



Merry Christmas! Nadolig Llawen!

Barry Hospital Update - December 2020

Christmas Messages

Charles Janczewski - Chair of Cardiff and Vale University Health Board



Compliments of the season to you all. 2020 has been a very unusual and challenging year for us all with the pandemic impacting on all of our daily lives in so many ways. Nevertheless, it has been so pleasing for me to see how brilliantly all of you working at Barry Hospital have responded to these exceptional circumstances. As with your colleagues across the Cardiff and Vale University Health Board, you have continued to put the needs of our patients at the forefront of everything you do, making sure that they continually receive superb and compassionate care. It was a pleasure to see the various improvements that have been made during my last visit to Barry Hospital including the Aroma Café and the excellent new Mary Lennox Community Room. Thank you all for your wonderful work and tireless endeavour. May I wish you and your families a very merry Christmas and a happy, prosperous and healthy New Year.

Peter Welsh - Senior Hospital General Manager - University Hospital Llandough/Barry Hospital

2020 has been an incredibly challenging year, and I would personally like to thank all our staff for your hard work and commitment throughout the last 12 months - keeping people safe and well at Barry Hospital. It has also been a year of many changes and improvements at Barry Hospital, including the opening of our new Aroma Café and of course the celebration of the 25th Anniversary. Thank you to Cardiff & Vale Health Charity and our Capital, Estates and Facilities colleagues for making these changes possible and we are very much looking forward to a positive 2021 with more projects planned and delayed celebrations to come. Keep safe and well, and I wish everyone a peaceful and happy Christmas.

For more information email: sue.dickson-davies2@wales.nhs.uk

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Christmas Messages



Jane Hutt AM - Vale of Glamorgan

Thank you to the staff who work at Barry Hospital and care for our community every day and even more so over the course of the pandemic. Congratulations to all those who have supported the hospital as we mark this year's 25th anniversary. I would like to send my best wishes to everyone over the Christmas period.

Christmas Update

Cardiff & Vale Health Charity has once again provided a Christmas tree for the main entrance of Barry Hospital this year. Let's hope this brings some much needed cheer following a very difficult and challenging year. A very big thank you to Reema who donated these beautiful decorations last year and so beautifully dressed the tree again this year.



 **GIG** Barnddwrdd Prifysgol
Cardiff a'r Fro
Cardiff and Vale
University Health Board

Join us virtually on Thursday 17th December at 6pm

Time to Reflect

You can also share a message or dedication on our virtual Reflection Wall in memory of a loved one

www.surveymonkey.co.uk/r/cavreflection

Patients, staff, volunteers and members of the community are invited to come together and reflect on their shared experience of the past year and remember those we have lost.

Join virtually on Thursday 17th December at 6pm for a Time to Reflect service which will be premiered on the Health Boards Facebook page. You can also share a message or dedication on our virtual Reflection Wall in memory of a loved one here.

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Christmas Update



Over the past 12 months, Cardiff & Vale Health Charity has been working hard to improve and enhance the facilities available at Barry Hospital.

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

[Our Christmas newsletter is out! It's full of exciting ways you can support your Health Charity during the festive period.](#)

Looking ahead to 2021, there are so many ways you can get involved to support Cardiff & Vale Health Charity:

- 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.
- 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!

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.

All of us at Cardiff & Vale Health Charity would like to wish you a very happy Christmas and a healthy and Happy New Year.

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Christmas Update



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!

