



SUPPORTING STAFF WELLBEING REPORT 2020-21



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Introduction

As a result of COVID-19, it has never been more important to safeguard the emotional and physical health and wellbeing of staff throughout Cardiff and Vale University Health Board. The following report highlights some examples of how Cardiff & Vale Health Charity, including the Staff Lottery Bids Panel, have supported staff wellbeing through generous donations received between April 2020 and March 2021.

The report particularly focusses on how monies were spent to support the emotional and physical health and wellbeing of staff throughout Cardiff and Vale University Health Board. Due to the volume of funding applications made by staff members, this report is just a snap shot in time of the many and varied ways the Health Charity has spent monies received. This report also provides Cardiff & Vale Health Charity and Cardiff and Vale University Health Board another opportunity to say a huge thank you to the generous businesses, organisations and members of the public who have done so much to support NHS staff during these unprecedented times.

The Health Charity receives ongoing support from NHS Charities Together which is the overarching charity that represents, supports and champions each individual NHS Charity in the UK. £150 million was raised for NHS Charities Together in 2020 which has been distributed to all 220 members of the network in various ways. A proportion of these funds have been provided to specifically help those who were disproportionately affected by COVID-19. Further funds are being applied for from NHS Charities Together to support numerous projects around the Health Board, helping to relieve pressure on NHS staff and services and aid with the recovery of the NHS in the long term.

The Health Charity is incredibly grateful for all the support shown during such a challenging time and will look to raise more funds for the benefit of all at Cardiff and Vale University Health Board.

To find out more about how Cardiff & Vale Health Charity has spent monies through fundraising activities and support shown during the COVID-19 pandemic, please read the COVID-19 Expenditure Report and COVID-19 Fundraising Report. Thank you.





Cardiff & Vale Health Charity manages the Staff Lottery which gives Cardiff and Vale University Health Board staff the chance to win £1,000 every week plus FREE entry into the Health Charity's MegaDraw and SuperDraw which takes place twice a year.

The Staff Lottery gives staff the opportunity to apply for funding via the Health Charity's Staff Lottery Fast Track Scheme and from the Staff Lottery Bids Panel, which has recently awarded grants of over £1.5 million to support numerous projects across the Cardiff and Vale University Health Board.

The examples below detail how monies have been spent by the Staff Lottery Bids Panel to aid in improving the physical and mental wellbeing of Cardiff and Vale University Health Board staff.

Mask exempt identification lanyards for staff

Cardiff and Vale University Health Board recognises that there are staff within the organisation who have disabilities or health conditions, sometimes hidden, which prevents them from being able to wear masks in line with Welsh Government guidelines. As a result, staff members who are not able to wear masks have been challenged by other staff members and members of the public, including patients, about not wearing a mask.

Funding, requested by the Workforce and Organisational Development Department, was given to provide approximately 220-250 staff members with lanyards, identifying that they are not required to wear a mask in non-PPE required areas. This visible identifier, decorated with a sunflower emblem, has enabled staff to feel more confident whilst at work, reducing anxiety about being challenged and improving both job satisfaction and productivity as a result. Having these lanyards has also provided reassurance to both staff and patients which has significantly aided in improving the health and wellbeing of both the wearer and those around them.



Refill Water Station for Staff Haven, University Hospital of Wales

Funding was provided to install a freestanding, mains supplied, chilled water refill station within the University Hospital of Wales Staff Haven located within the Lakeside Wing. Machines of this type have already been installed at Barry Hospital and St David's Hospital, both of which have been well received. Installing this machine provides a sustainable addition to the Staff Haven by helping reduce the use of single use plastic which further supports the Wellbeing of Future Generations Act by aiding in making a more Prosperous, Resilient and Healthier Wales. The machine also positively contributes to staff wellbeing and productivity, job satisfaction and as a result better and more efficient patient care. This will also help improve the physical and mental health and wellbeing of both staff and patients as a result.



