

Chief Executive

CONNECTS



 @CAV_LenRichards

25 August 2020

Dear colleague,

Increase in COVID-19 cases in Cardiff and the Vale of Glamorgan

There has been a rise in recent days in the average number of positive COVID-19 cases within Cardiff and the Vale of Glamorgan, with a marked increase within Cardiff itself. The current infection rate for Cardiff and the Vale of Glamorgan stands at 10.9 per 100,000, the highest it's been since early June.



Although daily fluctuations in the figures are to be expected, the number of new cases in Cardiff has, over the past 7 days, risen to 14.0 per 100,000 of the population. This increase has seen local case numbers shift from being significantly below the average in England to above it (the average in England being 11.9 per 100,000 on 18 August).

Most of the cases have been associated with a small number of clusters which we have been actively investigating and managing through our local TTP partnership. The increases however show how quickly the position can change and should serve as a stark reminder that the virus is still present in our communities, and that there can be no room for complacency. The latest figures, shared by the Cardiff and Vale Test, Trace, Protect partnership, highlight an increase in cases amongst adults in their 20s and 30s.

Personal responsibility is paramount

You may have seen our Executive Director of Public Health, Fiona Kinghorn on BBC News last night reminding the public that the onus is on each and every one of us to take our personal responsibility seriously in reducing the spread of COVID-19.

As national lockdown measures continue to be eased, it's easy to slip back into how we used to live our lives but we must remember that we are still living with the COVID-19 virus and should remain vigilant in **keeping a 2 metre distance from others, continuing regular hand-washing, and wearing a face covering when it isn't possible to maintain a distance**. All of these measures have been proven to be effective in recent months.

There is a greater risk associated with prolonged periods of time together in a confined space, so the advice remains that people should minimise mixing indoors with people outside of their extended household.

While some younger adults may feel that COVID-19 doesn't affect them and be keen to return to socialising as they did before the pandemic, they should know that it is failing to maintain social distancing and not sticking to chosen extended household groups that appears to be causing this increase.

In addition, whilst people within this age group are less likely to get very unwell themselves with COVID-19, they can still pass it on to vulnerable or older friends and relatives so it really is essential that everyone sticks to the rules on meeting other people in order to keep our communities safe.

Familiarise yourself with the TTP process

The Cardiff and Vale Test, Trace, Protect partnership, which sees us working closely with Cardiff Council, the Vale of Glamorgan Council and Public Health Wales, currently conducts around 450 tests each day.

Once a new positive COVID-19 case has been detected the partnership's tracing team will make contact with the individual to inform them that their household should also be self-isolating and ask them to share information about their recent contacts. The team will use that information to alert any individuals who they have been in contact with to tell them what they need to do and how they can access support if they need it.

The Cardiff and Vale Test, Trace, Protect partnership currently has a 95% success rate of tracing positive contacts. Anyone who develops a new continuous cough, a fever, or difficulty being able to smell or taste should self-isolate and book a coronavirus test online immediately. [Link?](#)

Updated Visiting Guidance for Cardiff and Vale UHB Hospital

I am very pleased to announce that we have just published new visiting guidance for our inpatients across Cardiff and Vale UHB sites. Needless to say, we are not able to

return to visiting as it was prior to the COVID-19 pandemic as we need to maintain robust infection prevention and control strategies at this stage in the pandemic, for the safety of patients, visitors and staff. However, I am sure that these new measures will provide a welcome relief to patients and families who have not been able to see each other in person for the last few months.

I would like to take this opportunity to thank all of the staff members involved in running virtual visiting sessions to date and reassure you that these will still be available.

Under the new guidance, all visits will be **by appointment only** and must be agreed by the Ward Sister/ Charge Nurse. As clinical care remains the priority it may take up to 3 working days for you to be contacted by the ward staff following your visit request. Only one visitor will be admitted for the duration of the planned visit, food and drink may not be shared and we are discouraging people from bringing gifts or flowers.

[Please visit our website for more information about booking a planned visit and the measures you must follow when coming into hospital](#)

PRIDE Cymru 2020

You will no doubt be aware that it is NHS Wales Virtual Pride week, and I hope that you are getting involved in the week-long event. There is a great [programme of online activities](#) and digital content taking place, including a [panel discussion about Gender Identity and Intersectionality](#) in partnership with Pride Cymru, a quiz night, the publication of poems from the 'Love is Love' poetry competition held for LGBT+ History Month back in January, and much more.

Over the past few years the health board has had fantastic representation at the Pride Cymru Parade, and it's important that we don't lose that momentum. Can I ask you to please get involved in [NHS Wales Virtual Pride 2020](#) by booking onto the events and sharing your support on social media using #NHSWALESPRIDE and #PRIDEGIGCYMRU?

