

NEWSLETTER

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WELCOME TO THE UNIVERSITY HOSPITAL LLANDOUGH

Staff and patients from both Whitchurch Hospital and the Llanfair Unit finally moved into the newly completed Hafan y Coed at the end of April. The journey has been a long one and a few doubted it would ever happen, but with the assistance and commitment of many people we now have a fantastic, state of the art new facility in which to treat and care for people who have mental health problems. While it would be hard to improve on the care and dedication of the staff themselves, the modern environment will provide a more positive and suitable place in which people will be able to receive the best care on their recovery journey.

Peter Welsh, Senior Manager at UHL has welcomed mental health services onto the UHL site, saying

"On behalf of the University Hospital Llandough I would like to extend a warm welcome to patients and staff who transferred recently from Whitchurch Hospital. This was a major service transfer and was carried out with great success and minimum disruption to all concerned.

"Although mental health services are not new to the hospital this must be considered as a major service change to further enhance the hospital's reputation as a centre of excellence for rehabilitation and recovery. The integration of mental health services into UHL sends a clear message about the importance of striving for both good physical and mental health with help from all the services delivered from UHL.

"Welcome to Llandough and we look forward to you being part of the hospital community."



THANK YOU TO THE PEOPLE WHO MADE HAFAN Y COED POSSIBLE

The development of Hafan y Coed has been an immense undertaking from the development of the brief, the design of the facilities, the construction work and finally the commissioning of the building and services. It has only been possible with the work, input and support from a vast number of people both staff within the UHB and externally, including service users and carers, design and construction companies and not forgetting Welsh Government who funded the project from the All Wales Capital Programme.

While we are very grateful for the efforts of everyone involved, there are a number of special thanks we would like to record:-

- All the clinical teams for all their hard work, both in the design of facilities and the transfer of services, which was made easier because of their attention to detail and commitment to patient care;
- Our Supply Chain Partners Laing O'Rourke, Crown House, Gleeds, Drac, Powell Dobson Architects and Soltz Brewsters, all of whom have been instrumental in the successful design and construction of Hafan y Coed. Particular thanks go to Peter Sharpe, Richard Skone, Owain Dobson, Ashley Hollington, Mike Castellini, Nicola Jones, David Philips, Carl Bassett Ian Norman, Rhodri Davies;

- Capital and planning colleagues, especially Geoff Walsh, Jeremy Holifield and Mike Wheeler, who's care and attention to detail has been invaluable;
- All members of the Mental Health Clinical Board and Senior Team, especially Sarah Lloyd, Jayne Bell, Barbara John, Lesley Jones and Alan Davies;
- All the teams who have worked so tirelessly during the commissioning period in the run up to the opening of the Unit, including ward staff, housekeeping, security, porters, estates, procurement and IM&T. Special thanks go to Simon Williams, Phil Cable, Judith Jones, Ian Fitzall, John Davies, Ray Cockayne, Steve Pellatt, Trevor Edger, Gareth Bulpin, Nicola Arnold, Gaynor Bright, Simon Davies and Steve Smith and their teams;
- Ceri Knight and the Communications Team who have done a fabulous job of organising the opening events and promoting the development through the media;
- All the artists who contributed the amazing artwork for Hafan y Coed;
- Cardiff and Vale Health Charity and the Whitchurch Hospital League of Friends for their kind donations and support which have allowed the extras that enhance the experience for service users and staff within the new building;
- Peter Welsh, Elaine Payne and everyone at UHL for making the mental health service welcome;
- Sefyll, service users and carers who have attended meetings and taken the time to participate in the planning and design of the Unit; and
- An enormous THANK YOU must go to Simone Joslyn, the Clinical Lead for the Project. Simone, in partnership with Mike Wheeler, played a key role in the project and its successful implementation. Special recognition has to be made of the work undertaken with staff, service users and the design team to ensure that the facilities are innovative, progressive and support the needs of people experiencing mental health problems and the staff who care for them.

ROUND UP OF THE OPENING EVENTS

Art Showcase at Hafan y Coed

On the 11th March, Jane Hutt AM visited Hafan y Coed to officially unveil the artwork at the new unit. Over 40 pieces of artwork were specially commissioned to coincide with the theme 'nature'.