Secure Staff Bicycle Compound - University Hospital Llandough

The University Hospital Llandough was given funding to install a new secure staff bicycle compound to replace the old facilities at the rear of the site. Providing an improved storage facility for bikes ensures that bikes remain safe and secure during work hours and encourages active and sustainable travel. This also helps to reduce parking issues and air emissions whilst also improving staff physical and mental health and wellbeing. The additions therefore work in line with the with Wellbeing of Future Generations Act's goals of creating a more 'Resilient, Healthier and Globally Responsive Wales'.

Staff Area Resources

Funding has been given to improve several staff areas which were in need of updating and renovation. New and improved furniture and kitchen appliances were also provided. These updates within staff areas have had a really positive impact on the physical and mental health of staff and will therefore help improve patient care as a result.

Departments benefitting from these updates include the Cardiff and Vale Orthopaedic Centre, Mental Health Service for Older People, the Rhydlafer Unit at St David's Hospital, Pentwyn Health Centre, Ward West One and the OSCAR Dental Team at the University Hospital Llandough, Community Child Health, Ash Ward within Hafan Y Coed, Designed to Smile based in Treforest, Physiotherapy and Paediatric Physiotherapy Departments, Ophthalmology Directorate and Ward C7 and the Dental Sterilisation and Disinfection Unit at the University Hospital of Wales.



Improving Staff Kitchen and Rest Environments (Clinical Diagnostics & Therapeutics Clinical Board)

The Staff Lottery Bids Panel provided funding to refurbish the staff room within the main Physiotherapy Department at University Hospital of Llandough, removing existing flooring, ceiling and furniture and updated with new, easy to clean replacements. Enabling this refurbishment has modernised the old and tired staff room, facilitating more room within the existing floor space allowing the area to attract and accommodate both new and existing staff. This also demonstrates that Cardiff and Vale University Health Board cares for its staff members, providing a pleasant environment for staff and one in which they can take pride in. This also positively contributes to staff wellbeing and productivity, job satisfaction and as a result better and more efficient patient care.

Three Tier staff lockers (Clinical Diagnostics & Therapeutics Clinical Board)

The Occupational Therapy Department, recently relocated to St David's Hospital from Rookwood Hospital, were provided with lockers for staff to use to store their personal belongings during working hours.

The lockers greatly enhanced the previous working facilities and therapy environment by creating sufficient storage space for the staff to securely and safely store their personal items. This decluttered the existing space, increasing safety and security whilst also freeing up space where belongings were previously stored, making the assessment therapy area accessible to patients. It is hoped this will also help improve the physical and mental health and wellbeing of both staff and patients as a result.

Medical Emergency Assessment Unit (MEAU) Staff Room Furniture Upgrade (Medicine Clinical Board)

The staff room within the MEAU at the University Hospital Llandough was provided with new and updated furniture to replace the old existing furniture, which modernised the old and tired staff room. This also demonstrates that Cardiff and Vale University Health Board cares for its staff members, providing a pleasant environment for staff and one in which they can take pride in. It may also positively contribute to staff wellbeing and productivity, job satisfaction and as a result better and more efficient patient care.

Staff Recognition Awards (Medicine Clinical Board)

The Medicine Clinical Board (MCB) hosted a Staff Recognition Award event to thank their staff for their valuable contributions. With 2020 being a particularly challenging year, the Clinical Board wished to acknowledge the hard work of their staff and recognise individuals who shone and made a difference.

Funding was given to provide the winners and runner ups of each of the Awards 11 categories with trophies as well as thank you prizes whilst also enabling the Clinical Board to provide refreshments for the event. The event helped to show appreciation for the hard work and diligence that staff have shown throughout the year, also aiding in improving job satisfaction and better patient care as a result.



Cardiff and Vale Recovery and Wellbeing College Tutors & Resources (Mental Health Clinical Board)

Cardiff and Vale Recovery and Wellbeing College based in Whitchurch is the first Recovery College to be led by a Peer Lead and are committed to employing staff with lived experiences of mental health challenges.



