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Cardiff and Vale
University Health Board

Well-being of Future Generations in Cardiff and Vale UHB:

Directory of demonstrator projects

September 2019

Introduction

This directory gives an overview of a number of projects which are being developed, are established, or have completed in Cardiff and Vale University Health Board which demonstrate the five ways of working in the Well-being of Future Generations (Wales) Act, and contribute to a number of the well-being goals. Contact details and web links where relevant are given for each project if you would like to find out more, and you can also read more on our [website](#).

The list is not exhaustive and if you are involved with or know about a piece of work which you think should be highlighted here please get in touch at tom.porter@wales.nhs.uk.

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Key

UHB well-being objectives (2019-2020) taken from *Shaping our Future Well-being Strategy, 2015-2025*

- | | |
|--|--|
| 1 Reduce health inequalities | 6 Have a planned care system where demand and capacity are in balance |
| 2 Deliver outcomes that matter to people | 7 Reduce harm, waste and variation, sustainably making best use of the resources available to us |
| 3 All take responsibility for improving our health and wellbeing | 8 Be a great place to work and learn |
| 4 Offer services that deliver the population health our citizens are entitled to expect | 9 Work better together with partners to deliver care and support across care sectors, making best use of our people and technology |
| 5 Have an unplanned (emergency) care system that provides the right care, in the right place, first time | 10 Excel at teaching, research, innovation and improvement and provide an environment where innovation thrives |

Ways of working



Long term



Collaboration



Integration



Prevention



Involvement

Well-being goals



Prosperous



Cohesive communities



Resilient



Vibrant culture and Welsh language



More equal












































Globally responsible















































































Healthier



















































Projects in development (A-Z)















































Project	Description	UHB well-being objectives	Ways of working	Well-being goals	More information
Bee Project	Collaborative project with Medicentre and University to look at housing antibacterial hives on UHB estate. Positive environmental impact coupled with research on wound care and reduced use of antibiotics. Agreed in principle for hives to be sited at Hafan y Coed in UHL and Cochrane building at UHW, continue to work with Estates, third sector and University to progress whilst also awaiting Bee garden at Our Orchard.	7 8 9	    	    	Simone Joslyn Wellbeing project
HealthPathways	Implementation of an IT platform that acts as a repository for agreed pathways between primary and secondary care. The project will cover an initial set of 50 clinical pathways. The process will involve engagement across both primary and secondary care clinicians. The overall aim is to provide increased clarity around pathways and to reduce/minimise variation.	1 2 3 4 6 7 9	  	  	Patricia Osborne Shaping Our Future Wellbeing - HealthPathways
Horatio's Garden	The Welsh Spinal Injuries Unit is one of 11 designated Spinal Units in the UK. The unit will be moving to a new, purpose-built Spinal and Neurological Unit at University Hospital Llandough. This is due to open in 2021 and as part of the redevelopment, Horatio's Garden has been invited to create a new garden for patients.	2 3 4 9	    	   	Simone Joslyn Horatio's Garden Cardiff
Me, my home, my community	Successful Regional Partnership Board transformation bid involving seven projects, including social prescribing, accelerated discharge, integrated community teams and an ACE aware approach to resilient children and young people	1 2 3 4 5 6 7 9 10	    	   	Integrated Health and Social Care team C&V Integrated Health and Social Care
Prehab to rehab	The concept of prehab is analogous to marathon training: based on the principle that structured and sustained exercise alongside good nutrition and psychological preparation over a period of weeks leads to improved cardiovascular, respiratory and muscular conditioning. Phased roll out planned for Q4 19/20	2 3 4 6 7 9 10	   	  	Rachael Barlow














































Established projects (A-Z)




