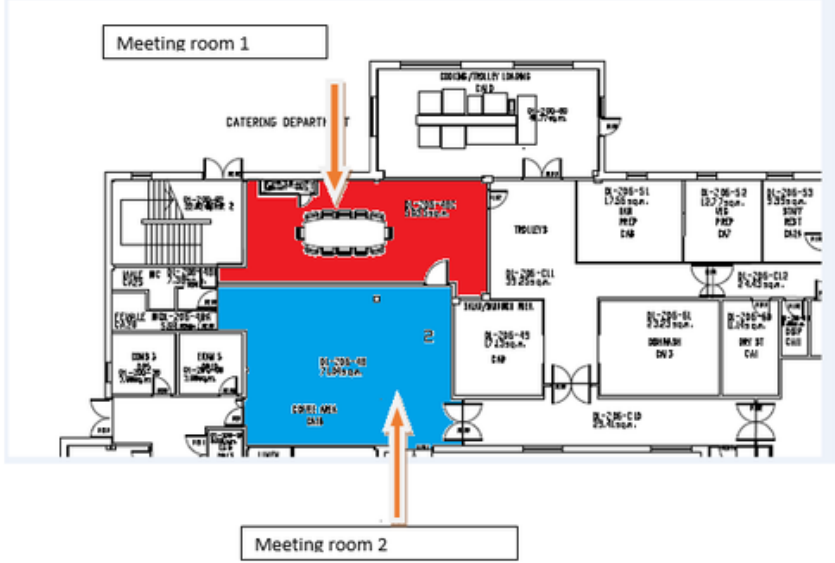
Cardiff & Vale Health Charity
Elusenlechyd
Caerdydd a'r Fro

Email: fundraising.cav@wales.nhs.uk to reserve your place today!

23 May 2021	1 August 2021	3 October 2021
		

Use of meeting rooms at Barry Hospital - courtesy message: If you are booking and using the new meeting room areas at Barry Hospital, please ensure that you put the chairs, tables and any equipment back as you have found them. This is a joint resource and there have been instances of the housekeepers having to completely re-arrange the rooms. This is certainly not their responsibility, so please think of others and leave the areas clean, tidy and ready for the next user.

We have also been asked to remind all users that you please book and use the correct room – map below for information.



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Christmas Update



As you know, it was the 25th Anniversary of Barry Hospital on 25th October 2020. Celebrations were cancelled, but we produced some celebration videos and thank you videos to mark the occasion.

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Take a virtual tour of Barry Hospital, celebrating 25 years of caring for people and keeping people well!

- <https://www.youtube.com/watch?v=2qks3dTkGko>

Thank you and happy anniversary Barry Hospital

- <https://www.youtube.com/watch?v=h-elr3zST5M>
- <https://www.youtube.com/watch?v=OsWHj5h2nYo>

As part of the celebrations the Health Charity produced re-usable water bottles for all staff at Barry Hospital. Peter Welsh, Senior Hospital General Manager for UHL and Barry Hospital, has been handing these out to the various departments at the hospital, and the feedback has been great!

Please get in touch if you missed out – email sue.dickson-davies2@wales.nhs.uk



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Christmas Update



New Art Exhibition at Barry Hospital - Artist Haf Weighton facilitated an arts project with Ysgol Bro Morgannwg exploring the rich history of Barry Town through a collaboration with a number of organisations within Cardiff and the Vale of Glamorgan.

Partners for the project included the Vale of Glamorgan Council, Menter Bro Morgannwg an organisation engaged in developing welsh language opportunities in the Vale, and the Royston Smith Herbarium through National Museum Wales.

Sessions with GCSE pupils in the school began in February, pre-lockdown and consisted of a number of interlocking themes focussing on Barry's rich history and as a centre of wellbeing. For example, pupils designed postcards related to Barry's Seaside as a popular holiday destination, its old buildings within the town centre, and to Barry Docks. Pupils created concertina sketchbooks, and original artworks related to the Royston Smith herbarium; a fascinating resident of Barry, Royston Smith discovered unusual flora in Barry Docks, which had been transported to Wales via shipping lanes from far-flung places, and collected, researched and documented the flora's medicinal properties.

Haf said "We were excited about the way in which community organisations in Barry and the Vale of Glamorgan worked together in support of this rich and fascinating arts project, and although it is currently paused, we are exploring how the project might be delivered virtually, and this is an exciting opportunity."

This new artwork can be viewed at the art exhibition area.



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Christmas Update



Ruth Bradshaw - The joy of music on the Sam Davies Ward Barry Hospital - music, health and wellbeing sessions for the Sam Davies Ward have continued to be funded by the Health Charity as part of the Arts for Health and Wellbeing programme

Many of the patients on the ward suffer from dementia. Since 2017 Ruth has continued to bring the pleasure of singing reminiscence songs to hundreds of patients on the ward with weekly music sessions. There's been numerous studies citing the positive effects music has on people, not only is it a fun activity that connects people but it can reduce stress levels, lower perception of pain and reduce symptoms of depression. Music has been shown to improve the mood, memory and overall quality of life in people with dementia.