Cardiff and Vale
**Recovery &
Wellbeing College**

Learning music and in particular learning to sing, has been found to be effective in enabling people to learn transferable skills and strategies such as breath work and emotional regulation that can aid in improving their mental health and wellbeing. Doing activities in groups also helps build social skills, confidence and self-esteem.

Funding was provided to commission an Associate Peer Trainer and a professional singer with experience in delivering courses to people with mental health challenges, to create a co-produced course for the college's students and staff. The college did not have the required expertise to deliver a course in singing for wellbeing whereas, the singer they had selected had previous experience, having worked with people with dementia and patients recovering from strokes.

Funding provided by the Staff Lottery Bids Panel also enabled two tutors to co-produce and deliver mental health and wellbeing courses for staff, carers and services users within the Recovery College. Further funding was given to provide the department with art materials to be sent to students, enabling remote participation during the COVID-19 pandemic. The tutors, who have lived experience of mental health challenges and are each paired with a health professional, deliver two courses that users can access remotely either at the hospital or from home.

These projects are a sign of the Cardiff and Vale University Health Board's commitment to engaging, collaborating with, listening to and co-producing with people with lived experiences of mental health services and their carers. The department hoped to improve the wellbeing of its staff, carers and service users through enhanced educational opportunities, enabling participants to learn new skills and knowledge that can be applied to their own recovery as well as others. This will also help improve the physical and mental health and wellbeing of both staff and patients as a result.

Due to restrictions surrounding the COVID-19 pandemic, these projects have been put on hold until it is both safe and appropriate to implement the projects in accordance with the most up to date guidelines set out by both the Welsh Government and Public Health Wales.

Stand-up Comedy Skills Tutoring (Mental Health Clinical Board)

Funding was provided to enable both clients and staff of the Service for High-Risk Eating Disorders service to attend tutoring sessions in comedy skills as a tool for recovery. Dave Chowner, a professional stand-up comedian, recovered from an eating disorder and now delivers the online programme for people with eating disorders to help them in their recovery.

The sessions provide clients with an opportunity to build their confidence, assertiveness, social identity and outlook towards recovery as well as improving their own physical and mental health and wellbeing. The sessions also provide staff with an excellent way to manage stress and improve communication. This may also positively contribute to staff wellbeing and productivity and job satisfaction as a result.



Riverside Health Centre Staff Haven - Kitchen Upgrade

(Primary, Community and Intermediate Care Clinical Board)

The Community Dental Service at Riverside Health Centre was provided with several electrical white goods such as fridges, microwave, kettle and toaster as well as cutlery and crockery for their new staff kitchen. A leaking roof previously damaged many rooms including the staff room, kitchen and stock room which resulted in many items being lost.

Replacing these items demonstrates that Cardiff and Vale University Health Board cares for its staff members, providing a pleasant environment for staff and one in which they can take pride in. This also positively contributes to staff wellbeing and productivity, job satisfaction and as a result better and more efficient patient care.

University Hospital Llandough Reflection Garden with Memorial Benches

(Surgery Clinical Board)

In recent years, the Operating Department at the University Hospital Llandough has sadly lost a number of colleagues who have passed away from various causes. Following these devastating losses, the department wanted to commemorate their friends and colleagues by transforming the small courtyard area in the centre of the Day Surgery Unit.

Four memorial benches made from recycled materials were provided by the Staff Lottery Bids Panel to be placed within the Day Surgery Unit courtyard. Completing this garden provided staff members with an area where they can take time to reflect and remember their lost colleagues as well as destress from the day-to-day pressures of working in a highly stressful environment. The area also positively contributes to staff wellbeing and productivity by highlighting their importance to the department and recognises the hard work and dedication of all staff both past and present. This also positively contributes to staff wellbeing and productivity, job satisfaction and as a result better and more efficient patient care.



