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St. David's Hospital Newsletter - January 2021

Here's the latest news from St. David's Hospital. If you'd like to contribute an article, please email: sue.dickson-davies2@wales.nhs.uk for inclusion in the April 2021 edition.



Let's start the New Year with a message from Charles Janczewski Chair of Cardiff and Vale University Health Board.

2020 was a very unusual and challenging year for us all with the pandemic impacting upon 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 in St David's 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. Thank you all for your wonderful work and tireless endeavour, and as we start another challenging year ahead, may I wish you and your families a very happy, prosperous and healthy New Year.

With very best wishes, Jan.



There will be some exciting new art projects for January/February at St. David's Hospital. Working alongside Marion Cheung, Visual Artist and Mental Health Matters, the team will be delivering storytelling arts project that blends handmade craft with digital.

This project will work across two sites, St. David's Hospital and the Harmony Suite at UHW, primarily working with elderly patients remotely.

Marion will provide training to the MHM team and support staff in digital and craft-based activities, using materials and processes appropriate for each individual to meet their needs and abilities, whilst also inspiring them with new activities. Check out the next newsletter to see the results of this lovely project.



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Here's an update from the Mental Health Matters Team at St. David's Hospital

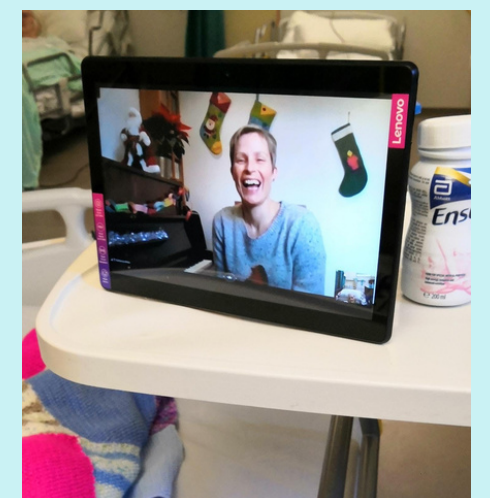
During the most challenging of times the MHM Wales Well-Being Activity Team have been privileged to work alongside some amazing staff in SDH who have never failed to inspire. We have adapted to the restrictions and changes while continuing to support the delivery of therapeutic activities across all wards. There have been some fantastic opportunities for befriending, fun and engaging with families online.

Halloween and Christmas featured some of our greatest highlights. We were entertained with courtyard performances from the wonderful talents of the Forget-me-Not Chorus twice which captured the hearts and minds of patients as they joined in with popular songs!

We have thoroughly enjoyed welcoming weekly performances from the musical talents of The Welsh National Opera and the musicians of Harmoni Cymru. With its continuing success there was festive joy on the wards in December with "Christmas Concerts" from both!! Patients loved the Christmas singalong and joined in with their old favourites accompanied by games of Musical Bingo and an artificial snowball fight to finish! It was wonderful to see how quickly the patients adapted to the live Zoom performances hosted weekly.

With patients having to remain on their wards and at their bedside we have continued to support mobility and physical activity with small group balloon tennis and the fantastic weekly addition of Rubicon Dance delivering an online Zoom session enjoyed by men and women across the wards.

The virtual sessions from partner organisations Welsh National Opera, Harmoni Cymru and Forget-me-Not Chorus were initiated and supported by the Arts programme, part of Cardiff & Vale Health Charity.



The connecting of families with their loved ones has been a priority, arranging and facilitating Zoom calls and providing the opportunity to celebrate significant dates and anniversaries or simply tell one another how much they are loved.



There has been laughter and tears and even long distance connections made with France, Germany, the USA and Australia!

Finally, we finished the festivities of Christmas with Christmas films, singing, activity packs and craft times which ensured decorations at every bedside, card making, advent calendars, personalised placemats and even chocolate making and hand crafted gift boxes. Christmas is never complete without a visit from Santa's Elf! Patients were delighted with the arrival of a cheeky MHM Wales elf bearing gift bags for every patient to ensure we ended 2020 celebrating and looking forward to a brighter 2021!



