



Dear Colleague,

14/04/2022

As we approach the long weekend, many of us will be looking forward to enjoying some time outdoors to make the most of the sunshine. The bank holiday weekend is the perfect opportunity to be active in our beautiful surroundings whether that's on the coast, in green space or within our towns and cities. In Cardiff and the Vale of the Glamorgan we are truly spoilt for choice when it comes to places to walk, cycle and explore.

Being active and making healthy food choices are the foundations for keeping us well and as a Health Board we are committed to encouraging our colleagues, community partners and those we care for to enjoy a healthy and active life. The [Move More Eat Well](#) movement, a collective partnership of organisations across Cardiff and the Vale of Glamorgan, aims both to inspire individuals and organisations to make positive lifestyle changes, and to create the conditions and environments to make it easier for people to achieve that, to improve the overall health and wellbeing of our local population. The website contains a whole host of ways in which you can sign up, as an individual or an organisation, to join the movement, from how to develop active travel within the workplace or finding a sports club in your local area.

For advice and tips on how to maintain a healthy body and healthy mind, you can also visit the [NHS 111 Wales Living and Feeling](#)

[Well webpage](#) to pick up information on how to sleep better, eat well, stop smoking and much more.

If you're feeling like you want to commit to an active challenge, Cardiff and Vale Health Charity has spaces left for some exciting events, including the [Barry 10k on 7 August](#). It's a great opportunity to get fit and raise money for your local hospital, ward or department and we would love to have you on the CAV team. I've started training already and will be making the most of the dry weather this weekend to get some running in!

There are also places available for the NHS 5K Do It Your Way race on 31 July in Pontcanna Fields, Cardiff. You can stroll, roll or ride – anyway you want to, it's up to you how you do it. [For more information about this event, visit the website and sign up.](#)

Finally, if you want to get your walking boots on later this year and explore Wales' three highest peaks, you can sign up for the Welsh Three Peaks challenge on 16 October. [Secure your place here.](#)

While many of us will be celebrating Easter, it's also a special time of the year for other faiths, including those observing Ramadan. However you plan to spend the bank holiday weekend, take the time to relax if you can, and please look after yourselves.

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As we continue to operate under heightened pressure across our health and care system, I would like to remind those in our community that the best way you can help us to help you is by accessing healthcare in the right place at the right time. Our Emergency Unit is exceptionally busy and unfortunately those attending are experiencing long waits as we are prioritising those most in need of care. Please read on to find out the ways in which you can keep yourself well as we approach the bank holiday which is typically a very busy time for us.

I would like to extend a heartfelt thank you, on behalf of the Executive team, to all our healthcare, social care and public health staff working across our collective services, including our testing and vaccination programme, for the extraordinary work that you are all continuing to deliver with dedication and commitment. To those working across primary care, secondary care and in social and domiciliary care, we know you are all working extremely hard to care for people and keep them well, so thank you all for everything you are doing.

### Keeping yourself well this Easter

The bank holiday weekend is almost upon us, so I want to reiterate how important it is to do what you can to keep yourself well.

By taking these steps, you can help ensure our Emergency Unit and Minor Injuries Unit can help those who need it most this Easter.

- **Pre-order your prescriptions**

The bank holiday can mean they take a little longer. By pre-ordering your prescription, you can ensure you get your medication on time.

- **Familiarise yourself with your local pharmacy opening times**

Your community pharmacist can provide advice and information on most minor illnesses, if you need support, [find your local community pharmacist by clicking here](#).

- **Stock-up your first aid kit**

A well-stocked first aid kit can be on hand for most minor illnesses or accidents, ready to be accessed quickly.

- **Know your first point of contact for care**

Your Primary Care team are your first point of contact in the health care system – whether that's your GP, Optometrist, Dentist or Community Pharmacist. By seeing the right point of contact you can get the most appropriate treatment, quicker. [Meet your Primary Care team by clicking here](#).

- **Think 111**

Our Emergency Unit is still under significant pressure, so please only attend if you have a life or limb threatening condition. If you are unwell and you need healthcare advice, information or access to urgent care, think NHS 111 Wales. [Visit the website by clicking here](#). If you think you need to be seen at the Emergency Unit, call 111.