University Hospital Llandough Staff Haven - Kitchen Upgrade (Surgery Clinical Board)

Funding was provided to refurbish the staff kitchen within the Day Surgery Unit at the University Hospital of Llandough by removing existing kitchen units, drawers, work surfaces, sink, taps and hot water boiler which have been updated with new, easy to clean replacements. Enabling this refurbishment modernises the old and tired 23 year old staff room for both the new and existing staff of the department. This would also demonstrate that Cardiff and Vale University Health Board cares for its staff members, providing a pleasant environment for staff and one in which they can take pride in. This also positively contributes to staff wellbeing and productivity, job satisfaction and as a result better and more efficient patient care.



The 'Spread The Love' Campaign

Cardiff & Vale Health Charity set up the 'Spread The Love' Campaign in March 2020 to raise money to enhance services and provide additional items to departments and staff of Cardiff and Vale University Health Board directly affected by the COVID-19 pandemic.

The examples below detail how monies have been spent to aid in improving the physical and mental wellbeing of Cardiff and Vale University Health Board staff.



Guardian 24 Lone Worker Protection Devices

Cardiff & Vale Health Charity have funded the purchase of additional Guardian 24 Lone Worker Protection Devices for staff who are victims of domestic abuse and stalking. The devices provide vulnerable individuals with a simple but effective way to call for assistance in emergency situations, providing a 24 hour response from a manned UK based Incident Management Centre that will immediately respond to alarm activations.

Staff Area Renovations and Resources

A multitude of generous donations have enabled several staff areas to be renovated and updated with new and improved furniture and kitchen appliances. Providing this and other resource materials has had great positive impact on staff physical and mental health and will therefore help improve patient care as a result.

Departments which have requested these renovations and installations include the Dental Sterilisation and Disinfection Unit, the Phoenix Community Rehabilitation and Recovery Service, the Community Nutrition and Dietetic Service, the University Hospital of Wales and St Davids Occupational Therapy Departments and St Mary's Pharmaceutical Unit and Clinical Engineering Department. Appliances were also provided to the Radyr District Nurse Team, the Young Onset Dementia Service, the Pendine Community Mental Health Team, the Nutrition and Dietetics Department at University Hospital of Wales and University Hospital Llandough and the Children's Speech and Language Therapy Team.

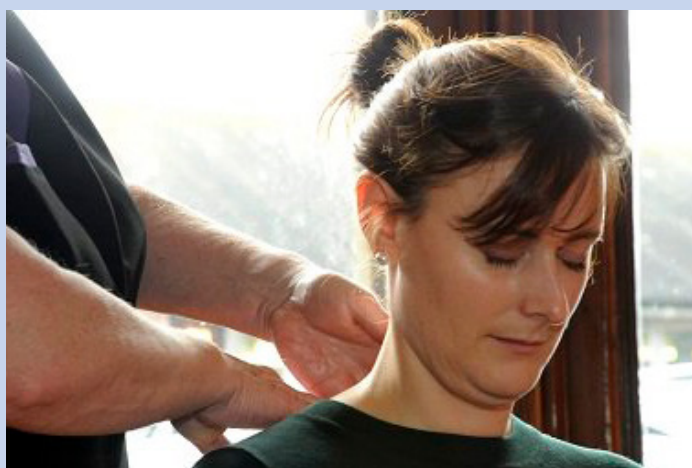


Staff Havens

Donations were used to provide a number of items to aid with the running of the Staff Havens at University Hospital of Wales, University Hospital Llandough and Dragon's Heart Hospital. These included staff treat boxes, cleaning products, relaxation sprays and soft throws for the Rainbow Relaxation Rooms. Not only did these items allow the Havens to run more efficiently but they also greatly enhanced the service being provided to our frontline staff during the pandemic.

Staff Wellbeing

During these unprecedented times, it has never been more important to look after everyone's physical and mental health and wellbeing. To assist in caring for Cardiff and Vale University Health Board staff during the pandemic, several items were provided to improve and maintain their physical and mental wellbeing. These included Interactive wellbeing resources guide and posters, Active minds starter packs, patient workbooks, mindfulness kits, a 12 page, 'Living and working well in isolation' leaflet, a 'Writing in Lockdown' project and several staff treat boxes. Drinks and ice lollies were also provided to our frontline staff working in PPE during the extreme heat at the height of the pandemic.



