



# Barry Hospital Update - March 2021

**There's more to Barry.....**Cardiff & Vale Health Charity's Arts for Health and Wellbeing Team were delighted to commission artist Haf Weighton to work with pupils at local school Ysgol Bro Morgannwg on an art project entitled 'There's more to Barry' which explored the rich history of Barry Town.

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 from the school began pre-lockdown in February 2020, and consisted of a number of interlocking themes focussing on Barry's history and also Barry as a centre for wellbeing.



Pupils designed postcards related to Barry's Seaside as a popular holiday destination, its old buildings within the town centre, and also Barry Docks. Pupils also 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.

The artwork created by pupils in collaboration with Haf Weighton is proudly displayed on the walls of the main corridor at Barry Hospital.

You can find out more by watching this video: <https://youtu.be/mP0XVg72fTg>

To find out more about Arts for Health and Wellbeing please visit: [www.cardiffandvale.art](http://www.cardiffandvale.art)

In addition to this exhibition, the Arts for Health and Wellbeing Team have planned a forthcoming Spring Exhibition of artwork created by members of Cowbridge Arts Society. We look forward to sharing this in future editions of Barry Hospital Newsletter.

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

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**Fruitful Office** - Cardiff & Vale Health Charity received a generous donation of fruit boxes from Fruitful Office. Whilst working from home, some of their clients donated their weekly office fruit deliveries to frontline workers including NHS staff. Some of these boxes have been shared with staff at Barry Hospital, where it was gratefully received.



**History Project – Celebrating 25 Years of Barry Hospital** - The planned history project for the anniversary of Barry Hospital was suspended in March 2020, however this will continue as soon as it is safe to do so.

Much of the work has already been completed, but to continue this project, Branwen will visit the archives and follow up the contacts made at Barry Hospital to review the photographs in the collection. This is a very special project, and we look forward to progressing this as soon as we are able.



**Post Room** - From mid-February, work will commence on the old pharmacy room where the photocopier and post is currently located. Both the post and photocopier will now be housed in the old WRVS shop area which in time will become the new reception area for Barry Hospital. The new code for the WRVS shop has been circulated to staff – please check with your manager if access is required.

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**Update on current services - Barry Minor Injuries Department** - The Standard Operational procedure (SOP) for Barry Minor Injuries Unit (BMIU), states that at this time staff cannot review patients for problems with their hips, back and chests, but this may change in the near future.

All BMIU appointments are to be made Via CAV 24/7 - Tel: 03001020247 where the patient will be directed to the appropriate service (GP, Dentist, Pharmacy, Physio). There is scope to see two Emergency patients per hour, the appointments will be made on assessment of need.

BMIU are trailing three Nurse Practitioners and a Physio Practitioner and they are hoping to expand the service of CAV 24/7. At this time, the operating hours are from 0830-1630.

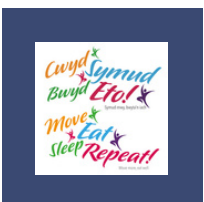
For any eye queries, the Vale Eye Clinic is open at Highlight Park Surgery 01446 484114 from 9am-1pm Monday to Friday - [www.valeeyecare.com](http://www.valeeyecare.com)



**Children's Phlebotomy** - Following support from the Health Charity as part of the First Impressions project, the Children's Phlebotomy area opened at Barry Hospital in August 2019. The service was suspended due to Covid in March 2020 and hasn't resumed yet due to on-going staffing pressures and the restrictions.

However, we have been advised that the room, including the wall mural, was a great hit with the paediatric patients and their parents/guardians.

In the meantime, adult phlebotomy at Barry Hospital has moved to an appointment-only service with a total of 630 appointment slots from a Monday-Friday, with each day being fully booked. Work will commence this month to enable this service to move to the new area just off the waiting room, linked to the refurbished paediatric bleeding room.



**Water Station** - Nearly 5000 refills have now been recorded on the bottle filling water station at Barry Hospital. Keep re-usable bottles handy and keep hydrated! Dr Suzanne Wood, Consultant in Public Health Medicine said:

"Promoting healthy hydration is a key priority of our partnership plan to support people across Cardiff and the Vale to move more and eat well. Staying hydrated is important to keep our bodies healthy and water is a great choice for hydration as its free, calorie free and kind to your teeth."

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

These face masks, made from smart antibacterial fabric, are available at a cost of £5 each.

Should you wish to purchase one of these masks or any other Health Charity merchandise, please contact the Health Charity on [fundraising.cav@wales.nhs.uk](mailto:fundraising.cav@wales.nhs.uk), or to order masks online, please follow this link <https://healthcharity.wales/events/diolch-nhs-face-masks/>



**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 Barry 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 ½ hour slots to carry out a safety check on your bikes and carry out some minor repairs on site.

The team would have a mobile stand and tools with them and will have COVID precautions in place.

If it's a bigger repair the team can then advise on what's needed and you will have the opportunity to book your bikes 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 bikes to take this opportunity to make sure you have a 'healthy' bike!

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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 Barry Hospital. There are so many ways you can easily get involved and support Cardiff & Vale Health Charity with our 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 SuperDraws every year! <https://healthcharity.wales/hospital-staff/staff-lottery/>
- **In for a Penny** – a payroll giving scheme by literally donating pennies every month. <https://healthcharity.wales/app/uploads/2020/01/IN-FOR-A-PENNY-FINAL-JUNE-2019-Fillable-002.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](http://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](http://www.healthcharity.wales)



## SUPERDRAW ALERT



Sign up to our **£5,000** SuperDraw taking place on Friday 25th June 2021.

One lucky lottery member will win £5,000 in addition to four £1,000 winners.

Sign up by May 31st 2021 to be in with a chance of winning.



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Why not sign up for a 2021 challenge with us and raise money for your ward, department or local hospital.

**Virtual Easter Balloon Race**  
Raising money for the Breast Centre Appeal

An eco-friendly event - buy, create and name your virtual balloon.  
When launched and using real weather data you can track your virtual balloon 24/7.

Easter Race from Jerusalem Old City - Launches on Easter Sunday, 4<sup>th</sup> April 2021 for 7 days  
Just £3 per balloon with some fabulous prizes to be won.  
All funds raised will support the Breast Centre Appeal

Scan the QR code to sign up, or contact us on [fundraising.cav@wales.nhs.uk](mailto:fundraising.cav@wales.nhs.uk) for further information

## Commit to a fit 2021!

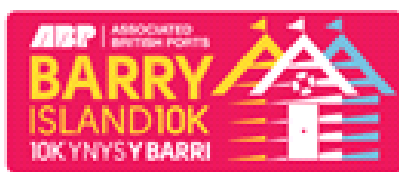
Cardiff & Vale Health Charity has a number of spaces available for the Cardiff Bay Run, Barry Island 10k and Cardiff Half Marathon in 2021. Why not set yourself a challenge!

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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