



Dear Colleague,

09/05/2022

Firstly, I'd like to say a huge thank you to all UHB colleagues who have been working very hard over the longer weekends and past few weeks. It remains a busy time for us, not just in the hospitals, but throughout many of our services in healthcare settings and within the community. Thank you to every colleague for all you are doing to provide the best care for patients and their families through the continuing pressures.

As a nurse by background, I was personally very touched to see the ways in which we marked International Day of the Midwife on 5 May and look forward to International Nurses Day and Operating Department Practitioner Day later this week to celebrate our colleagues. More on the celebrations and the award recipients later in the week. As part of the 'Here for Life' campaign we are sharing stories captured on camera of some of our amazing and inspirational nursing and midwifery colleagues who do an incredible job every day. Please take a look at our [Facebook](#) and [Twitter](#) pages to see them.

[We recently held a small celebratory event at Woodland House](#) to mark the eight nurses who were presented with their 2021 Royal College of Nursing (RCN) Nurse of the Year award. A virtual ceremony took place back in November but we wanted to mark the occasion in person with our partners at the

RCN, so many congratulations to all who received an award.

I thoroughly enjoyed meeting colleagues at St David's Hospital earlier last week. I had the pleasure of connecting with many teams including the Community Paediatrics and Children's Therapies teams, the Children and Young People Emotional Wellbeing and Mental Health Services, Frailty Services and the Welsh Gender Service. A really important range of services, clearly delivering fabulous care and treatment to a diverse range of patients and needs with great enthusiasm and expertise. Thank you to all those I met for taking the time to help and talk me through your ambitions, challenges and opportunities.

Later in the week I spent time at University Hospital of Wales and visited colleagues in Cardiology, Critical Care, Neurosciences, Nephrology and the Major Trauma Centre. Much like my visit to St David's, it was an inspirational set of discussions where the energy and passion of all I met was palpable. Thank you to all I met that afternoon and for ensuring I met my step target!

As I go about these meetings and discussions I'm impressed by the energy and passion, but also by the honesty and willingness to share issues and challenges. I'm ambitious for Team CAV and even more so for the quality of

patient care and experience. It's only through honesty and transparency and a shared understanding of the issues and opportunities can we effectively work together to meet our collective ambitions. Onward and upward I say!

I hope you have a great week and do touch base with me if you any suggestions for the format and content of CEO Connects. Take care and look after yourselves.

Recovery & Wellbeing College Launches Summer Term Prospectus (Part 1)

The Cardiff and Vale Recovery & Wellbeing College has launched part 1 of its Summer Term Prospectus. The college provides free educational courses on a range of mental health, physical health and wellbeing topics. Anyone is welcome to enrol as a student and courses take place online or in-person at venues across Cardiff and the Vale of Glamorgan.

Peer support is at the core of all courses, all co-produced and co-delivered by health care professionals and peer trainers with lived experience of mental and physical health challenges. Course leads use their experience to support others.

Courses available for part 1 of this term include: Understanding Depression, Discovering Self-Compassion, Setting Work Goals and Identifying Skills, Staying Healthy in Body and Mind, and many more. [Take a look at the new prospectus](#) and sign up now to avoid missing out.

Opportunities for Student Nurses and Midwives

The Health Board is pleased to offer a variety of work opportunities for student nurses and midwives across our sites. We are at the forefront of new and innovative treatments and therapies, and we are working alongside universities to help train the next generation of our workforce. We employ a diverse workforce of over 14,000 staff who work across our sites to deliver an outstanding level of care in hospitals, homes and the wider community. Our Temporary Staffing Department offers a variety of flexible shifts to fit around students' social lives and studies, providing a great work-life balance. By joining our team, students will gain valuable experience, whilst getting the support they need to broaden their skills and progress their career. Find out more [on our website](#).

Patients and public wanted for Genomics Partnership Wales Sounding Board

Genomics Partnership Wales is now accepting applications to join its patient and public Sounding Board. This is an exciting opportunity for a range of individuals to join the conversation on the future of genomics in Wales. GPW is committed to working with patients and members of the public, to explain things in a clear and simple way, empowering the citizens of Wales to understand more about what genomics can mean for them. Expressions of interest are welcome from those with a range of experiences, either directly or as a carer or family member, and can include the following:

- Rare diseases
- Inherited cancers
- Developmental Delay Disorders

- Being offered genetic testing as prediction of disease, or during pregnancy
- Participation in a precision or 'personalised' medicine trial, e.g. for cancer
- Any interaction with the All Wales Medical Genomics Service

Applications are open until 31 May, so if you feel that you or anyone you know may be interested then [click here to visit the Genomics Partnership Wales website for more information.](#)

Rising Cost of Living

People around the country are feeling the pressure as household budgets come under strain due to the rising cost of living. Increasing energy prices, inflation, National Insurance contributions and more expensive shopping bills are forcing people to make tough decisions, with many having to cut back their spending on food, clothing and heating.

These pressures are likely to bring negative health implications for many, particularly for those having to choose between buying food and heating their homes. The strain of worrying about finances and health may also lead to stress and anxiety for many, and a feeling of isolation and helplessness.