Thank You Postcard for Staff

Cardiff and Vale University Health Board knows that without the dedication of their staff and support services, they would not have been able to respond to the COVID-19 pandemic as efficiently and effectively as they have done. Therefore, to acknowledge and thank their staff for their empathy, diligence and sacrifice, many departments including the Emergency Unit and Integrated Medicine Clinical Board were provided with funding to create thank you postcards that were then given to staff for their efforts.

Adult Speech and Language Therapy Room Refurbishment (Clinical Diagnostics & Therapeutics Clinical Board)

The Adult Speech & Language Therapy Department at the University Hospital of Wales requested items such as a coffee machine, air conditioning unit and indoor plants to enhance their staff room. These items including a Seasonal Affective Disorder Light box which will help improve the current environment and staff morale as a result.



Garden Furniture and Equipment for Riverside Health Centre (Clinical Diagnostics & Therapeutics Clinical Board)

Riverside Health Centre was provided with garden furniture and equipment for use in the small garden within the inside perimeter of the Health Centre. Having access to these items including an outdoor bench, stackable chairs and gardening tools shed will greatly improve the wellbeing of the health centre's staff who have access to the garden. Providing these items have enabled staff to have lunch outside in a well maintained garden, help increase staff morale and wellbeing as a result.

Diabetes Outpatients – Temporary Drive Through Shelter (Medicine Clinical Board)

Funding was provided to install a temporary drive through shelter for Diabetes Outpatient staff members carrying out finger prick tests on patients to enable them to carry out their duties whilst protecting them from inclement weather.

Cynnwys Therapy Service Room Refurbishment and Mindfulness Kits (Mental Health Clinical Board)

The Cynnwys Therapy Service based at Whitchurch Hospital were provided with funding to refurbish and enhance their two therapy spaces. The service provides intensive talking therapy with highly distressed and often traumatised individuals. Providing their clients with an updated, welcoming and comfortable environment to use during sessions will help improve both patient and staff engagement and wellbeing. Mindfulness kits were also provided for the service to use, enhancing both creativity and mental wellbeing of staff and patients.



South and East Locality Team Staff Room Installation (Primary, Community and Intermediate Care Clinical Board)

In 2020, the South and East Locality Team moved to their new offices in Cardiff Royal Infirmary and were provided with funding to install a staff room within their department. Items such as a microwave, fridge, table, chairs, fans, noticeboards and art were supplied and will help greatly improve the environment and staff morale as a result.

Critical Care – New Staff Room and Furnishings (Specialist Services Clinical Board)

Critical Care staff at the University Hospital of Wales now have a relaxing space to take a well-deserved break from the wards thanks to a generous donation from Stagecoach in South Wales Cardiff & Vale Health Charity's 'Spread The Love Campaign'.

When the Health Board's Capital, Estates and Facilities Team had completed construction of the area, funds from Stagecoach were used to furnish the area. The break room is now a larger space, with smart new furniture, comfortable seating and tasteful decoration. Artwork will also soon be installed on the walls to bring an added sense of calm, greatly contributing to improving staff's physical and mental health and wellbeing.



Drive Through for Lung Function and Sleep Apnoea Department (Specialist Services Clinical Board)

The sleep service has changed to a drive through service where patients collect their sleep study equipment as a result of the COVID-19 pandemic. To help improve the efficiency of the service and improve staff wellbeing several items such as signage, trolleys, chairs and waterproof coats were provided, enhancing both the service and staff morale.

Surgery Stars Celebration Event Support (Surgery Clinical Board)

Surgery Clinical Board organised the Surgery Stars Celebration Event to recognise their star staff throughout the year. Funding was approved to provide prizes, awards and refreshments for the event which will help improve staff morale and mental wellbeing as a result.



NHS Charities Together

The examples below detail how monies received from NHS Charities Together, the overarching charity that represents, supports and champions each individual NHS Charity in the UK, have been spent to aid in improving the physical and mental wellbeing of Cardiff and Vale University Health Board staff.

