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St. David's Hospital Newsletter - October 2020

Following great feedback on the first edition of the St. David's Hospital Newsletter in July, we are delighted to bring you the second edition. If you'd like to contribute an article, please email: sue.dickson-davies2@wales.nhs.uk for inclusion in the January 2021 edition.

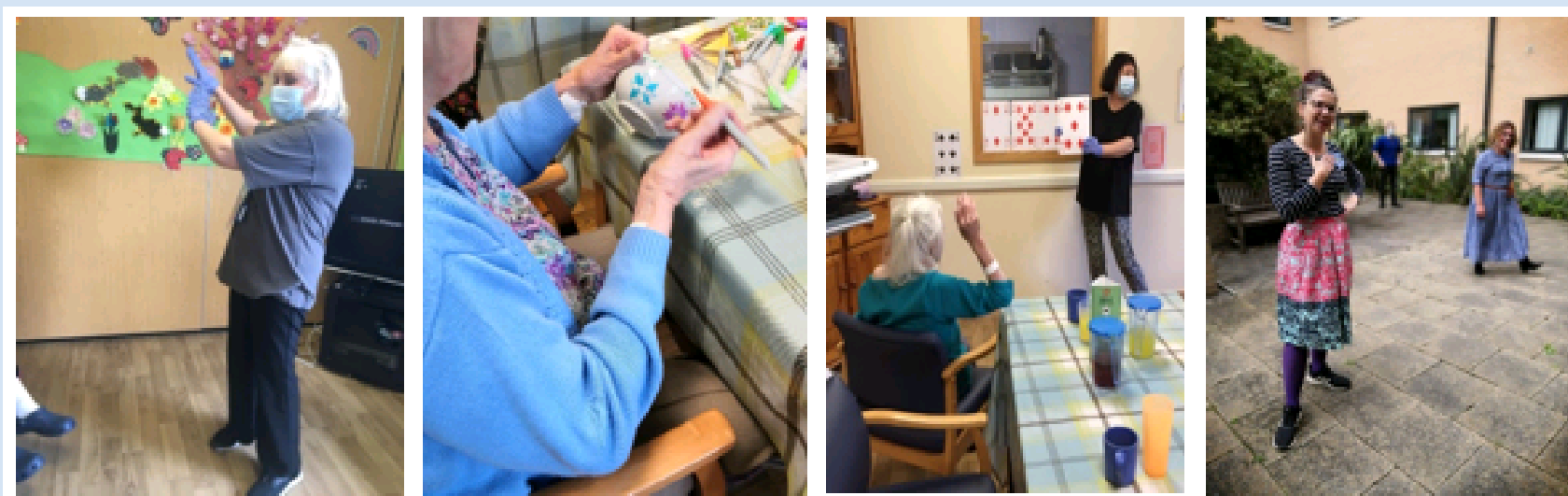


Here's an update from the Mental Health Matters (MHM) Wales Wellbeing Activity Team who have returned to wards, revealing the smiles behind the masks.

It's been a busy month with the newest team member Julie, joining Anne, Rebecca and Claire to provide therapeutic activities, friendship and fun across the three ward. We have been supporting patients mobility with chair dance, creating competition with skittles, target games and everybodys favourite balloon tennis.

Our patients have revealed their creative talents with activities from card making, bag decorating and ceramic painting to traditional peg dolls and flower making. We have had great fun challenging minds through quizzes, puzzles, board games and of course bingo and Play your Cards Right.

We welcomed the magic of music therapy with a wonderfully uplifting performance from Forget-me-not Chorus. It was a fantastic afternoon seeing patients laughing, smiling and singing along to old favourites. A big thank you to the Forget-me-not Chorus for bringing lasting happiness to our staff and patients! Sessions were funded by Health Charity donations and delivered by Forget-Me-Not Chorus alongside MHM Wales.



With many of our patients being animal lovers, the impact of meeting our furry friends was undeniable. There was a real sense of joy and excitement as patients got the chance to stroke and hold Merlin and Siany while chatting and recalling stories about their own much loved pets.

With restrictions lifting it was an absolute pleasure to be involved with launching the visitors pilot on Lansdowne Ward. In addition to continuing with some much enjoyed family gatherings through Zoom, we opened the doors to next of kin, seeing families and carers reunited with their loved ones for the first time since lockdown began. This was an emotional and heart-warming experience for staff and patients alike with everyone respecting PPE and physical distancing and enjoying time in the comfort of the designated visitors lounge.

