

EXECUTIVE CONNECTS



Dear Colleague,

01/08/2022

First of all I want to thank everyone for coming out yesterday, and supporting Cardiff & Vale Health Charity's first NHS 5K Do It Your Way Event. This is the first of its kind for our Health Charity, which we are hoping to grow year on year, and support will go directly via the Health Charity to support staff, patients and visitors across Cardiff and the Vale of Glamorgan in our hospital and community sites. We hope the event will be even better next year, when we will also be celebrating the 75th Birthday of the NHS. A big thank you to our sponsors Unison Health Branch and also Wyburn & Wayne, our long-time supporters and Health Charity Patrons, for hosting the event, and to Radio Glamorgan for broadcasting from Pontcanna Fields to our hospitals.

Following the recent launch of the South East Wales Vascular Network, Medical Director Professor Meriel Jenney visited B2 vascular ward, radiology and theatres at University Hospital of Wales (UHW) last week as a small part of the pathway. Meriel congratulated colleagues on the successful launch and commended them on the hard work that has gone into the reorganising services to improve patient outcomes across the region.

The South East Wales Vascular Network is a collaboration between Aneurin Bevan UHB, Cardiff and Vale UHB, Cwm Taf Morgannwg UHB and Powys Teaching Health Board. The new hub and spoke model of care means all

vascular surgery will be undertaken at UHW as the hub, but the majority of care will happen closer to people's homes in spoke hospitals.



The network is performing well and a number of measures are in place to ensure a smooth transition. The reorganisation of vascular services in the region is a fantastic example of partnership working, in the interest of providing high-quality, safe and effective patient care. Thank you to everybody involved across the Health Board areas.

It has also been great to see that the new Camerados Public Living Room has opened at University Hospital Wales which is available for all colleagues to use relax and socialise during breaks.

The new all-staff area is based at Jubilee Gardens Room is one of three areas that will form a multi-functional staff area called The Hive.

Supported by the Cardiff & Vale Health Charity, the area is complete with comfortable furniture, books and games to help foster mental wellbeing and encourage colleagues to have a chat and reach out for support.

I am looking forward to visiting the new space myself and encourage staff to make use of this vibrant and engaging space.

Abigail Harris

RCN Prince of Wales Cadets



We were delighted to welcome our first cohort of RCN Prince of Wales Nursing Cadets to Cardiff and Vale University Health Board last week.

13 RCN Prince of Wales Nursing Cadets from Fitzalan High School in Cardiff joined some of our Health Board colleagues to get a taste of a potential career in nursing and midwifery.

The RCN Prince of Wales Nursing Cadet Scheme gives young people aged 16-25 an introduction to potential careers in nursing and other healthcare professions.

Supported by The Prince of Wales, it provides young people with opportunities for academic

study and hands-on experience in the healthcare sector and aims to diversify and widen access to nursing.

Our cadets learned about some of the different areas of nursing, including midwifery services, specialised services and child health nursing.

Hidden Disability Lanyard

We wish to reflect on the on-going necessity of the Hidden Disability Lanyard scheme, which has been recognised nationally across several sectors.

We encourage all of our workforce at Cardiff and Vale UHB to look out for these lanyards. They are bright green with a sunflower pattern and are designed as an indicator to staff that some patients may need more tailored assistance due to non-visible disabilities or accessibility needs.

Hidden disabilities can include:

- Psychiatric Disabilities
- Traumatic Brain Injury
- Epilepsy
- HIV/AIDS
- Diabetes
- Chronic Fatigue Syndrome
- Cystic Fibrosis
- ADD/ADHD
- Learning Disabilities (LD)

And many more.

This scheme has had a positive impact on the support and care people receive. The lanyards help staff support patients who may

require more assistance, and makes it easier for patients to get the help they need without having to explain their disability in detail or justify their need for support.

South Asian Heritage Month

This month we are celebrating South Asian Heritage Month and one of our Health Board Chaplains, Rev Sangkhuma Hmar, has spoken about what his culture means to him and why it's important we all embrace diversity.



We are proud to work with colleagues of different faiths, religions and nationalities and our Health Board strongly promotes equality and inclusivity.