Project	Description	UHB well-being objectives	Ways of working	Well-being goals	More information
Alliancing	Alliancing seeks to improve patient experience by changing the conversations around care in the community and breaking down organisational barriers. Featuring representatives from primary care, secondary care, community resource teams, the third sector, local authorities, Welsh Ambulance Service NHS Trust and other partners, the aim is for an Alliance approach to become the mechanism by which clinicians determine the development of services across the health system.	<div>1 2 3 4</div> <div>6 7 9</div>	    	   	Ruth Jordan Alliancing
Amplify 2025	Amplify 2025 is a programme of events that seek to break down organisational barriers and bring representatives from across that system together with a shared vision of improvement. We want to learn from each other and share ideas for a whole-systems approach to culture and leadership transformation.	<div>1 2 3 4</div> <div>5 6 7 8</div> <div>9 10</div>	    	      	Rachel Gidman Amplify 2025
Apprenticeship Academy	Our aim is to ensure our staff are skilled to provide the very best patient centred services. We intend to grow apprenticeship opportunities over the next 3 years in traditional areas such as estates and crafts and also to broaden to our essential support functions of housekeeping, catering, IT, HR and Finance; as well as to support clinical areas in nursing, clinical administration and central servicing areas	<div>7 8 9</div>	  	   	Emma Bendle Apprenticeship Academy
Arts programme	The arts can, and do, have a hugely positive effect, improving the lives and the experiences of patients, service users, carers, visitors and staff, as well as those who work in the arts themselves. The art programme is based on a growing body of evidence that shows art can have a hugely positive impact on the lives and wellbeing of our patients and staff. This programme is enabled by our collaborators as well as support from the Cardiff & Vale Health Charity.	<div>2 3 4 8</div>	    	 	Simone Joslyn Arts for Health and Wellbeing






















Project	Description	UHB well-being objectives	Ways of working	Well-being goals	More information
Cardiff Healthy Travel Charter	Partnership between major public sector employers in Cardiff, making 14 commitments in a Charter to increase uptake of active and sustainable travel by staff, to contribute to three city-wide targets (reducing car commuting, increasing cycle use, increasing electric vehicle use), to reduce sedentary behaviour and improve air quality and social cohesion, and reduce inequalities and carbon emissions across the City. Led by Cardiff and Vale public health team	1 2 3 7 8 9	    	    	Dr Tom Porter Cardiff Healthy Travel Charter
Clinical Musculoskeletal Assessment and Treatment Service (CMATS)	CMATS provides equitable and timely assessment and treatment for patients with painful joint conditions in the community. A prevention (and self-care) based approach is embedded in the pathway. This includes supporting patients with weight loss where this is a contributory factor to their condition.	2 3 4 6 7	   	 	George Oliver CMATS website
Consultant Clinical Prevention Champions	The Consultant Clinical Prevention Champions are a group of clinical colleagues committed to using their knowledge and expertise to keep patients and residents well.	1 2 3 4 6 7 9 10	   	  	Dr Sian Griffiths Consultant Clinical Prevention Champions
Community Wellbeing Co-ordinators (Wellbeing4U)	UHB contract with United Welsh Housing Association to improve the links between GPs and the community, particularly targeting hard to reach communities, to deliver public health priorities and enhance a social model of care.	1 2 3 4 6 9	    	   	Cheryl Williams Wellbeing4U
Dementia Strategy	The Cardiff and Vale Dementia Strategy is operational, and currently in Year 2 of the 10 year timeframe. The 8 key themes are: dementia is everybody's business; the risk of dementia will be reduced and there will be a timely diagnosis; access to services will be equitable; services will be fully coordinated; services will be delivered with kindness and compassion; support will	1 2 3 4 6 9	    	   	Dr Suzanne Wood Dementia Strategy