If you are wondering how you can best protect your physical and mental health during these difficult times, we have put together [some tips and advice on steps you can take, and further resources you can access here.](#)

Cardiff-based organ retrieval team use pioneering technique to recover organs from deceased donors

Congratulations to the National Organ Retrieval Service (NORS) at Cardiff and Vale University UHB on successfully using a pioneering technique to retrieve organs including a liver originally declined by other centres due to poor function.

One of the first teams in the UK to use innovative Normothermic Regional Perfusion (NRP), the



Cardiff NORS team successfully retrieved abdominal organs from two donors. The organs were successfully transplanted in different centres across the UK. Five lives were saved as a result, including four kidney recipients and one liver recipient.

The liver had originally been declined by all transplant centres in the UK due to its poor function but with NRP technology, the liver was reconditioned and subsequently accepted and transplanted into a patient in need of an urgent liver transplant.

Cardiff is now one of few centres in the UK running an independent NRP programme alongside Cambridge and Edinburgh and it's hoped the new technology will allow Cardiff and Vale UHB to retrieve more organs that would have otherwise been declined.

[For more information on how NRP works and why it's important, read full article here.](#)

Simone's Charity Challenges



Simone Joslyn, Head of Cardiff & Vale Health Charity and Arts for Health and Wellbeing Programme is passionate about the wellbeing of Cardiff and Vale University Health Board's staff and patients, and believes in taking positive actions to improve lives.

Simone's passion is not limited to the great work she does in her role. This year she's taking part in multiple challenges that stretch across 2022. Having already completed the Cardiff Half Marathon in March, Simone summer of fun will continue with;

- Cardiff Bay 10K – May
- NHS BIG Jump Skydive – June
- NHS 5K Do It Your Way event – July
- Barry 10K – August
- Cardiff 10K – September
- Cardiff Half Marathon – October
- Welsh Three Peaks Challenge – October

All of the funds raised through these amazing efforts will support Cardiff & Vale Health Charity. [If you wish to donate, please click here.](#)

The Staff Lottery Bids Panel Supports the Dementia Darnings Project

The Staff Lottery Bids Panel recently supported a project to bring artist Jenni Dutton to exhibit the 'Dementia Darnings' at the Hearth Gallery in University Hospital Llandough, and her daughter Briony Goffin to deliver creative writing workshops over the course of the exhibition.

The Dementia Darnings exhibition will run from 4th May – 13th June 2022.

- **Opening Event:** Wednesday 4th May, 12pm at the Hearth Gallery
- **Meet the Artist Sessions:** 5th & 18th May, 6th & 7th June, 12pm at the Hearth Gallery
- **In-person Creative Writing Workshop:** Thursday 19th May, 11am – 1pm [Register here.](#)
- **Online Creative Writing Workshop:** Thursday 26th May, 11am – 1pm [Register here.](#)

[For more information, please click here.](#)

Claire Nokes Invitational Golf Day



Cardiff & Vale Health Charity's Prop Appeal was privileged to be part of The Claire Nokes Invitational Golf Day, with a fabulous turnout which demonstrates how highly Dr Len Nokes and wife Sarah are thought of, not just in the sporting fraternity but the community too. It was great to see so many famous faces and with the sun shining no one could have wished for a better day. Charities like ours rely on support and generosity from individuals, groups and corporates and the Prop Appeal will spend funds raised at the event on making things better for our brain injury patients, by introducing sensory equipment amongst other enhancements.

The day raised a phenomenal £16,000 which will be split equally between the [Prop Appeal](#) and [British Heart Foundation Cymru](#).

Creative Canopies: Stories of Nature and Heritage

The Hearth Gallery is delighted to present the new Plaza exhibition – Creative Canopies: Stories of Nature and Heritage.

Creative Canopies: Stories of Nature and Heritage is an exciting collaboration between

students on the BA (Hons) Creative and Therapeutic Arts degree at University of South Wales and the Assessment and Recovery Unit at Mental Health Services for Older People (MHSOP) at University Hospital Llandough.

Inspired by the patients' ideas, the students created a box of crafty activities for the users of the ARU. The resulting patient work then provided stimuli for the students to create this exhibition.

[Read more here.](#)

Cardiff and Vale Health Inclusion Service is Adorned with Art

To improve the environment for patients visiting Cardiff and Vale Health Inclusion Service (CAVHIS) at Cardiff Royal Infirmary, the Arts for Health and Wellbeing Programme commissioned an array of artwork to be put on display for all to see. The collection includes a unique piece of glass work from Gray Glass which celebrates the evolution of what was the Cardiff Health Access Practice (CHAPS) into the new service CAVHIS, plus murals specifically designed for the waiting areas.

Dr Ayla Cosh, Clinical Director of Cardiff and Vale Health Inclusion Service said, "The new artwork has transformed the blank walls of the CAVHIS, helping to create a waiting room which is warm and welcoming. We were keen that the artwork reflected our aim that individuals all over the world, passing through the department, felt valued and respected."

[Read more here.](#)