Outdoor Furniture for St Mary's Pharmaceutical Unit (SMPU) (Clinical Diagnostics & Therapeutics Clinical Board)

At SMPU the majority of staff work continually throughout the day within a clean room environment with no access to windows. The department was provided with outdoor benches to be placed outside the unit, providing staff members the opportunity to enjoy fresh air after working within an enclosed unit. Staff can now sit outside to have breaks and lunch, helping improve both staff morale and the physical and mental health and wellbeing of the unit's staff as a result.

Water Stations

Water stations allowing staff and patients to refill their water bottles have been installed within St David's Hospital and Barry Hospital with several other stations due to be installed across a number of Cardiff and Vale University Health Board sites.



Renovation of the University Hospital Llandough Boardroom Kitchen (Clinical Diagnostics & Therapeutics Clinical Board)

During the pandemic, the University Hospital Llandough Boardroom was used as a COVID-19 Operations Hub, which greatly increased the usage of facilities within the area.

One such facility was the area's kitchen. Funding was provided to expand and refurbish the area by removing existing kitchen units, drawers, work surfaces, sink, taps and white goods which have been updated with new, easy to clean replacements. Enabling this refurbishment has modernised the old and tired staff room for both the new and existing staff within the area. This also demonstrates that Cardiff and Vale University Health Board cares for its staff members, providing a pleasant environment for staff and one in which they can take pride in. This also positively contributes to staff wellbeing and productivity, job satisfaction and as a result better and more efficient patient care.

Gareth Bale Donation

The examples below detail how monies received from Wales and Tottenham Hotspur football legend, Gareth Bale and his wife Emma have been spent to specifically support COVID-19 recovery and to benefit the wellbeing of staff working on the University Hospital of Wales site.



Long Covid-19 Rehabilitation: Keeping Me Well and Recovery

Supporting a three year initiative to further develop the 'Keeping me Well' interactive digital resource and campaign to benefit Cardiff and Vale University Health Board patients and staff.

The digital platform will be a vital resource that people can be signposted to, through attending a 'Long-COVID' multidisciplinary rehabilitation clinic. These clinics are being established by the Cardiff and Vale University Health Board to support people experiencing symptoms of post-COVID syndrome or 'Long-COVID' in the weeks and months after having COVID-19. As many individuals aren't able to visit Health Board environments or feel anxious at entering a hospital setting, this will enable them to receive education, exercises, treatment and/or psychological support remotely.

Proactive Wellbeing Support for Staff and Managers

Funding was provided to initiate a project, aimed at embedding wellbeing throughout the career pathway of Cardiff and Vale University Health Board staff with life-long benefits. Using the Society of Occupational Medicine's model to develop wellbeing resources and initiatives, it will provide a preventive and proactive approach to wellbeing across the whole Health Board. The project is supporting staff and managers to rebuild their psychological resilience in the workplace, not only in the current COVID-19 environment but also during the rest of their NHS career.

Provision of a Staff Haven at University Hospital of Wales

It is vitally important that both during this current COVID-19 pandemic and in other times of challenges, staff have access to an area to take time to relax and decompress. The Staff Haven was created in Cardiff and Vale University Health Board's initial response phase, available through the Resilience and Restoration phases of the pandemic and will become a permanent facility for the future. This dedicated Staff Haven will be flexible to meet the changing needs of staff.



Art Projects

Art, in all its forms, can play an important part in improving the mental and emotional wellbeing of any individuals who visit sites across Cardiff and Vale University Health Board, particularly staff. The benefits of the creative arts have been especially clear throughout the COVID-19 pandemic, with members of the public using art to thank NHS staff for their efforts and sacrifices.

These communal expressions of gratitude in artistic form have been a crucial source of motivation for staff and a great benefit and contributor in improving staff wellbeing.