We are delighted with the welcome back we have received from the patients and staff and look forward to continuing to provide our valuable and much needed service in SDH!



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Child and Adolescent Mental Health Services (CAMHS) Charitable Funds Bid and Staff Lottery Bid

On the 8th January 2020 a group of 12 young people (YP) volunteered to review the accommodation and facilities at the CAMHS service at St David's Children's Centre. The YP were all members of The C&VUHB Youth Board or from Cardiff Council Youth Council with the majority having lived experience of the CAMHS service.

The group were advised that the CAMHS team were looking to make improvements to the environment, and that the information gathered from the session would be used as the basis for a bid application through Cardiff & Vale Health Charity.

The YP group did a full tour of the accommodation and facilities to assess the current environment, identifying opportunities and making suggestions for improvement to the patient experience. The YP recognised that this was an application for funding and that they may not receive all the money they needed to implement their suggestions but they told us that that was ok, and we should "aim high" regardless. They also advised that they would be interested in meeting again to help choose colours and furniture etc ensuring we improve the space in line with the needs and expectations of those who use the service.

Mental health and emotional wellbeing are such important issues in adolescent development and supporting YP to maintain good mental health is becoming a challenge that society as a whole is facing.

The YP that are referred into the CAMHS service are some of the most vulnerable, experiencing severe mental health difficulties impacting on all facets of their lives. It is important that young people feel safe and comfortable to share their inner most thoughts and difficult experiences.

Their time and experience with the service is a really important part of their recovery journey and therefore it is essential that we make their time with the service the most positive experience it can be. The facilities play such an important part in the overall experience of a young person in the CAMHS service, if they don't feel comfortable in their environment, they may not feel comfortable to truly open up about the issues they are experiencing.

The CAMHS Team contacted the Health Charity, and following discussion with the Staff Lottery Bids Panel, and The Charitable Funds Committee, it was a pleasure to advise the team that both the bids for decoration and furniture/accessories was approved and products are now on order. We look forward to sharing these improvements in the next St David's Hospital newsletter.



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In September, the Health Charity Team had the pleasure of delivering a very moving piece of art to colleagues in the CAMHS Team.

This art was commissioned to remember one of their colleagues, Julianne Cadby, who sadly passed away after testing positive for COVID-19, in April 2020. The artwork was created by local artist Nathan Wyburn from pictures provided of Julianne from her colleagues, friends and family.

Julianne had worked in the specialist CAMHS service for over 16 years but had been with the Health Board for 30 years.

Julianne was a much loved member of the team, she was extremely warm and caring and would always make time to help and support her colleagues. Her dedication shone through, playing a central role in all that we do in the service and her focus was always on ensuring we are delivering the best service we can for children and young people. Her loss will be felt by all the many colleagues she has worked with over the years.

Julianne's colleagues have decided to wait to display this lovely tribute until improvements from the Charitable Funds bids have been made and they plan to do something as a team to mark the occasion. Julianne will be missed but remembered by all who knew her.



Water stations - following the success of having a water station installed at Barry Hospital and links with the Refill Cymru Scheme, the Health Charity has received many requests for more of these water stations to be installed.

A paper was drafted and discussed by the CFC, Capital Estates & Facilities team, and the Water Safety Group, and these requests have now been approved. Progress is now being made on having two of these new water stations installed at St David's Hospital, one in the CAMHS service, and one within the main atrium and available 24/7. Watch this space for further updates.



Support Cardiff & Vale Health Charity - as you can see from the recent Charitable Funds Bids awarded to areas of St David's Hospital, the work of Cardiff & Vale Health Charity plays such an important role in supporting funding to improve and enhance the services and facilities available throughout our hospitals and community settings.

The Health Charity would not be able to do what they do without the 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.



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- Staff Lottery – SUPERMEGADRAW on 27th November 2020 with a £20,000 PRIZE (Sign up by 30th October 2020).
- 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: www.think-inks.uk/nhs
- 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
- 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!

SUPERMEGADRAW
£20,000
STAFF LOTTERY

Cardiff & Vale
HealthCharity
Elusenlechyd
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Sign up for the SuperMegaDraw 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 30th October 2020.

To find out more visit:
<https://healthcharity.wales/staff-lottery/>

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 to reserve your place today!

23 May 2021	1 August 2021	3 October 2021

To find out more about any of these schemes, virtual events or challenges, please email the Health Charity Team on fundraising.cav@wales.nhs.uk – they would love to hear from you.

To include your story or news in this newsletter please email sue.dickson-davies2@wales.nhs.uk