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## Claire Beynon appointed to Deputy Director of Public Health



I can also share the good news that Claire Beynon has joined me, and our Local Public Health Team as Deputy Director of Public Health. As my deputy, Claire will be leading on our strategic approach to tackling

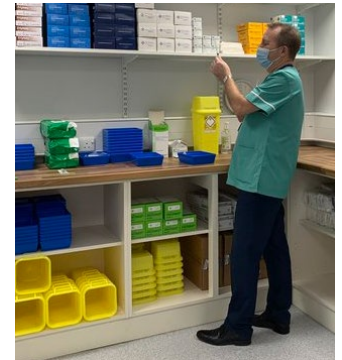
inequalities in health, and on the public health component to our Value agenda, as well as developing a broad overview of our public health approach in Cardiff and the Vale of Glamorgan. Claire has worked in the NHS for more than 10 years in a variety of senior roles. Claire joins us from the Public Health Wales WHO Collaborating Centre where she has been leading on health equity solutions and has been summarising international best practice to support decision making throughout the COVID-19 pandemic. I'm very much looking forward to working with Claire and I know that she is receiving a warm welcome in the Health Board.

## Chief Pharmacist retires from Cardiff and Vale University Health Board

This week we have sent our best wishes to Darrell Baker, Clinical Director of Pharmacy and Medicines Management for his retirement. Darrell has done a fantastic job of leading a 275-strong team to provide effective leadership for the strategic planning and delivery of an integrated medicines management and pharmacy service, promoting the optimal use of medicines across all care settings.

Darrell is very well-known across the health sector in Wales, having worked within the NHS

for the past 40 years. Throughout his career he has taken on the roles of Vice Chair of the Chief Pharmacist Peer Group in Wales as well as Fellow of the Royal Pharmaceutical Society Faculty. Darrell is also Honorary Senior Lecturer, Cardiff School of Pharmacy and Pharmaceutical Science at Cardiff University.



He has always been passionate about delivering the highest standards of patient care through a people-led approach, and many of my colleagues will know that Darrell has worked tirelessly to set the bar high when it comes to training and staff development. I would personally like to thank Darrell for his help and support to me through our joint work over the years. Please join me in wishing Darrell a very happy, healthy retirement as he starts his next chapter.

## HIV Survey

In a collaboration between Public Health Wales and Cardiff University, Fast Track Cities Cardiff and Vale has created a survey to explore the peer support needs of people living with HIV in Wales.

[The survey, which can be found by clicking here](#), is looking for opinions from people who are currently living in Wales with HIV, to explore the potential of a peer support service being introduced and how to maximise its impact.

If you or someone you know is currently living with HIV, this survey can help inform future services in Wales.

## We're recruiting! Join us on 4th May at Hilton Cardiff

We are holding a recruitment event on 4th May from 10am – 3pm, showcasing the vast variety of roles across the Health Board. The event will be held at the Hilton Cardiff (CF10 3HH) and will be open to anyone with an interest in a starting a career with the Health Board.

Attendees will be able visit stalls and talk to managers about the wide range of full-time and part-time opportunities available, covering areas such as administration, facilities, laboratories, phlebotomy, nursing and many more.

Members of our team will be present to give advice on interview techniques and job applications, as well as sharing their experiences of working for Cardiff and Vale University Health Board.

Jobs on offer include, but are not limited to, those listed on the [jobs section of our website](#). Please spread the word with your family and friends. We look forward to welcoming you there on the day.



## Cardiff & Vale Health Charity

Owen Powell completed the incredible climb to Everest basecamp on 18th March, raising £2,005 for Adult Mental Health Services and the Children's Hospital General Purpose Fund! [Learn more.](#)

Liz Powell will be taking part in the Big NHS Jump in support of the Renal Unit this Saturday! [Find out more, and to show your support by donating.](#)

A big congratulations to the March Staff Lottery Winners: Megan Davis, CMHT, CRI, Saidu Hassan Dumbuya, Patient Access, UHW, Catherine Bickerton, Flying Start, Rachel Armitage, PCIC, Woodland House.

Don't forget to sign up to the Staff Lottery before 30th April for a chance to win £6,000 in the MegaDraw on Friday 27th May. [Sign up now.](#)

## Arts for Health and Wellbeing

### NHS Online Art Auction 2022

There are so many fantastic artworks up for grabs in the [NHS Online Art Auction](#) 2022, raising funds for the Arts for Health and Wellbeing Programme. The auction is running online until Monday 2nd May 2022.

### Prints of 'Capel i Bawb: Chapel for All' – Painting by Malcolm Murphy

It is the final week to purchase a limited edition A4 print of 'Capel i Bawb : Chapel for All' by Malcolm Murphy. [Place your order here.](#)

**Fiona Kinghorn**

*Executive Director of Public Health*