Project	Description	UHB well-being objectives	Ways of working	Well-being goals	More information
	be centred on primary care; carers will be cared for; and crises will be avoided.				
Ein Berllan: Our Orchard	Collaborative development of green-field hospital land to create ecologically resilient, diverse natural environment supporting health and wellbeing of patients in rehabilitation and recovery, and shared with local community	2 3 7 8 9 10	    	     	Simone Joslyn Our Orchard
Food Cardiff and Food Vale	Food Cardiff and Food Vale are cross-sector food partnerships which aim to make healthy, affordable and sustainable food available to residents in our area.	1 2 3 4 7 9 10	    	     	Pearl Costello Food Cardiff Rhianon Urquhart Food Vale
GoodGym Cardiff	We're a community of runners that combines getting fit with doing good. From Butetown to Llanishen we run the streets helping those most in need. From hanging curtains for Mr H because he can't manage it on his own, to shovelling a tonne of compost for the Food Growers Group so they can grow vegetables - every GoodGym run is different. Funded by Cardiff and Vale Integrated Health and Social Care	1 2 3 9	    	     	GoodGym Cardiff
Health improvement and prevention programmes	Prevention programmes to reduce rates of smoking and harmful alcohol use, increase immunisation uptake, encourage healthy food choices and regular physical activity	1 2 3 9	    	   	Dr Tom Porter C&V Local Public Health Plan 2019-22
HeARTh Gallery	Gallery space in UHL open to viewing public as well as hospital community, contributing to improving health and wellbeing. Promotes culture, builds new relationships, sense of ownership and humanising of hospital environment.	2 8 9 10	    	  	Simone Joslyn Creative Arts in Health

Project	Description	UHB well-being objectives	Ways of working	Well-being goals	More information
Hospital restaurant and retail food standards policy	The Hospital Restaurants and Retail Food Standards Policy is the first of its kind in Wales, which aims to make healthy options the easier choice. The local public health team is working with the operational and catering teams to ensure that 75% of all food and drink meet health guidelines for sugar and fat content	1 8	2 3 4	    	Rhianon Urquhart Y Gegin restaurant
Maximising social value toolkit	Designed for any person or team involved with commissioning, procuring or delivering services seeking to create social value, the aim of this toolkit is to highlight some of the great work going on within and outside the Cardiff and Vale region, to help achieve a consistent approach to the understanding and maximisation of social value	1 7	2 3 4 9	       	Integrated Health and Social Care team Social value toolkit
Music to our Ears	Programme of musical activity aimed at improving patient experience, providing stimulation and distraction for vulnerable long stay and end of life patients, enhancing wellbeing, reducing levels of stress and improved quality of life for patients, visitors and staff	2 9	  	  	Simone Joslyn Creative Arts in Health
Optimising Outcomes Policy (OOP)	This policy enables patients who need support with smoking cessation or maintaining a healthy weight to engage with appropriate services, helping them to make positive changes to their lifestyles and improve their health and wellbeing before and after surgery.	1 7	2 3 6	     	Dr Sian Griffiths OOP webpage
Our Health Heritage	Organising and stewarding organisational memories and artefacts, protecting and celebrating heritage of our sites and associated memories for patients and staff	8 9	     	 	Simone Joslyn Our Health Heritage
Primary care sustainability	Develop new models of care that deliver population focused outcomes, new roles, pathways and services supported by strengthened multi-disciplinary working arrangements and multi-agency working in the community. To include the roll out of Mental Health Liaison workers to all GP practices, and Tier 0 Third	1 9	        	   	Chris Darling









