



October 2020 marks the 25th anniversary of Barry Hospital. We had planned a celebration event and various projects, but due to Covid-19 our plans have changed significantly. However, we cannot let this opportunity pass without celebrating the history of Barry Hospital, the staff that work there and of course the patients and visitors.

Sadly our history and art projects have been delayed, but will continue throughout the next 12 months, we will keep you advised on progress. However, what we have been able to do is pull together a virtual tour of the hospital, and highlight some of the recent improvements and changes we have seen over the past 12 months to enhance and improve this wonderful community hospital. Keep an eye out for our celebration banner at the hospital entrance.



Water bottles for all staff - as part of the celebrations we have produced a small gift for each member of staff. As we've now been able to have the water station installed at Barry Hospital, what better than your own re-usable water bottle! Peter Welsh, Senior Hospital General Manager for UHL and Barry Hospital, will be issuing these water bottles to departments throughout October. If you haven't already been contacted by the Health Charity, please let us know your department and staff numbers and we will add you to the distribution list. Contact [sue.dickson-davies2@wales.nhs.uk](mailto:sue.dickson-davies2@wales.nhs.uk)

A new home for the Young Onset Dementia Service at the Cariad Centre, Barry Hospital (previously known as Morfa)



In 2011 The National Dementia Vision for Wales (Welsh Assembly Government, 2011) saw finance allocated to every Health Board in Wales for starting up young onset dementia (YOD) services. During the past decade this has enabled the evolution of an innovative YOD Service (Cardiff and Vale UHB) comprising a full multidisciplinary therapies team.

The YOD Service provides support to anyone diagnosed with a progressive dementia before the age of 65. Continuity of care is the core principle. The service remains involved throughout an individual's dementia progression. The service also seeks to support carers and wider family members. The YOD Service is unique in having the only dedicated inpatient service for younger people with dementia in the UK at St Barucs, Barry Hospital.

In June 2019 the Young Onset Dementia Service relocated from the University Hospital Llandough to Barry Hospital. Following a refurbishment project at Morfa Day Hospital, the YOD Service now has a new home in the Cariad Centre at Barry Hospital. The Cariad Centre consists of office space for the YOD Multidisciplinary Team, Admin office, waiting area, dining/café room, lounge room, and two meeting rooms. Basing the YOD MDT at Barry Hospital has enabled the integration of the community and inpatient elements of the Service.

In 2017 the YOD Service won the coveted Health Service Journal national award for 'innovation in mental health'.

For more information email: [sue.dickson-davies2@wales.nhs.uk](mailto:sue.dickson-davies2@wales.nhs.uk)

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## Barry Hospital Update - October 2020



**Fabulous Fundraiser - Karen Warlow - following the cancellation of this year's London Marathon due to the Covid-19 pandemic, Karen's original ballot place has now been deferred to either the 2021 or 2022 race.**

**In the meantime, along with thousands of other runners, Karen is taking part in the Virtual London Marathon on Sunday 4th October 2020. Competitors have 24 hours to complete the 26.2 miles on a route of their choosing. This will be her 10th Marathon!**

**Karen will be sporting the Health Charity Challenge 2020 purple shirt, so if you do see her during her run, please give her a shout out! Karen is also very kindly supporting Cardiff & Vale Health Charity by raising money for the Young Onset Dementia Service based at Barry Hospital, where she works as their Medical Secretary.**

**Any support for Karen would be welcomed:  
<https://uk.virginmoneygiving.com/warlowsrrunning>**

### **Covid-19 Charitable Funds Application - Young Onset Dementia Service Inpatient Unit**

**Cardiff & Vale Health Charity was delighted to approve a funding request through the Covid-19 Charitable Funds application process for the Young Onset Dementia Service Inpatient Unit (St Barrucs).**



**Due to COVID-19 and lockdown, the inpatients at St Barrucs have had very limited or no physical contact with family and friends. Due to various difficulties relating to COVID-19 inpatients have been required to spend long amounts of time in isolation with reduced amounts of stimulation through lack of resources. The team put in a bid to purchase therapy dolls which will allow inpatients to have some physical contact and feel a sense of affection at a time when they are unable to have contact with their own children and grandchildren.**

**The items requested through the Covid 19 charitable funds will allow ward and therapy staff to engage patients in therapeutic and sensory activity to enhance their mental health and wellbeing.**



**Water Station - a very welcome addition to Barry Hospital, and since it's installation in June 2020 over 1300 refills have been recorded on the machine. Staff and patients are absolutely doing their bit to reduce plastic waste in the Vale of Glamorgan. News about this machine has spread across the organisation and we are now looking at installing more free drinking water stations across the health board.**

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## Barry Hospital Update - October 2020



The VOGA Exhibition is now being displayed on our new hanging system in the waiting room area towards the new Mary Lennox Community Room. We hope to have another exhibition from students at Ysgol Bro Morgannwg on display during the next few months.



Conor Elliott is a Cardiff Photographer, and during lockdown, he wanted to do something to capture the sense of community spirit and appreciation of NHS workers.

Over the course of three months, from March to June 2020, Conor walked the streets of Cardiff and the Vale of Glamorgan photographing window art and he decided to bring them together in colourful mosaics. His 'Thank You' works are a heartfelt attempt to show the gratitude and support to the NHS workers from the community they so bravely serve, particularly during the drastic difficulties of the Corona virus epidemic.