Art was developed by local artists, service users and staff who all joined together to see their work

displayed. This artwork contributed to making Hafan y Coed a colourful, welcoming and warming place it was set out to be.

Service User Will Ford spoke at the event about his words "We grow better tomorrows when we plant good seeds today" that are displayed in the main entrance to the unit. Will hopes that his poetic summation of a positive approach to life may help at least a few people believe in the possibility of better things.



Hafan y Coed Official Opening

Hafan y Coed had its official launch on Thursday 17th March 2016.

The unit was officially opened by Minister for Health and Social Services, Professor Mark Drakeford, who spent time looking around the new unit before its unveiling to the public.

The opening attracted a number of guests from partners, to service users and staff who all came

together to celebrate the new purpose built unit that was designed in conjunction with service users and staff.

Romy Wood, who has previously had short stays at Whitchurch Hospital, gave a very moving and inspiring speech at the event which ended with the line "Hafan y Coed could be an asylum in the full sense of the word. On arrival here, instead of feeling that you have hit rock bottom, you could feel that you have found the way up."



Hafan y Coed Media Coverage

Hafan y Coed gained a lot of coverage from the local media about the new facility. Coverage was achieved on BBC Wales Today, ITV Wales News, BBC online, Western Mail, Echo, Wales online, Made in Cardiff, Barry and District News and Penarth Times. Dr Annie Procter and Romy Wood also appeared live on Good Morning Wales on the morning of the opening to talk about the landmark opening.

Some of the news coverage can be seen on the UHB website

<http://www.cardiffandvaleuhb.wales.nhs.uk/hyc-in-the-news>

The launch of the new unit was also pushed on social media through twitter, facebook, YouTube and Flickr. Twitter made 954,097 impressions with the hashtag #HafanyCoed, Facebook had a reach of 75,254, YouTube videos had a total view of 3,433 and the Flickr album has seen 681 views of the Hafan y Coed album.



ONE OF OUR SERVICE USERS GIVES THEIR FIRST IMPRESSION OF THE NEW FACILITIES

I visited Hazel ward at Hafan y Coed on 5th April. To my surprise going into the ward was really cool. It was bright, not by colour alone, but with plenty of light, nice warm magnolia walls and all clean and new. The art was unique along the walls near reception all the way through to the ward. Hazel ward is large and spacious and the unit has lifts which is good for those who are disabled. Everything is so new compared with what we have been used to on W2 and other wards in Whitchurch. I think the cleaners will find it easier to keep the ward clean and the patients will also be motivated to keep it clean. Another good thing is that there are more amenities and chill out areas. There's more privacy, more space for storage, and for nurses to keep their equipment stored correctly.

My bedroom is big but cosy and has a great view of the countryside and it has its own en-suite with shower. Having my own en suite is important to me, especially with my psoriasis. I can keep clean and I feel it will motivate me to look after myself and is a new dimension to my life. So now I'm counting the days to when we actually move. I personally am going to miss Whitchurch as I have a lot of memories, but I think it will be the best for patients. Our main topic of conversation on the ward, has been the move to Hazel ward, and people are wondering what it will be like, and I say it's good news for the future and a brand new start, a new chapter. So I feel like we are being spoiled, like when you get posh chocolates, and I and the other patients would like to thank Sue Miles, the ward manager and all the mental health team.

MULTI-USE GAMES AREA LAUNCHED

Cardiff City FC Foundation recently joined service users and staff at Hafan y Coed to launch the new multi-use games area to coincide with Mental Health Awareness Week.

The Foundation hosted a number of fun and engaging sports sessions to promote the health and wellbeing benefits of physical activity and its positive impact on mental health.

It is hoped that through carrying out the sessions, participants will have conducted more activity than they may have done recently, but also feel inspired to want to do more moving forward.

Rachel Gill, who took part in the taster session said; "It's beautiful to be in the sunshine and be able to run around, playing football with the trainers, people from Cardiff City and all of us from Llandough Hospital. It has been a really lovely experience and makes me feel that there is no place I'd rather be than here on a sunny day."