Pride week also marks the time of year when the Pinc List is revealed, which is an opportunity to recognise and thank LGBTQ+ individuals within our local communities and those in the public eye for all the work they do. I'm thrilled that Lisa Cordery and Sophie Quinney feature in this year's list, alongside patrons of our Health Charity, Wyburn and Wayne. They are all very deserving of their place on the list for the varied positive impact that they have on the local LGBTQ+ community and beyond. [Read more about their inclusion on the Pinc List.](#)

Last week, the UHB also released a special two-part episode of its podcast *How Healthcare Happens* about equality in healthcare. Part one was all about LGBT+

health and the Health Board's participation in Pride Cymru. It features a conversation with Keithley Wilkinson, our Equality Manager, Rose Lewis, Equality Support Officer, and Lisa Cordery, from the local public health team and UHB lead for children's rights, who as mentioned above, was included on this year's Pinc List. [You can listen here.](#)



Visitors to our headquarters this week may have noticed a colourful new art installation produced by artist and member of our Arts for Health and Wellbeing team, Molly May Lewis. The installation, named 'Together We Move', features the eleven colours in the Pride Progressive Flag, and was produced to celebrate NHS Wales Virtual Pride 2020. It showcases the ongoing

support for and importance of inclusivity within the health board, which remains vitally important and something that we continue to be committed to working towards.

I'm a huge fan of the artwork and would like to thank Molly for her efforts. You can see more of the artwork and find out more about the process behind it on our [Arts for Health and Wellbeing website.](#)

LGBT+ Fund

The celebrations for Pride 2020 started this weekend. The Health Board cares deeply about equality and inclusion and we want to support our LGBT+ community. Our Health Charity has now set up a fund to specifically support our LGBT+ events and agenda so if you'd like to help fundraise for future events and activities please visit: <https://www.justgiving.com/campaign/LGBTQplus>.

To find out more please email fundraising.cav@wales.nhs.uk

Diabetes temporary drive-through clinic at UHW

Patients who urgently require a HbA1C blood test, which is a check of diabetes control, will be asked to attend our temporary diabetes drive-through clinic from Wednesday 2 September.

We've installed a shelter, which was kindly funded by the Cardiff & Vale Health Charity behind [Denbigh House on our UHW site](#) where there is space for people in cars to drive up to the station, have their test taken and turn around.



The drive through clinic is for patients who require the above blood test as a priority and then for patients who have an upcoming diabetes appointment but have not had this blood test yet. You will know if you're eligible to attend as you'll be sent an appointment letter with information and contacts.

We envisage this temporary drive-through clinic to remain until December but we'll keep you informed if this changes. If you're a patient who will be using this system and have any questions, please contact us by calling 02921 848969 or emailing Diabetesnursing.Cav@wales.nhs.uk

Share your views on the proposed plans for Whitchurch Road Practice from Wednesday 26 August

Whitchurch Road Practice will be moving less than 200m from the surgery's existing site off Sachville Avenue to larger, modern, fully accessible premises to accommodate the growing population of 10,000 residents. The Health Board, together with the practice and developers Assura, is pleased to enable these new premises to be built so they meet the needs of our local population.

Plans have been mocked up to show what the new building will look like which include an on-site health kiosk or pharmacy and additional on-site car parking. Building is due to start in January 2021 and complete in Spring 2022 if the plans are agreed.

To have your say on the plans, and for more information on the relocation, head over to the dedicated [website](#) which goes live tomorrow, Wednesday 26 August.

An update on the CAV 24/7 system

We're pleased to see residents of Cardiff and the Vale using the 'Phone First' CAV 24/7 system appropriately but we still have some people turning up to our Emergency Unit without having first called. Remember, if you think you need to visit the Emergency Unit, or believe you have a minor injury, then call CAV 24/7 on 0300 10 20 247.

You should also call this number to speak to the Urgent Primary Care Out of Hours Service. The service will be running 24/7 over the bank holiday weekend and is in place for patients who believe that their condition cannot wait until their GP practice is next open.



Urgent Primary Care Out of Hours

Opening times

Weekdays: 6.30pm - 8am
Weekends: 6.30pm Fri - 8am Mon
Bank Holidays: 24 hour cover

0300
10 20
247

CAV
24/7

GIG
of the
NHS
WALLES

Health Board for
Cardiff and the
Vale
University Health Board

The poster features a hand holding a smartphone displaying the number 0300 10 20 247 with a green WhatsApp icon. To the right is a large teal clock face with 'CAV 24/7' in the center. The background is dark blue with a teal horizontal band for the opening times section.

Please continue to promote the service to friends, family and colleagues so we can make sure everyone is accessing the service that they need in the right place, first time.

Move More Eat Well

Thank you to everyone who has shared a personal pledge over the past few weeks to #movemoreeatwell. We recently announced the launch of this new collaborative campaign which sees public sector organisations across Cardiff and the Vale of Glamorgan working together to support local communities to lead healthier lifestyles. Now more than ever, it's important to build our resilience by moving more and eating well.