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You might have seen in the last newsletter that the CAMHS service received funds from the Health Charity to improve their operating environment to benefit service users and their families. A lot of work has progressed between now and then, and the project has now been completed. Lindsay Lowe, Care Group Administrative/ Operational Manager, Children, Young People & Family Health Directorate has been leading on the project and working alongside young people from Cardiff Youth Council and CAV Youth Board (CAVHYB)

Lindsay said: "As you can see from the before and after pictures the waiting area and clinic rooms within the CAMHS service have seen a dramatic improvement thanks to the support of the Health Charity.

Before:

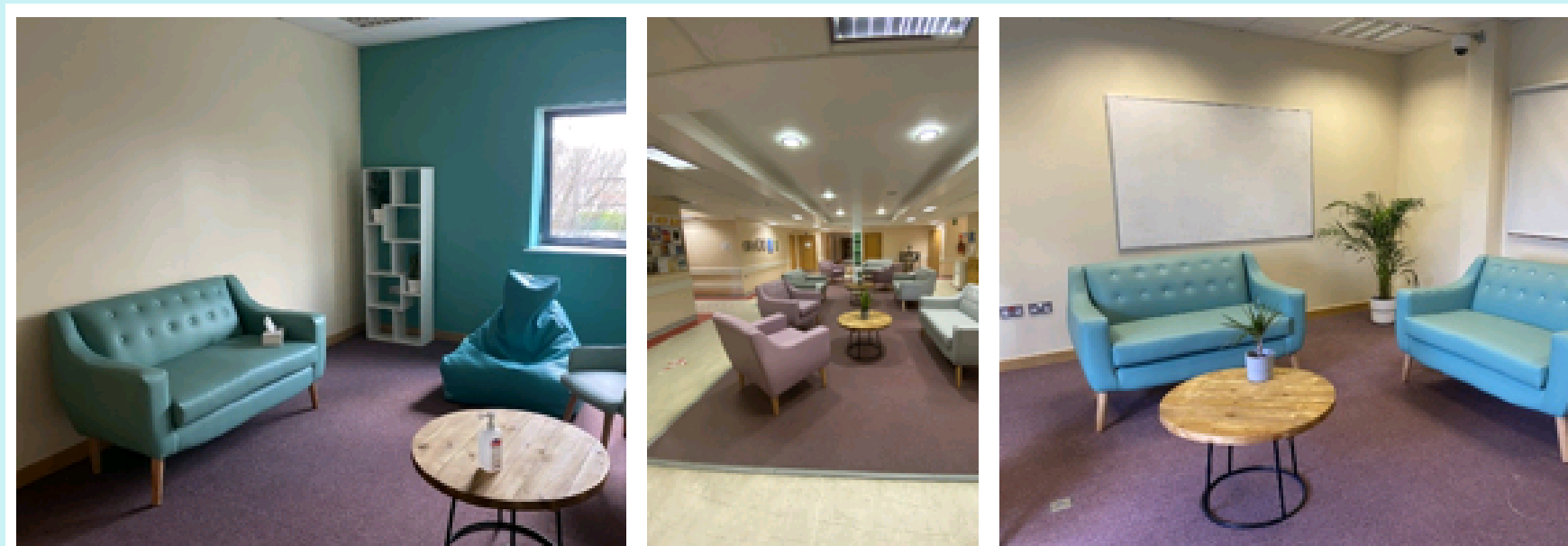


"We worked with young people from Cardiff Youth Council and CAVHYB who shared their feedback on what they thought the areas should look like and designed the areas to meet those needs.

"The previous furnishings did not provide service users and their families with a relaxed, comfortable, safe environment which is important for the type of care required.

"The overall experience with our service is a really important part of the recovery journey and if service users do not feel comfortable in their environment, they may not feel comfortable to truly open up about the issues they are experiencing.

After:



"The new furniture, painted walls and potted plants now provide a relaxed, modern theme that is more appealing and relevant to the age of services users which has been expressed in the amazing feedback received. Staff are also delighted with their new and improved clinic rooms. We would like to thank the Health Charity and all those who have supported and helped us achieve this amazing transformation." The improvements are ongoing with a new water station being installed in January, and the team are still awaiting Info screens, TVs and Ipads.



