated smoking areas in enclosed courtyards. In the interest of patient health, these exceptions have been removed from the regulation with effect from 1st September 2022. Mental health settings in England have been smoke-free since 2018.

Based on best practice and the evidence available around implementation, the Health Board will be adopting a phased approach to support the transition with a view to fully implement the change by winter. This will allow us to best support existing inpatients and continue to tailor our approach based on learning and feedback.

More information on our approach will be shared on the website later this week.

Nursing teams provide valuable support for patients in the community

While July was full of heatwaves and sunshine, the community nursing teams, along with ward and clinic-based colleagues, worked tirelessly to provide quality care to patients across Cardiff and the Vale of Glamorgan.

Cardiff and Vale UHB nursing teams work to deliver care that enabled patients to remain in the comfort of their own homes and avoid admission to hospital where possible.

Throughout July, here is how many patients were supported by the Community Nursing Teams:

- Community Nursing Teams are currently supporting 3,702 patients to receive safe and effective care and remain at home.
- District Nurses undertook 16,976 visits to patients within the community.

- Nurse Assessors ensured that 1,637 patients were receiving safe and appropriate care within community and care home settings.
- Both Cardiff Community Resource Team & Vale Community Resource Service accepted 278 patients who require therapy support within the community and helped 89 patients to leave hospital early.
- The Acute Response Team helped 17 patients to leave hospital early and return home.

Thank you to the wards, clinical teams and community nursing teams who help to ensure patients receive quality care, at home or close to home as possible.

Support for Unpaid Carers



The Cardiff and Vale Carers Gateway provides information and support to local unpaid carers, helping them to make the most of their life alongside their caring role and to maintain their independence. If you or somebody you know could benefit from support you can [visit the website to find out more](#) and [watch the service's video here](#).

Cardiff & Vale Health Charity and Arts for Health and Wellbeing Programme events

NHS Big Gig

The NHS Big Gig saw five talented buskers perform to raise funds for the Arts for Health and Wellbeing Programme. Attendees also enjoyed a variety of craft stalls, cake sales and took part in a raffle. Thank you to everyone who supported the event and showed off their dance moves!

You Scrub Up Well

We are delighted to welcome the [You Scrub Up Well](#) exhibition to the Hearth Gallery, displaying artwork created by participants of the CF Voices Project. The artwork on display was created by People Living with Cystic Fibrosis as a direct response to workshops and creative arts sessions delivered by Four in Four throughout the duration of the project.



Masquerade Halloween Ball

We are delighted to host the third Blue Tie Ball on Friday 28 October 2022 at Mercure Holland House Hotel and Spa in aid of the Prop Appeal which supports patients at University Hospital Llandough who are suffering from an acquired brain injury. Your funds help support their rehabilitation. Tickets cost £45 each for £400 for a table of ten. [To book, visit the website here.](#)