

Chief Executive CONNECTS



Dear Colleague,

05/01/2021

First and foremost, let me wish you a Happy New Year. As the days begin to get lighter, the New Year often feels like it ushers in a fresh start and the promise of things to come. With the approval of the Oxford/AstraZeneca vaccine last week, I am beginning to feel this way and am hopeful about the future. However, it is no normal New Year and we must not fool ourselves into thinking that the challenge of COVID-19 ended with the end of 2020. The present challenge we face is incredibly serious and one that we must face collectively as both healthcare staff and members of the public.

You will be aware that Wales has been in lockdown since the 20th December 2020 and I continue to implore you to stay home to save lives. Our staff are working tirelessly under intense pressure due to the increasing rates of COVID-19 we are seeing in our communities. This is translating to a huge demand on our unscheduled care system within both primary care and in our hospitals. This is compounded by the impact that the virus is having on our staff with high levels of staff absence across the system.

We have now opened our new hospital surge facility (Lakeside Wing) and are also converting much of our capacity within the main footprints of our hospitals to COVID Wards.

We are also using a lot of staffing capacity as part of our mass vaccination campaign as well as the Test, Trace, Protect programme adding further tensions into the mix. Therefore, as part of our on-going pandemic and winter pressures response, Cardiff and Vale UHB will be ceasing non-urgent operating and outpatient appointments throughout January 2021. This is to redeploy staff in support of urgent and emergency care, including critical care. Emergency services, including emergency and cancer surgery, will continue. Patients affected by the reduction in elective activity will be contacted directly and we will keep the position under constant review.

I am grateful for the flexibility shown by our staff in responding to these unprecedented challenges, it is a testament to the commitment and the compassion that they have to their patients. I would like to extend my heartfelt thanks to all members of staff who I know have done their utmost to keep all services running as best as possible and as long as possible to date. You have done our patients and yourselves proud.

Len Richards
Chief Executive

COVID-19 Vaccination Campaign

It is encouraging news that we now have the Oxford Vaccine and we are working with our GP Practices across Cardiff and the Vale of Glamorgan to roll this out next week. The Health Board has taken delivery of the vaccine and our mass vaccination team is working this week to get the vaccines distributed across our GP practices so they can start vaccinating the over 80s population. Three practices will be trialling the vaccine to a handful of patients this week with the full roll out expected from next Monday.

Patients who meet the over 80s cohort will be contacted by their GP Practice to attend for their first dose of the vaccine. Patients who are housebound will also be contacted with the vaccine delivered in their homes. Our GP practices are working hard this week, undertaking training and arranging clinics and logistics to be able to deliver this fairly and equitably.

This is a big step forward in our fight against Coronavirus and I appreciate all of your patience while we roll this out.

I understand other members of the public may be anxious as to when they will receive their vaccination and we are working through the cohorts in line with the JCVI guidance which outline the following:

1. **residents in a care home for older adults and their carers**
2. **all those 80 years of age and over and frontline health and social care workers**
3. **all those 75 years of age and over**
4. **all those 70 years of age and over and clinically extremely vulnerable individuals**
5. **all those 65 years of age and over**
6. **all individuals aged 16 years to 64 years with underlying health conditions which put them at higher risk of serious disease and mortality**
7. **all those 60 years of age and over**
8. **all those 55 years of age and over**
9. **all those 50 years of age and over**



COVID-19 Vaccination Campaign (continued)

As we make our way through the cohorts members of the public will be contacted by letter through either their GP Practice or from the Health Board to attend one of the mass vaccination centres.

Once the first dose has been given people can expect for their second dose to be administered within 12 weeks as per guidance, and we are booking most people in at the 11th week so we can provide the first vaccination to as many of the priority and vulnerable groups as possible. We also want to confirm we will not be mixing the vaccines so whatever vaccine you receive for your first dose you will receive the same for your second dose.

While the vaccination programme is going ahead it is still important to follow the guidance and wash hands frequently, maintain a 2 metre distance and wear face coverings in public areas. Please also pay attention to the current WG guidance which is currently at Tier 4 and advises people to stay home, only go to work where you cannot work from home and to only exercise in walking distance of your home.

For our frontline Health and Social Care staff we are making a commitment that ALL of this cohort will receive their first dose of the vaccine by the end January 2021. We are setting up satellite clinics at UHL and UHW to deliver this and using the Mass Vaccination Centre at Splott. This will include all staff from our health care settings, social care settings and Primary Care settings that have patient contact as part of their role.

People that have had their second dose postponed following new guidance are receiving their second dose booking in week 11 after their first vaccination. Just to alleviate some of the fears the Oxford Vaccine first dose provides 73% protection after 21 days and the Pfizer vaccine provides 89% protection after 15-21 days of the first dose so there is a high amount of protection after just one dose and this will not decrease within the 12 week window. By committing to all of our frontline staff receiving the first dose by the end of January we can be confident that a large proportion of our workforce are protected by the end of the month.

It is also important to note that while waiting for the vaccination staff are safe while wearing appropriate PPE while in the workplace but to please maintain the rules of hands, face, space to minimise the risk of spread. Staff will receive a formal invitation via their line manager to contact the booking centre and we will keep you updated over the coming days. It is also important to highlight the offers of support we have had from staff to help with the vaccination programme and we are liaising with these people to see how we can get them involved.

Once again I thank you all for your patience at this time while we work through one of the biggest vaccination programmes of our time but we hope that by Spring we will have made a big difference to the transmission of the virus among our most vulnerable.

Apply for the Spread and Scale Academy in March 2021

One thing that the COVID-19 pandemic has taught me is that Cardiff and UHB is fortunate to have staff at all levels who are able to innovate and work together to solve even the most complex problems. Often a barrier these innovators can face is, once their ideas are established in their own areas of work, the ability to upscale it and spread its benefits across the organisation. That's why I am delighted to announce the return of the Spread and Scale Academy in March 2021.