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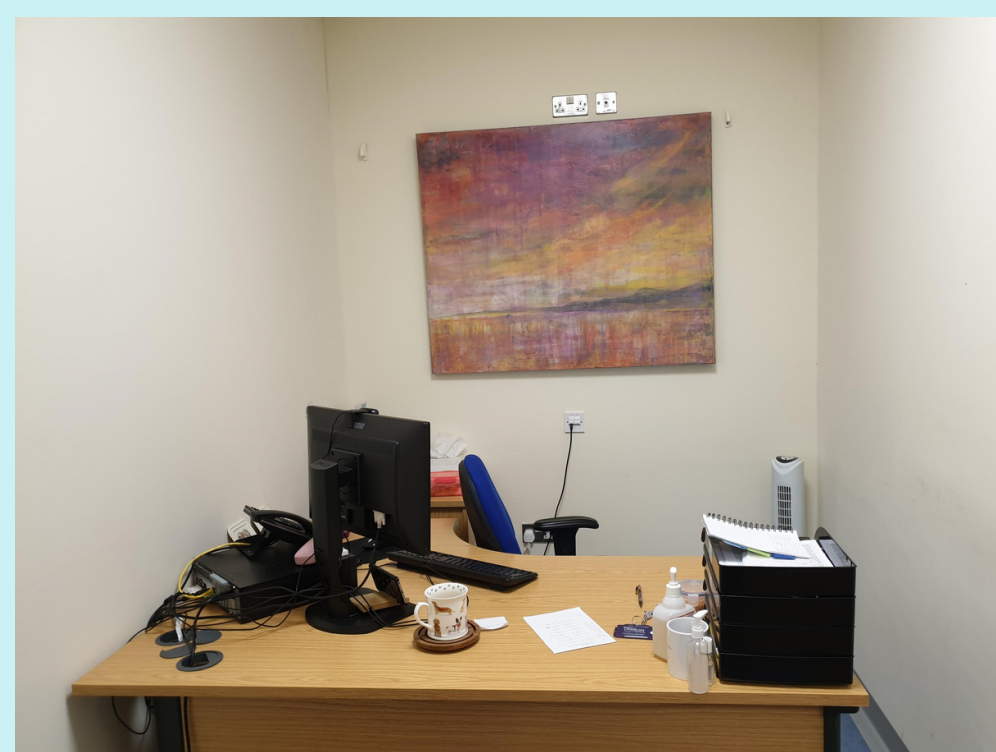
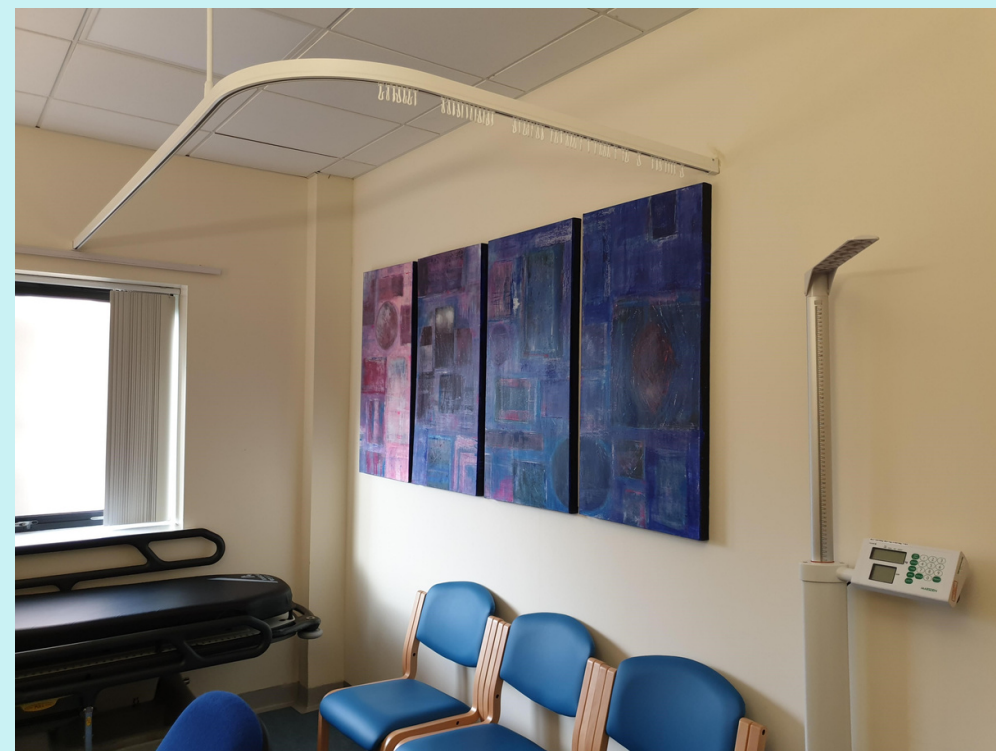
The 20th November marked Transgender Day of Remembrance, an annual memorial dedicated to the individuals who lost their lives due to transphobia. The aim of this day of memorial is to draw attention to the abuse and violence that is still carried out towards many people who are transgender today.