Project	Description	UHB well-being objectives	Ways of working	Well-being goals	More information
	Sector Mental Health support to every cluster in Cardiff and Vale				
Re:fit Strategic Energy Management Programme	Large scale energy saving projects implemented and managed through an external contractor for a long term contract (10 – 15 years). 10% annual consumption reduction, 3500 tonnes less CO ₂ , annual £1 million cost saving	7 9 10	 	 	Jon McGarrigle
School Holiday Enrichment Programme (Food and Fun)	Multi-agency programme to provide healthy nutritious food and activities during school holidays to children in deprived areas of Cardiff and Vale, improving their health and educational attainment; providing additional employment for staff; and reducing food waste through redistribution	1 2 3 7 9 10	    	      	Katie Palmer Food and Fun, WLGA website
Shaping our Future Wellbeing in the Community	Providing the major physical infrastructure required to support improved access to community services and assets, to improve health outcomes, setting the tone for co-production and ultimately reducing health inequalities. Key focus on working with partners to deliver more co-ordinated and collaborative services closer to home.	1 2 3 4 6 7 8 9	    	    	Chris Dawson-Morris SOFW in the Community
Social Value Champions	As part of the Social Services and Well-being (Wales) Act 2014, local authorities and local health boards are required to establish Social Value Forums to maximise the positive outcomes and well-being of local people. We have appointed seven Social Value 'Champions' to form a Steering Group to support the work of our Partnership.	1 2 3 6 7 9	    	    	Integrated Health and Social Care team Social Value Champions
Staff Recognition Awards	Our Staff Recognition Awards feature an 'Acting today for a better tomorrow' category, which recognises staff who are role models for demonstrating the five ways of working and contributing to the well-being goals	8 10	 	      	Nicky Punter Staff Recognition Awards

Project	Description	UHB well-being objectives	Ways of working	Well-being goals	More information
Sustainable travel plan	Traffic management arrangements being introduced and improved to encourage a more sustainable approach include Park and Ride schemes at UHW and UHL; Nextbike cycle hire stations; development of a shuttle service between the two sites; and development of a UHW bus and cycle hub. An annual travel to work survey is undertaken with staff, patients and visitors to inform a Sustainable Travel Plan action plan. The UHB has signed up to the Cardiff Healthy Travel Charter	3 7 8	  	   	Colin McMillan Sustainable travel
The Active Choice	Integrating the language choice of English/Welsh into the patient pathway, ensuring that patients are given the choice of which language they prefer to use.	1 2 4	 	   	Alun Williams
UHB Commissioning Framework including third sector commissioning	Range of contracts with third sector partners supporting UHB objectives and Clinical Board priorities e.g. mental health providers supporting recovery through social inclusion, financial advice, diverse user voice; providers supporting older people to maintain independence, public health advice	1 2 3 4 6 7 9	    	   	Melanie Wilkey
Wales for Africa programme	The Health Board has a multi-disciplinary coordinating group which overseas and supports our partnership working through the Wales for Africa initiative. Through their work initiatives of sharing skills, establishing positive collaborative working relationships with local communities and supporting education and health, these charities in Wales are helping to build strong communities in Africa.	1 8 9 10	  	 	Simone Joslyn Wales for Africa

Project	Description	UHB well-being objectives	Ways of working	Well-being goals	More information
Walking aid recycling	The Walking Aid Project focuses on raising public awareness of the importance of returning, and refurbishing walking aids. It utilises social media to launch periodic walking aid amnesties, and information sharing both within and across organisations on how to do this. This prudent approach incorporates a collaborative partnership with the Probation Service-Community Rehabilitation Company, Community Payback Service to refurbish walking aids	2 7 9	   	  	Emma Cooke Walking aid recycling scheme
Welsh Language Learning	Collaboration with the National Welsh Language Learning Centre to provide Welsh language lessons for staff. Staff who want to wear the Welsh Language badge (to show they are speaking/learning Welsh) are given a pack with other information about Welsh language learning	2 4 7 9	  	  	Alun Williams Welsh language training
Ynys Saff (Sexual Assault Referral Centre) in Cardiff	In addition to offering holistic packages of support and clinical care to approximately 500 adult and child victims of sexual assault every year, the Cardiff SARC team are focusing significant efforts on prevention through partnership working with police and children's services.	1 2 3 7 9	    	  	Rachel Hennessy Ynys Saff

Know of a project which should be included here? Please contact tom.porter@wales.nhs.uk – thank you.

Completed projects (A-Z)

Project	Description	UHB well-being objectives	Ways of working	Well-being goals	More information
Bloom: Well-being and Creativity in Age	Exploring how the creative arts can be used to aid communication of emotion, memory, experiences and thoughts through workshops and movement based sessions.	2 3 4 9	    	  	Simone Joslyn Bloom: Well-being and Creativity in Age

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