Since the pandemic Ruth has adapted the music sessions which she now facilitates virtually. Patients use hand held percussion instruments to join in with the music she plays on different instruments and they are also encouraged to do some gentle movement exercises to music. The staff on the Sam Davies Ward work tirelessly to ensure the wellbeing of all the patients, and Ruth has said that it is a real privilege to come onto the ward either physically or virtually every week to see not only the patients but the dedicated staff.



Update on current services - Barry Minor Injuries Department - the Standard Operational procedure (SOP) for BMIU, states at this time we don't see hips, back, and chests, but this may change in the near future.

All appointments are to be made Via Cav24/7 - Tel: 03001020247 where the patient will be directed to the appropriate service (GP, Dentist, Pharmacy, Physio). There is scope to see x2 Emergency patients per hour, this will be done on merit. BMIU will be working x3 practitioners very soon. For any eye queries, the Vale Eye Clinic is open at Highlight Park Surgery 01446 484114 9am-1pm Monday to Friday - www.valeeyecare.com

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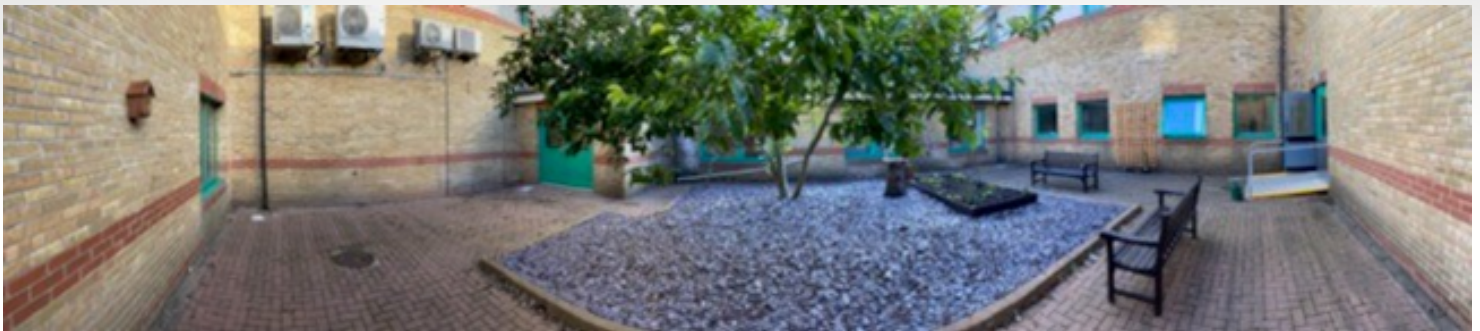


Christmas Update



Keep Wales Tidy - during October and with the help of Wales Probation Services' Community Payback Team, a new Wildlife Garden from Keep Wales Tidy has been created in the internal courtyard garden next to the Mary Lennox Community Room. Cardiff & Vale Health Charity was awarded the Wildlife garden package as part of their 'Local Places for Nature' scheme (made possible by Welsh Government funding) to install at Barry Hospital.

Staff, patients and local community groups that use facilities at Barry Hospital will now have access to a relaxing outdoor environment which will hopefully provide a haven for local wildlife in the middle of a busy hospital setting, and will be a much-used space in the coming months. If any staff based at Barry Hospital could help to maintain this area and water the plants please get in touch.



New Flooring - as a final piece of the Charitable Funds First Impressions Bid, during November, Capital, Estates and Facilities team were able to complete the new flooring in the waiting room and corridor area next to the main entrance. This is the last installation marking the end of nearly 12 months of changes and upgrades at Barry Hospital, and we hope you agree that the 'First Impressions' of Barry Hospital really are much improved.

Water Station - since installation in June 2020 over 3000 refills have been recorded on the bottle filling water station. Hopefully the gift of the re-usable anniversary water bottles has enabled more staff to 'refill' on a regular basis.

Congratulations to Linda Edwards and the whole team from Sam Davies Ward on gaining Advanced Accreditation from the Carers Trust South East Wales. This is a fabulous achievement and well-deserved recognition for the considerate and caring way in which you look after your patients and their carers. Very well done to you all.

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