

Deputy Chief Exec

CONNECTS



Dear colleague,

You will no doubt be aware of yesterday's announcement that local lockdown restrictions are being imposed on the Caerphilly County Borough Council area. This means that as of 6pm yesterday, the following applies:

- People will not be allowed to enter or leave the Caerphilly County Borough Council area without a reasonable excuse, which includes travelling to work where they are unable to work from home, or making a compassionate visit to a loved one or to give care;
- Everyone over 11 will be required to wear face coverings in shops;
- People will only be able to meet outdoors – meetings with other people indoors and extended households will not be allowed for the time being. No overnight stays will be allowed.

For members of staff who live within Caerphilly or its surrounding areas, I would urge you to consider whether you are able to work from home and to do so wherever that is possible. However, **key workers living in Caerphilly can still travel to work.**

The situation in Caerphilly should serve as a reminder to everybody that COVID-19 is still circulating in our communities, and that it therefore remains vital that we all continue to take personal responsibility, ensuring that we 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. These have all proven to be effective measures in preventing the spread of COVID-19 in recent months, helping to keep our communities safe.

The critical importance of Physical Distancing and Basic Hygiene.

As we prepare ourselves for the winter period and the potential pressures this will place on our services, we must ensure that physical distancing and basic hygiene measures are at the forefront of our minds both in and out of work settings.

It is a challenge for us all to maintain a two metre distance from others in our day to day lives. In particular, I understand how difficult this can be in a clinical setting, but I want to emphasise how critically important it is for our workforce to adhere to social distancing, use common sense and follow guidelines wherever possible.

When staff fail to adhere to physical distancing whilst at work, this can lead to a large numbers of contacts who may require self-isolation. A recent incident has resulted in 11 members of staff from the Emergency Department being required to self-isolate. This is a

critical area of our organisation and will place significant pressure on our service delivery. As we approach winter, whilst still living amidst COVID-19, all staff members are reminded to be alert in maintaining physical distancing, and wearing PPE as appropriate, in order to keep us safe and enable us to continue offering our critical services.

I would urge all staff to be vigilant in maintaining a two metre distance when interacting with others whenever possible - not only whilst carrying out work-related duties, but when engaging with colleagues throughout the working day – when taking breaks, walking down corridors, arriving at and leaving work, gathering collectively around phones and computer screens etc. We all have a duty to act in line with our organisational values and should feel comfortable to challenge others who are not physically distancing appropriately.

The safety of our communities in Cardiff and the Vale relies heavily on the sensible actions of us all to ensure that new cases of coronavirus (COVID-19) are prevented and contained as far as possible.

Staying 2 metres apart from others, taking a sensible approach to social interaction and regularly washing hands with soap and water, are small but critical actions we can adopt in our fight against COVID-19.

I would remind you to be mindful of these simple tips when you're at work:

1. Stay at least 2 metres apart from others in a work environment whenever possible.
2. Use PPE in all clinical areas
3. Keep to the left when walking through any of the health board sites
4. Report any obstructions on our sites – clear pathways enable safe physical distancing
5. Avoid face-to-face meetings wherever possible but respect the 2 metre rule when this can't be avoided.
6. Stagger breaks, meal times and working shifts if possible.
7. Don't congregate in break rooms, work rooms or other common areas.
8. Do not share headsets or other objects that are used near your mouth or nose.
9. Wipe down work areas regularly
10. Wash your hands frequently throughout the day, for at least 20 seconds.

Please view this important message about the importance of physical distancing from our Executive Director of Public Health, Fiona Kinghorn [here](#).

[We all have a part to play in keeping Wales safe](#). Remember these simple rules:

- ✓ Self-isolate if needed
- ✓ Wear a face covering
- ✓ Wash hands regularly
- ✓ Get tested if showing symptoms
- ✓ Adhere to social distancing

Major Trauma Centre going live

On Monday 14th September the Major Trauma Centre (MTC) goes live. The MTC will be the Specialist Centre for the regional South Wales Major Trauma Network delivering highly specialised care for seriously injured adults and children hosted at UHW and The Children's Hospital for Wales.

This is a significant achievement and there has been a substantial amount of planning and hard work from teams and individuals from across the Health Board to launch this important service. It has also been a fantastic opportunity to collaborate with organisations and partners across the region and we will continue to do so as this important service develops.

The Network will be officially launched on Monday 14th September by the Minister for Health and Social Services, Vaughan Gething who will be joined by representatives of the Major Trauma Network to celebrate this first in Wales.

At 12pm we will be hosting a thank you event for our staff that have been involved in the planning and implementation of the MTC in Lecture Theatre 1 at UHW. This event will also be available via Zoom and you can obtain details from Staff Connects.

The Major Trauma Network and Centre teams will also have stands in the foyer outside the lecture theatres between 12.30 and 2.30pm so you can drop by and find out more.

World Suicide Prevention Day

This Thursday is World Suicide Prevention Day. Suicide is always an important topic, which I know is resonating more than ever within some sections of our organisation following the tragic loss of colleagues in recent months.

I am determined that here at Cardiff and Vale UHB we do all that we can to support our colleagues who are struggling with their mental health, and we all have a role to play in achieving this. As Len mentioned in his blog a couple of weeks ago, the health board has 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](#).