THE PLAZA AT UHL

Aroma Cafe Outlet

The cafe opened in October 2015 and provides a bright and spacious environment for staff, patients and visitors to the UHL site to enjoy a wide range of hot beverages and hot/cold snacks, including healthier options. The opening hours are 7.30 a.m. to 7 p.m. Monday to Friday and 12 p.m. to 6 p.m. on Saturday and Sunday.

SPAR Convenience Shop

The SPAR shop recently opened in the Plaza at UHL. You will find an extensive range of provisions appropriate for a local store for patients, staff and visitors to the UHL site. The initial opening hours will be between 7 am to 8 pm, 7 days a week.

Both the Aroma and SPAR outlets at UHL will be managed by Cardiff and Vale UHB via Commercial Services under the Capital, Estates & Facilities Service Board. Options for the remaining retail units continue to be explored. Any further information required can be sought from Peter Cockburn, Head of Commercial Services or Simon Williams, Commercial Services Manager on ext. 44599 at UHW.



LATEST NEWS ON THE BUSES AND TRANSPORT AT UHL

Bus services to Llandough have improved with services 95A and 303/304 coming onto the UHL site, servicing the bus stops on the main drive:-

- Main Outpatient Department
- Main Entrance/Plaza
- CAVOC – Cardiff and Vale Orthopaedic Centre
- Academic Centre (95A only)

Discounted Fares

New Adventure Travel (NAT) service 303/304 offers discounted fares for NHS staff. These offer unlimited travel on all NAT services during the valid period.

Staff will need to show their Cardiff and Vale UHB ID badge to obtain discounted tickets.

Discounted fares are as follows:-

- Day ticket £2.80
- Weekly ticket £12
- Monthly ticket £40

Cardiff Bus continues to offer UHB staff small discounts on the iff Card if obtained via the salary deduction scheme. Information about the scheme can be found [here](#) along with the application form, which staff wishing to participate should complete and return to the Transport Office for processing.

Timetables for services are attached and journey planning can be facilitated by Traveline Cymru at the following link: <http://www.traveline.info/>

SUCCESS FOR LAING O'ROURKE AT 2016 CCS NATIONAL SITE AWARDS

Laing O'Rourke won a 'Bronze' award for Hafan y Coed at the Considerate Constructors Scheme (CCS) National Sites Award ceremony held in April 2016.

CCS is designed to improve the image of construction, and encourage best practice (beyond statutory requirements) in the following categories: appearance, community, environment, safety and workforce. Every year the CCS holds a National Site Award ceremony, for sites which completed the previous year. The awards celebrate the top-performing registered sites that have demonstrated the highest level of considerate construction.

Nineteen Laing O'Rourke sites were selected for awards (out of thousands of sites registered with the scheme). This is a tremendous achievement for Laing

O'Rourke and one which truly demonstrates the commitment of all of their project-based staff. Previously, the Hafan y Coed facility has secured 2 'Silver' awards and this year for project completion secured a 'Bronze' award.



Peter Sharpe (Project leader) & Gavin Waters (Construction Manager) receiving the Bronze award

END OF AN ERA

The historical society was invited to put an exhibition together to mark the end of an era at Whitchurch hospital. We had a large area on ward East 1 looking at the history of Whitchurch from before it was opened in 1908 up until more recent times.

Marcus Longley (Vice chair C&V UHB) opened the exhibition on the 11th of March and we had a wonderful week with over 400 visitors leaving great comments. The feedback was that many more wanted the opportunity to visit, so we opened the exhibition for another week. Whitchurch hospital marked its 108th anniversary during this second week on the 15th of April.

If you would like to find out more about the Whitchurch Hospital Historical Society please get in touch:

Website: www.whitchurchhospital.co.uk

Email: exhibition@whitchurchhospital.co.uk

Twitter: @WhitchurchHosp

Facebook: Whitchurch Hospital Historical Society



FURTHER INFORMATION

Thank you for taking the time to read our newsletters which have followed the creation of Hafan y Coed over the last 2.5 years. While this is the final newsletter relating to the development and construction of Hafan y Coed, information about the delivery of mental health services can continue to be found on the Cardiff and Vale UHB Website.