To emphasise the community aspect of the project the source pictures were chosen from the collection of window art. The picture displayed at Barry Hospital was drawn by Lisa Bennett and Nerys Fletcher-Bennett of Barry.

It is hoped that, with this dedication, the devoted staff will be reminded of the gratitude and support they have within their community. One of his pieces is now displayed in Barry Hospital with the other at the University Hospital Llandough.

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## Barry Hospital Update - October 2020

**Keep Wales Tidy - following an application made by the Health Charity earlier in the summer, Barry Hospital has been awarded a Wildlife Garden package from Keep Wales Tidy (made possible by Welsh Government funding).**

The package contains everything needed to create new space for nature, and items will be delivered to site during the early part of October in preparation for completion of the project later in the month. The area highlighted for this garden is the small courtyard garden next to the new Mary Lennox Community Room. The previous hard work of the students of Ysgol Bro Morgannwg and the Community Payback Team have made this the perfect area to enhance with this wildlife garden.

As per current guidelines, social distancing of 2 metres will be adhered to all times during installation of this garden and once complete, we would be really grateful if any staff members based at Barry could take on the job of watering the plants in this new garden area – perhaps on a rota basis, to ensure this is kept as best as it can be to the benefit of staff and visitors to the site.



**Celebrating Community Hospitals - we have been contacted by Community Hospitals Org, who In October 2020, are focussing on the work of community hospitals as part of their 50th Anniversary celebrations.**

**They would like Cardiff and Vale UHB to join in these community hospital celebrations:**

- Sharing any celebration stories with them and they will in turn share them widely through their networks.
- Sharing good practice – they have been running Innovation and Best Practice Awards since 2000, giving over 141 awards to community hospital services.
- Also the Community Hospital Association has free personal LIFETIME membership currently reflecting their 50th Anniversary year. <http://www.communityhospitals.org.uk/joining-cha-membership.html>

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# Barry Hospital Update - October 2020

## Minor Injuries Department/CAV 24/7

We have seen a number of people still turn up to our Emergency Unit with minor injuries, particularly from those aged 16-40 years old. Minor injuries are treated in our Minor Injury Unit at Barry Hospital which also operates under the CAV 24/7 system – you must phone first.

If you have one of the following minor injuries, please call CAV 24/7 on 0300 10 20 247:

- cuts and grazes
- sprains and strains
- broken bones of limbs (fractures)
- bites and stings (including human bites)
- infected wound
- minor head injuries
- eye problems such as scratches or something that is stuck in the eye

Please use the system appropriately; you should only be proceeding directly to the Emergency Unit if it is a life-threatening emergency.

Please help spread this message far and wide to your friends, family and colleagues so we can help keep everyone safe and alleviate pressure on our services, as we head into a challenging Winter.



Do you think you need to visit  
the Minor Injuries Unit?

Phone First

Stay Safe

Right Place,  
First Time

GIG  
CYMRU  
NHS  
WALES | Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board

For more information email: [sue.dickson-davies2@wales.nhs.uk](mailto:sue.dickson-davies2@wales.nhs.uk)

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# Barry Hospital Update - October 2020

## Mary Lennox Community Room - Booking System

A reminder about the booking system in place for the Mary Lennox Community Room. Bookings must be made in advance and can be taken by any of the following:

- Lavinia Neilsen: Lavinia.neilsen@wales.nhs.uk
- Elaine Payne: Elaine.Payne@wales.nhs.uk
- Suzanne McCarthy: Suzanne.McCarthy@wales.nhs.uk



Support Cardiff & Vale Health Charity! Over the past 12 months, Cardiff & Vale Health Charity have been working hard to improve and enhance the facilities available at Barry Hospital. Using a Charitable Funds bid for improvements to the 'first impressions', environment, facilities and art installations at the hospital. They would not be able to do what they do without the incredible support of staff, fundraisers and donors.

There are so many ways you can easily get involved and support Cardiff & Vale Health Charity, which in turn will support you, your colleagues, your patients and any visitors to our hospital and community sites.

- Staff Lottery – SUPERMEGADRAW on 27th November 2020 with a £20,000 PRIZE.
- In for a Penny – A payroll giving scheme by literally donating pennies every month.
- Think Inks – a personal ink cartridge recycling scheme – FREE to recycle and money raised will benefit Cardiff & Vale Health Charity.
- Join in with our VIRTUAL events – follow us on Facebook, Twitter and Instagram to hear the latest, and take a look at our Website: [www.healthcharity.wales](http://www.healthcharity.wales)
- Why not sign up for a 2021 challenge with us and raise money for your ward, department or local hospital. Commit to get fit 2021!

## Commit to a fit 2021!

Cardiff & Vale Health Charity has a number of spaces available for the Cardiff Bay Run, Barry Island 10k and Cardiff Half Marathon in 2021. Why not set yourself a challenge!



Email: [fundraising.cav@wales.nhs.uk](mailto:fundraising.cav@wales.nhs.uk) to reserve your place today!

23 May 2021



1 August 2021



3 October 2021



For more information email: [sue.dickson-davies2@wales.nhs.uk](mailto:sue.dickson-davies2@wales.nhs.uk)

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