Cardiff & Vale Health Charity and Arts wanted to help make the newly established Wales Gender Service at St David's Hospital, feel like a welcoming safe space for its users whilst addressing issues of stigma and discrimination.

Working with the clinical team and members of the transgender community, a number of artists were commissioned to create a range of art, which includes paintings by artist Clare Williams, a sculpture for the unit's garden by Gideon Petersen and an illustrated mural by Miles Brayford.

The Health Charity is proud to contribute towards the positive health and wellbeing of the patients and staff of the Wales Gender Service and support Transgender Day of Remembrance.

If you'd like to make a donation to support the Arts programme within Cardiff & Vale Health Charity please visit: <https://www.justgiving.com/campaign/artsforhealthandwellbeing>





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Hoping to spread some much needed Christmas Cheer, the Health Charity funded the purchase of a new Christmas Tree for St. David's Hospital. The decorations for this tree were very kindly donated by the team at Asda in Leckwith who were delighted to support their local hospital. We hope you agree it looked really festive, Santa seemed to approve!



Water stations update, the enabling works have now been progressed and the two water stations planned for the main Atrium at St. David's Hospital and the CAMHS Service area will be installed by mid January. During the current covid restrictions, please use these machines safely and responsibly, and we look forward to sharing information on the main Atrium machine with Refill Cymru for use by the local community when it is safe to do so.



Health Charity Face Masks, you may have seen the limited edition Health Charity Diolch face masks being advertised via our social media, Staff Connects and Charity Ambassador channels prior to Christmas.

There is now a supply of these face masks, which are made from smart antibacterial fabric, available in the St. David's Restaurant area at a cost of £5 each.

Should you require any further information about these masks or to find other Health Charity merchandise available, please contact the Health Charity on fundraising.cav@wales.nhs.uk, or to order additional masks, please follow this link <https://healthcharity.wales/events/diolch-nhs-face-masks/>



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Bike Health Checks – working with local charity Cardiff Pedal Power, and funded by Cardiff & Vale Health Charity, we will be offering Bike Health Check sessions at St. David's Hospital and some of our other hospital sites in the near future.

In the first instance, this will be a four hour morning or afternoon session on site to provide half hour slots to carry out safety checks on bikes and carry out minor repairs on site. The team would have a mobile stand and tools with them and will have Covid precautions in place.

If they find your bike needs a larger repair the team can then advise you on what's needed and you will have the opportunity to book your bike in with either Cardiff Pedal Power at their Pontcanna site or if you happen to use a local bike shop you can be armed with the information on what repairs are needed. We will keep you updated on the progress of this scheme, and would urge anyone with a bike to take this opportunity to make sure you have a 'healthy' bike!

Support Cardiff & Vale Health Charity - Over the past 12 months, Cardiff & Vale Health Charity has been working hard to improve and enhance the facilities available at St. David's Hospital. There are so many ways you can easily get involved and support Cardiff & Vale Health Charity with a host of virtual events, which in turn will support you, your colleagues, your patients and any visitors to our hospital and community sites.

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

- Sign up for our Staff Lottery – money raised will benefit both staff and patients and will give you the chance to win £1,000 on each weekly draw, plus two Super Draws every year!
<https://healthcharity.wales/hospital-staff/staff-lottery/>
- In for a Penny – a payroll giving scheme where you literally donate pennies every month.
https://healthcharity.wales/app/uploads/2020/01/Registration-Form_In-For-a-Penny.pdf
- 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





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Why not sign up for a 2021 challenge 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

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



100 days
500 miles
1 million steps



Cardiff & Vale
Health Charity
1 million step challenge
coming soon.....



A celebration
of movement
and wellbeing

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