This month we will also be offering a themed menu across our Aroma sites so colleagues can get a taste of different South Asian dishes.

Cardiff and Vale Engagement Community of Practice

Do you carry out engagement in Cardiff or Vale of Glamorgan?

RPB members, supported by Cardiff Third Sector Council and ProMo-Cymru, have worked together to create of resources you can use:



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REGIONAL PARTNERSHIP
BOARD**

Tools for delivering engagement work: An Engagement Checklist and an Engagement Plan Template that will to guide you through each step required to ensure effective engagement.

A Database of Engagement Work: Here you can view previous engagement work that has taken place and find out what citizens views are on a range of topics.

Good Practice Resources: Here you can access good practice resources to support you with delivering quality engagement work.

Community of Practice: We are a group of practitioners who meet regularly to share good practice, network and collaborate on engagement activities. If you would like to join out network, please email hsc.integration@wales.nhs.uk with the subject 'Engagement Community of Practice'.

[Click here to view the resources we have created](#)



Pride

Pride Cymru will be taking place over the Bank Holiday weekend and we are excited to be taking place in the parade alongside our NHS Wales colleagues.

Join us on Saturday, 27th August in support of the LGBTQ Community.



Cardiff and Vale UHB annual Day to Pray

Last week we held our annual Day to Pray. In collaboration between the Patient Experience Team and the Chaplaincy and Spiritual Care Team, the day took place for people to come together in prayer. Services throughout Day to Pray took place, giving thanks to our NHS and the amazing staff within our Health Board. Prayers for the health and wellbeing of our patients, as well as those who have lost their lives and loved ones over the past year also took place.

Spiritual health can have a significant impact on wellbeing. Our Chaplaincy team takes

pride in supporting patients, visitors and staff across the Cardiff and Vale area. We want to take this opportunity, in light of Day to Pray, to encourage people to care for their spiritual health and wellbeing, no matter what their belief.

Our sanctuary and multi faith rooms are available at all hours for people to attend. Even for those with no religious belief, it is simply a place to escape your busy schedules and sit in a quiet space.

[For more information on our Chaplaincy service, click here.](#)

Health Charity:

Funding from NHS Charities Together was granted through Cardiff & Vale Health Charity to fulfil a request from the Adult Speech and Language Therapy Department, to provide them with a number of items to support patient and staff wellbeing during the COVID-19 Pandemic.

[Refurbished Courtyard for the Community Nutrition and Dietetic Service | Cardiff & Vale Health Charity](#)

We look forward to hosting our first free outdoor cinema event on Sunday 14th August at Our Health Meadow, University Hospital Llandough. If you are interested in attending, but were unable to secure tickets via the website, please contact fundraising.cav@wales.nhs.uk

[Free Outdoor Cinema | Cardiff & Vale Health Charity](#)

Do you enjoy creating artwork in your spare time? We would love to hear your ideas for

a commission with the Employee Health and Wellbeing Service. Please complete a project proposal form or contact simone.joslyn@wales.nhs.uk to discuss your vision.



Call out to Cardiff and Vale UHB Staff
Could you create a piece of art for the Employee Health and Wellbeing Service?

The Arts for Health and Wellbeing Team are looking to commission a piece of art from a member of staff working at Cardiff and Vale UHB.

Whether you consider yourself an experienced artist or have recently decided to give art a go, we would be grateful to hear any ideas for the commission that you would like to share with us.

We welcome applications in a wide range of mediums and encourage applications from artists of all backgrounds.

Applications will be made via a project proposal form, which can be downloaded by accessing the following link:
www.cardiffandvale.art/project-proposal-form/

The deadline for receiving proposals is 29th August 2022

If you wish to discuss this opportunity, please contact Simone Joslyn at simone.joslyn@wales.nhs.uk

Logos at the bottom include: PHWS, ARTS FOR HEALTH AND WELLBEING, GIG NHS, Bwrdd Iechyd Prifysgol, Cardiff a'r Fro, Cardiff and Vale University Health Board, Health Charity, Elusen Iechyd, and GIPL.