Something else that I would encourage staff to take up is Psychological First Aid training. The training is available to all NHS staff, and aims to empower participants to be able to address a person's basic needs and concerns and provide practical support, connect them to information, services and social supports, offer comfort and help them to feel calm, reduce distress and foster adaptive coping, and protect them from further harm.

You don't have to be a specialist to deliver Psychological First Aid. It's about recognising when people may need support, and being able to help them – which many of us will already be familiar with. You can find out more and [sign up to Psychological First Aid training here](#).

2020 has been tough for all of us. If you are finding that you're struggling, please don't be afraid to access the support that is available. As has been mentioned recently, there are a number of helpful services available such as the new [Samaritans confidential support line for NHS and social care staff and volunteers in Wales](#).

For more information about the support that is available, or to find out more about how you might be able to support your colleagues, please view the [World Suicide Prevention Day poster](#) that has been produced by our Employee Health and Wellbeing Service.

An update on the CAV 24/7 system

I'd like to take this opportunity to once again thank patients for using the CAV 24/7 system appropriately, although we still have some way to go and still need your help in promoting the 'Phone First' CAV 24/7 system to friends, family and colleagues. Remember, if a person believes they need to visit the Emergency Unit and it's not life or limb threatening, they must call CAV 24/7 on 0300 10 20 247.

You may have also seen from our social media channels that the Paediatric Emergency Unit will be relocating to the main Emergency Unit this Thursday (10th September). The Paediatric Emergency Unit works in the same way as our main Emergency Unit, as a Phone First system. You can find out more about the move on our website.

If you do attend our Emergency Unit, you'll notice posters displayed in the waiting rooms asking for your feedback. Please scan the QR code on the poster to share your views about the new system, it's helping us adapt our system to patients' needs and it can be treated as anonymous. The comments we have received so far have been encouraging, it's pleasing to hear the system is working for our patients. Please find a selection of them below:

"Excellent attention to detail and care"

"I love the new booking system and reducing waiting times. The hospital was clean and staff were fab. Keep up the good work"

"A quiet environment with friendly, non-judgemental staff. Thorough assistance from start to finish. A much better experience prior to Covid 19. A pleasant change from the norm."

"Please pass on my heartfelt thanks to the clinical team in Children's A&E on 05/09/20. My toddler had quite a bump to the head so we made our way to A&E via CAV24/7. The HCSW and nurse doing the screening at the door were lovely and talkative, helping me feel more at ease. The nurse who initially saw my daughter was fabulous but I was so impressed with the Nurse Practitioner. She was so very reassuring, gave really good practical and wise advice and hints to spot any warning signs and we ended up having a real giggle. Me and my daughter felt very reassured and were in for less than half an hour. It was easily the best care I have received in CAVUHB. Thank you all very much."

Organ Donation Week

This week, we're celebrating Organ Donation Week across Cardiff and Vale University Health Board. The aim of Organ Donation Week is to encourage you to talk about your organ donation decisions with family members so that when you pass, your loved ones are aware of your wishes. By knowing your decision, it will make conversations around organ donation significantly easier for your family. So, this week, we would like you to join us in the pledge to talk about your choices with those closest to you.

I'd like to take this opportunity to commend the Cardiff and Vale UHB Nephrology Team for their hard work over the past few months that has allowed organ donation and transplantation surgeries to begin to recommence. Between April and June transplant surgery was temporarily paused while we evaluated processes and made changes to reduce

the risk of COVID-19 transmission. Since July, until the end of August 2020, Cardiff and Vale UHB has carried out a total of 19 transplants. 14 of these were kidney transplants (including 2 Live Donor transplants), and 5 were simultaneous pancreas-kidney transplants.

Organ Donation Week is also a fantastic opportunity for us to share the wonderful stories of organ donors and recipients, introduce the teams that make it happen, and discuss the different ways people can donate (live donor and deceased donor programmes). Keep an eye out on the Cardiff and Vale UHB social media channels this week as we mark the occasion.

Remember a Charity in Your Will Week

It's also Remember a Charity in Your Will Week. Each year Cardiff & Vale Health Charity receives income from gifts in wills which significantly supports your work and helps you make a difference to patients who use our services. Making a gift in your Will, be that a percentage of an estate, a lump sum, shares or a valuable item, it is a generous way of helping make a difference to patient care.

Find out more about how you can make a difference by leaving a gift in your Will by visiting <https://healthcharity.wales/how-you-can-help/gift-in-wills/>

Can you support Cardiff and Vale University Health Board to provide healthcare for all your family, now and in the future?

Have you considered leaving a Gift in your Will donation?

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

Every Donation Making Healthcare Better

  

And Finally...

I was inspired to read on Friday, that Jake Day, son of Kayleigh who is a nurse in our Children's Hospital, has been crowned as Metro's Everyday Hero.

10-year-old Jake ran an incredible 250km over the course of one month during lockdown, raising £5,000 for the Noah's Ark Children's Hospital Charity in the process.

I'd like to say a huge well done and thank you to Jake for this outstanding effort. It's one of countless examples that we've seen during the COVID-19 pandemic of the lengths that our

local communities will go to in order to show their appreciation for the outstanding work and sacrifices that our staff have had to make this year.

You can [read more about Jake's story here.](#)

A handwritten signature in blue ink, appearing to read "M Driscoll". The signature is fluid and cursive, with a large initial "M" and a long, sweeping tail.

Martin Driscoll
Deputy Chief Executive