



**GIG**  
CYMRU  
**NHS**  
WALES

Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board



# St. David's Hospital Newsletter - July 2020

Welcome to the first edition of the St. David's Hospital Newsletter, we hope you enjoy this round up of what's been happening over the past few months. If you'd like to contribute an article, please email: [sue.dickson-davies2@wales.nhs.uk](mailto:sue.dickson-davies2@wales.nhs.uk)

St. David's Hospital operates a "Transfer to Recovery" model which helps to enable the discharge of people from acute hospital settings when they are clinically well but may still require short-term care services within their own home or another community setting.

Patients who will benefit from admission to Transfer to Recovery Wards:

- People who need rehabilitation following acute medical or surgical health conditions where it is anticipated that their functional status will improve.
- People with clear rehabilitation goals and a clear discharge plan.
- People who need further assessment to determine care destination, which could be either home or a care home.
- People with palliative care needs, including those at the end of life, where discharge to an alternative setting is not an option.
- Adults aged 65+ registered with a Cardiff and Vale GP would benefit, however we recognise that people under 65 could also benefit from a period on a transfer to recovery ward. This can be determined from a conversation between clinicians.

Access to these beds via the Rehab Liaison Nurses on long range bleep/ page number 07623905577/07623906226.



There are three wards in St. David's which are Lansdowne Unit (19 beds), Elizabeth (24 beds) and Rhydlafar Unit (24 beds).

Staff have recently created a dayroom on Elizabeth Ward which aims to promote reminiscence and relaxation for patients. The aim was to create a space of calm where patients can go to reminisce either individually or as a group. The reminiscence mural in the dayroom is a real talking point.



Much of the furniture within the dayroom has been donated by past patients and their relatives. There is a fish tank, in which the resident fish Bubbles and Squeak live. Fish tanks are known to reduce stress and anxiety in patients with dementia as well as help to increase their dietary intake. Cardiff & Vale Health Charity also helped provide the mural and TV for the dayroom.





**GIG**  
CYMRU  
**NHS**  
WALES

Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board



# St. David's Hospital Newsletter - July 2020



ECAS (Elderly Care Assessment Service) relocated from 15th June from Rookwood Hospital to St. David's Hospital.

ECAS is an intermediate care service, which operates from Monday - Friday as a way of providing rapid access assessment via CGA (Comprehensive Geriatric Assessment) to patients primarily over the age of 65, who are at risk of hospital admission or deterioration within the home, community or residential care setting.

Additionally the service aims to:

- Provide a community based rehabilitation programme where appropriate.
- Maintain close links with other intermediate care services.
- Provide a full (and written) multi disciplinary assessment to enable social services and primary care teams to support older people in their own homes.
- Recognise when admission is necessary and advise or arrange such admission.
- Referrals are accepted from GPs and other hospital based services, particularly the emergency unit.

For further information regarding the referral process and inclusion/exclusion criteria please contact a member of the team on 02921 836683.



Within the newly established Welsh Gender Service the Arts in Health and Wellbeing team, supported by Cardiff & Vale Health Charity have worked with the clinical teams and members of the transgender community to commission a number of artists to make the clinical setting a more welcoming, safe space whilst addressing issues of stigma and discrimination. The art featured in the service includes sculpture, paintings and illustration.

If you would like further details about the art programme and how it could improve environments for patients, staff and/or visitors please contact [simone.joslyn@wales.nhs.uk](mailto:simone.joslyn@wales.nhs.uk)





GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board



## St. David's Hospital Newsletter - July 2020



Image courtesy of Kevin

VE Day Celebrations - following a call out for requests, the Health Charity team were delighted to provide VE Day Celebration Boxes to staff and patients on the Lansdowne Unit, Elizabeth Ward and Rhydlafer Ward at St. David's Hospital. It was a lovely way to lift spirits during these challenging times. We felt it was so important to celebrate the 75th Anniversary of VE Day, and as Churchill said in his wartime speech on 20th August 1940 – “never was so much owed by so many to so few”, especially poignant now.



**SUPERMEGADRAW  
ALERT!!!**



Sign up for the **£20,000** SuperMegaDraw which is taking place on 27th November 2020.

To be eligible to be in with a chance of winning you must sign up to the Staff Lottery by September 30th 2020.

To find out more email [fundraising.cav@wales.nhs.uk](mailto:fundraising.cav@wales.nhs.uk)



In For A Penny - during these challenging times, one of the easiest ways you can support Cardiff & Vale Health Charity, is by joining our 'In for a Penny' Scheme. This is a payroll giving scheme, where you donate the pennies from your salary every month. This enables you to donate a minimum of 1p or a maximum of 99p every month.

Just imagine the difference we could make if all staff members signed up - Small Change, Big Reward! For further information, please visit: <https://healthcharity.wales/hospital-staff/in-for-a-penny/> or contact us on [fundraising.cav@wales.nhs.uk](mailto:fundraising.cav@wales.nhs.uk) Thank you

To include your story or news in this newsletter please email [sue.dickson-davies2@wales.nhs.uk](mailto:sue.dickson-davies2@wales.nhs.uk)