This is the second Spread and Scale Academy which Cardiff and Vale UHB has hosted in conjunction with the Los Angeles-based Billions Institute. The previous academy was a huge success with great representation from Health Boards across Wales.

The knowledge and skills learnt by participants at the previous academy informed how they worked during the COVID-19 response and there has been incredibly positive feedback. Delegates have described it as "the best thing I've attended in my career by a long way" and "one of the most valuable courses I've ever attended".

Full feedback can be read on our [Spread and Scale Academy webpage](#) where you can also find the link to application form. I know that everyone is busy at the moment but I would seriously encourage you to submit an application if you have an innovative project you're looking to spread across your organisation.

Lakeside Wing accepts its first patient

The Lakeside Wing, based on the grounds of the University Hospital of Wales (UHW) site, accepted its first patient as of 27 December 2020. The patient was transferred across from the Cardiff and Vale University Health Board's main Hospital site to the Lakeside Wing to start their rehabilitation as they enter the recovery stage of their treatment. To date, 56 patients are currently being cared for at the temporary surge facility, undergoing essential rehabilitation after a period of acute illness, which may not necessarily be Covid-19.

To be in a position where the Lakeside Wing has accepted its first patient marks the resolve and perseverance of our staff, Health Board colleagues and contractors working on site, especially as we opened the facility during a particularly challenging time for us.

Although it is a great feat that the Lakeside Wing is ready and available to provide rehabilitation for those patients recovering from a long period of acute illness, we still cannot get complacent and we all must do our best to stop the spread of Covid-19. We still need to regularly wash our hands, keep wearing a face covering where appropriate and adhere to social distancing to keep us all safe, so we do not exhaust our additional surge capacity.

Items for patients

I want to confirm the process for accessing items for patients in our hospitals. There has been a huge amount of goodwill and donations from the local community via our Health Charity and Patient Experience team, which has not gone unnoticed. We are extremely grateful to everyone who has supported the Health Board throughout the pandemic. As a result of these generous donations, the Patient Experience team and Health Charity have worked together to purchase and distribute essential items for patients including toiletries, pyjamas and other personal items plus iPads to support virtual visiting.

If any wards need items for patients please contact the Patient Experience Team who will be happy to help.

We are aware there have been wish lists and other groups set up on social media to request items notwithstanding the IP&C challenges with donated items; the Patient Experience team already have stocks of items that have been quarantined and can be safely delivered where needed.

The Patient Experience team can be contacted on pe.cav@wales.nhs.uk or 02920 745692. We appreciate all of the help and support that people are giving to our staff and patients and these items are already purchased from the generous donations we've received during the pandemic. I also want to remind our staff that they can approach the Health Charity for help in making things better for patients and staff – please contact the Health Charity Team by calling 02921 836042 or emailing fundraising.cav@wales.nhs.uk.

Make your pledge to the Welsh Language

It's that time of the year where many of us consider the positive changes that we'd like to make to our lives. This year, as part of our Meddwl Cymraeg – Think Welsh campaign, we're encouraging our staff to make a pledge to the Welsh language.

Whether it's learning and using simple Welsh phrases at work, committing to learning the language, or brushing up on Welsh language skills from years gone by, it all contributes to pushing forward the Welsh language agenda and celebrating our heritage within the health board, which is exactly what the Meddwl Cymraeg – Think Welsh campaign sets out to achieve.



Pledges already made by members of staff will be shared on the Health Board's social media accounts throughout January, and you can join in and share your pledges using the hashtag #MeddwlCymraeg

The Meddwl Cymraeg – Think Welsh campaign is part of a new proactive approach that we have committed to pushing forward the Welsh language.

Confidential Mental Health Support Session with Remploy

The next monthly session for our new confidential mental health wellbeing support service in partnership with Remploy will take place virtually on Tuesday 19th January.

The service gives employees access to practical expert advice and support over a period of nine months, focusing on how creating wellbeing plans, workplace adjustments and coping strategies could make a difference to their lives, helping them to stay in work if they're struggling with their mental health, or to support their return from absence.

Staff can self-refer or can be referred (with consent) by Occupational Health and the Employee Wellbeing Service. To book your appointment, please email your name and phone number to Remploy, stating that you're a member of Cardiff and Vale UHB staff to: chris.kingsbury@remploy.co.uk and bethany.kimberley@remploy.co.uk.

Find out about further advice and support available through our [Employee Health and Wellbeing Service](#).

Complete the Genomics Survey for a chance to win £100

Genomics Partnership Wales is inviting a cross-section of the Welsh nursing and midwifery workforce to take part in a study to help assess ways they can support staff to care for patients with genetic diagnosis or increased risk for an inherited condition. Your participation will help inform future education and training initiatives provided by GPW and its partners.

Complete the survey in [Welsh](#) or [English](#) and you will be entered into a draw to win £100! You can also find out more about Genomics Partnership Wales by visiting genomicspartnership.wales

Other News and Events

The Community Brain Injury Team gets crafty for Christmas

The Community Brain Injury Team, (CBIT) spread festive cheer to those they support with Christmas craft sessions held over Zoom and supported by the Health Charity.

[Read more.](#)

Patient pager system for the Cardiff Eye Treatment Centre

Cardiff & Vale Health Charity has provided Cardiff Eye Treatment Centre with a patient pager system for both Suite 8 and 7 UHW Outpatients.

[Read more.](#)

Barry Hospital Newsletter

Our Health Charity have been busy at Barry Hospital this year to celebrate its 25th anniversary. See what they have been up to lately, [here](#).