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St David's Hospital Newsletter - April 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 next edition.

Working with local charity Cardiff Pedal Power, and funded by Cardiff & Vale Health Charity, FREE Bike Health Check sessions will be taking place for Cardiff and Vale UHB staff at St David's Hospital and some other hospital sites starting in April 2021.

Does your bike need some attention and a bit of TLC?

Working with Pedal Power, Cardiff & Vale Health Charity are funding a series of **FREE Bike Health Check** sessions for Cardiff and Vale UHB staff, helping you get back on your bike and out in the fresh air!

Mobile stand with 8 x 1/2 hour slots available for a safety check on each bike.

Minor repairs carried out on site, or advice if larger repairs are needed.

To book your slot, please visit:
healthcharity.wales/events/
And select your location.

Dates of each session:

Thursday 22nd April
12 – 4pm: St David's Hospital

Thursday 29th April
12 – 4pm: Barry Hospital

Thursday 6th May
12 – 4pm: University Hospital Llandough

Thursday 13th May
12 – 4pm: CRI



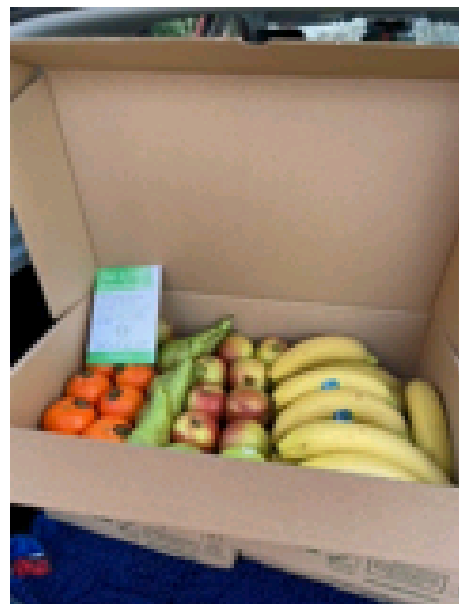




www.healthcharity.wales

  **#TeamHealthCharity**
Find us @health_oharity

The Bike Health Check session on Thursday 22nd April 2021 at St David's Hospital is now fully booked, please email sue.dickson-davies2@wales.nhs.uk for further availability.



Fruitful Office - Cardiff & Vale Health Charity received a very generous donation of fruit boxes from Fruitful Office.

While working from home, some of their clients have donated their weekly office fruit deliveries to frontline workers including NHS staff. Some of these boxes have been shared with the staff at St David's Hospital, where it was gratefully received.



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St. David's Hospital Newsletter - April 2021



Threads of Memory – The Arts for Health and Wellbeing team within Cardiff & Vale Health Charity were delighted to commission artist Marion Cheung to deliver a series of interactive digital and craft sessions to both staff and patients at St. David’s Hospital with the help of Mental Health Matters.

The project, Threads of Memory - The Spaces Between Us, looked at innovative ways of working with craft materials, storyboards, poems and digital circuit boards to record creative responses, memories and stories. The project offered new perspectives and new ways of working for both staff and patients and was thoroughly enjoyed by everyone who took part and inspired some amazing artwork.

Claire Davies – Well-being Activity Co-ordinator with Mental Health Matters said: “We were privileged to work in partnership with art students and artist Marion Cheung to launch two art projects, including talking story boards! Of course we can't forget to mention the continuing partnership with WNO and Harmoni Cymru who have entertained with music therapy. The patients love an opportunity for a singalong and dance!

“The MHM Wales Wellbeing Team has welcomed three new members of staff to the team - Sally, Marie and Matthew, which means we have a full team for the new year.



“We’ve been making the most of every opportunity, such as making Chinese dragons, love spoons, writing limericks, making daffodils and of course marking Mother's Day.

“We celebrated International Women's Day with inspiring stories, pampering and gifts for all our ladies! We've been watching comedy classics like Tommy Cooper and Carry On films for Comic Relief. Crafts made way for Spring, brightening bedsides with garden displays.”

Find out more about new initiatives coming soon to St David’s Hospital in the next newsletter.



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St. David's Hospital Newsletter - April 2021



Cyngor Celfyddydau Cymru
Arts Council of Wales



HARP (Health, Arts, Research, People) Nourish Programme - an innovation and research partnership between Arts Council of Wales and Y Lab (Cardiff University and Nesta).

The Arts for Health and Wellbeing Team recently submitted a successful bid in partnership with Forget Me Not Chorus to the HARP Nourish programme to enhance the current arts programme at St David's Hospital.

As a result of the HARP Nourish Programme there is a grant of £21,500 for the Digital Threads: Weaving Lives Together Through Song project. This funding has been made possible by the Arts Council of Wales.

The project team are now involved in discussions on how best to progress participating in the HARP Nourish programme, and are looking forward to following the success of the project.



Children's Centre Charitable Funds Bid - Following on from the successful upgrade project at the Child and Adolescent Mental Health Service, Cardiff & Vale Health Charity Charitable Funds Committee has approved a bid to replace the flooring and furniture at The Children, Young People and Family Health Services area at St David's Hospital.

The Children, Young People & Family Health Service promotes and supports a healthy start in life for children, young people and their families as they grow and develop. The aim is to ensure that all children and young people are able to reach their full potential and be physically and emotionally healthy.

In line with Covid-19 guidance for public and work spaces, as well as advice received from the UHB Infection, Prevention and Control team there was a requirement for a number of amendments and improvements to be made to St David's Children Centre in order for services for children and young people to resume and operate safely from the building. As part of their commitment to delivering high quality care, the team wanted to ensure that the experience of coming into the centre is as positive, inviting and safe as possible for children, young people and their families.

Look out for an update on this project in the next edition of the St David's Newsletter.



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St. David's Hospital Newsletter - April 2021



A new menu will soon be launching in the St David's Hospital Restaurant. The new menu will cover a two-week period. Menu 1 will be served from 19th April and Menu 2 will be served from 26th April. In addition to the new menu, a healthy fruit salad will be served every day.

New prices will be introduced for employees and visitors from 19th April. More information will soon be available on the Health Board's website.



Two new water Refill stations – As part of an ongoing project funded by Cardiff & Vale Health Charity, two new water refill stations have been installed at St. David's Hospital for patients, visitors and staff to fill up their reusable water bottles for free.

These new units are located in the main atrium of the hospital, and within the Child and Adolescent Mental Health Services area.

Read more about this here: <https://healthcharity.wales/drinking-water-bottle-refill-scheme-launches-at-st-davids-hospital/>

Keep your reusable 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."



Health Charity Face Masks – The ever-popular Health Charity Diolch NHS face masks have been advertised on social media, Staff Connects and Charity Ambassador channels prior to Christmas. These face masks, made from smart antibacterial fabric, are available in the St David's Restaurant area at a cost of £5 each.

For more information, 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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St. David's Hospital Newsletter - April 2021



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.

- 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/>



SUPERMEGADRAW ALERT!!!

Sign up for the **£21,000** SuperMegaDraw which is taking place on 26th November 2021. To be eligible to be in with a chance of winning you must sign up to the Staff Lottery by 29th October 2021.

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




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.



- 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

The Big NHS Jump September 2021

Cardiff & Vale Health Charity is partnering with Skyline to launch a campaign encouraging people to give thanks to our incredible NHS by taking on the ultimate adrenaline rush in support of Cardiff & Vale Health Charity.

Email: fundraising.cav@wales.nhs.uk for more information



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