We will be working closely with a range of partner organisations to outline the Move More Eat Well Plan 2020-23 and inspire individuals to make positive lifestyle changes. The team would be very interested to hear what you'll be doing to lead a healthier lifestyle via the [Move More Eat Well website](#) and you could feature in a gallery of inspiration on the site to motivate others. You can also keep up with the latest physical activity and healthy eating tips on Twitter by following [@MMEWCAV](#)

Focusing on Employee Wellbeing

It has certainly been a tough few months for the NHS, which will have had an impact on us all to some extent and may be affecting staff in a variety of ways. Our Employee Wellbeing Service has compiled a guide listing a range of resources that staff may find helpful if they are struggling, with information on managing issues such as stress, anxiety, issues with sleep and low mood, [which staff can read here](#).

Now more than ever it's important that we focus on looking after ourselves and each other so that we remain fit, well and ready to continue providing outstanding care for people in Cardiff, the Vale of Glamorgan and beyond.

With this in mind, we've signed the Time to Change Wales pledge to join the movement of employers in Wales who are working to end



stigma and discrimination of mental health. Wellbeing Champions will play a big part in this, and we're recruiting them to be at the forefront of working to improve understanding of mental health and signposting colleagues to mental health support resources.

Wellbeing Champion training sessions are being held via Zoom on Tuesday 15th September between 10am – 12.30pm and Wednesday 23rd September between 1pm – 3.30pm. If you're interested in attending the training and becoming a Wellbeing Champion, please get in touch with the Employee Wellbeing Service by emailing employee.wellbeing@wales.nhs.uk or calling 02920 744465. Staff can [view the poster to find out more](#).

Dietetics run 10 virtual marathon relays in 5 weeks

Members of Cardiff and the Vale Dietetics Department ran 10 virtual marathon relays in 5 weeks to raise money for Cardiff Food Bank. The idea came about when the team were discussing ways of virtually socialising and keeping active during the COVID-19 lockdown. The lockdown could feel isolating at times and they felt that doing something virtually, outside of work as a team, would be a positive way to raise morale and keep in contact and support each other. At this time, run clubs weren't able to meet, gyms were closed and we were only allowed out once a day to exercise. Many of the dietetics team are already runners but all of their upcoming 2020 races were cancelled so they were looking for a new challenge. Other members of the team had not previously run before and, following this initiative, felt inspired and have signed up for races next year.



There were 16 members of the team involved throughout the marathons and this was split between two teams: 'scrambled legs' and 'runner beans' with people running a range of distances between 3k and 10k each week to make up the full marathon distance. The difference in the overall combined marathon times from 'week 1' to 'week 5' was a total of 29mins, 19 seconds faster, showing how much people's running improved through the initiative.

Cardiff Foodbank was the charity the team selected to raise funds for. It is a volunteer-led organisation that provides food to those in need across the city. During the COVID-19 pandemic, Cardiff Foodbank responded to the crisis by providing food through their distribution centres, council hubs and local authority delivery. The team selected this charity because, as dietitians, they understand the importance of having a healthy balanced diet to support your physical and mental health and believe that healthy food should be accessible to everyone. Food poverty has increased by 250% this year, partially due to increasing unemployment due to the pandemic, which has affected those most vulnerable. Significantly more people across the UK are relying on food banks to support them and their families.

In total the dietetics team were extremely pleased to raise £2,100 for Cardiff Foodbank. Great work!

Three Peaks challenge and Pen-y-Fan Walk

JOIN LEN RICHARDS CEO FOR A PEN Y FAN WALK IN THE BRECON BEACONS
Friday 28th August, leaving from Pont ar Daf car park between 7am-8am. Tweet us your pictures @health_charity

Sign up and receive a free t-shirt.
Please visit www.healthcharity.wales/events to register for the challenge throughout August



www.healthcharity.wales #TeamHealthCharity
Find us @health_charity

Due to the upcoming Bank Holiday, I've changed the date and time I'll be walking Pen y Fan to Friday 28th August.

This Friday, I will be setting off (subject to good weather) between 7am-8am from the Pont ar Daf Car Park, if you plan on joining me please ensure you keep a safe social distance from others.

Our Health Charity has some special 2020 challenge t-shirts to wear on the walk. Drop them an email to fundraising.cav@wales.nhs.uk for yours. Don't forget to send them a selfie from the top and follow [@health_charity](https://twitter.com/health_charity) on Twitter.

It's also a good opportunity to get the last few steps in for the Health Charity's Virtual Three Peaks Challenge, [to which you can sign up here](#).

Welsh Rugby Stars say thank you

This week, we have been sent personal messages of thanks from two of Welsh Rugby's biggest stars, namely Leigh Halfpenny and the captain himself, Alun Wyn Jones. You can watch Leigh's message [here](#), and Alun's [here](#).



Len Richards
Chief Executive