The examples below detail how monies have been spent to aid in improving the physical and mental wellbeing of Cardiff and Vale University Health Board staff through the



Black Lives Matter Artwork

Funding enabled several art projects around the Black Lives Matter movement to be commissioned. The projects will be using artists from the BAME (Black, Asian and Minority Ethnic) community to commission and influence the work in line with Cardiff and Vale University Health Board's inclusivity agenda.

COVID-19 Artwork

Several pieces of art depicting the dedication, sacrifice and hard work of staff and tribute pieces and items for staff who sadly passed away during the pandemic were commissioned, framed and installed within Cardiff and Vale University Health Board. Arts and crafts items were also provided to staff, patients and the community to aid in artistic fundraising events such as the Yarn Bombing event for the Prop Appeal.



Forget Me Not Chorus

Forget Me Not Chorus (Cardiff and Vale of Glamorgan) were awarded monies to hold outdoor concerts at University Hospital Llandough, St David's Hospital and a series of Zoom taster sessions for people with dementia.



Physical Donations

Cardiff & Vale Health Charity has received many generous donations of various physical items from businesses, organisations and the public throughout the COVID-19 pandemic as expressions of thanks to staff.

The examples below detail just some of the generous physical donations received by Cardiff & Vale Health Charity which have greatly contributed to improving the physical and mental wellbeing of staff.

Fruit

Fruitful Office, based in Croydon Greater London, are the largest fruit company in the UK and generously donated their weekly fruit deliveries to support Cardiff and Vale University Health Board staff on the frontline during the COVID-19 pandemic.

The company normally supplies several corporate offices with fresh fruit deliveries each week however, this was not possible during the pandemic as many offices had staff working from home. Therefore through their clients, Fruitful Office instead kindly delivered 45 boxes of fruit (approximately 2160 portions) to Cardiff and Vale University Health Board staff on a weekly basis throughout February, March and April 2021.



Food & Drinks

Staff have worked tirelessly throughout the COVID-19 pandemic to care for their patients, often under extremely stressful and emotional conditions. Therefore, the numerous snacks, drinks and treat boxes that were kindly donated via the Health Charity were greatly appreciated by our frontline NHS staff and helped enormously in getting them through their gruelling shifts.



iPads and Electronic Communication Tablets

Electronic Communication Tablets requested by the Patient Experience Team have been provided departments to improve and enhance communication between patients and their families during the difficult circumstances of the pandemic as well as several iPads to be used for volunteer surveys. iPads have also been requested by other departments such as the Maternity Postnatal ward.



Meals

Fundamental to the success of the Staff Havens was the regular provision of food for staff. Thousands of meals were served to staff courtesy of the #FeedTheHeath and Feed the NHS fundraising campaigns.

Nutritious and tasty meals were provided daily, via the #FeedTheHeath project, which included donations from 25 local restaurants and food suppliers, co-ordinated by Kasim Ali from Waterloo Tea. James Sommerin, Feed The NHS and The Sausage Revolution also stepped in to help, serving thousands of portions of food cooked in their restaurant kitchens.



Toiletries and Clothing

During the pandemic, frontline clinical staff in high risk areas were required to wear full Personal Protective Equipment (PPE) to protect themselves and others during their shifts. As a result, Cardiff & Vale Health Charity received numerous donations of toiletries that were then distributed to staff so they could take showers after many hours of wearing full PPE. Many items of clothing, socks and footwear were also donated and distributed, enabling staff members to feel more comfortable in their PPE during their long and difficult shifts.

Final Thoughts



Cardiff & Vale Health Charity would like to say a heartfelt thank you to everyone who supported the Health Charity and Cardiff and Vale University Health Board throughout the difficult times of 2020 and 2021.

The successes shown in this report would not have been possible without the unwavering generosity shown by the plethora of kind donors, fundraisers and supporters supporting Cardiff & Vale Health Charity.

Without departments such as Capital Planning & Facilities, Information Management & Technology, Patient Experience and the Employee Wellbeing Service, the Health Charity would not have been able to implement the enhancements to services throughout Cardiff and the Vale of Glamorgan that were deeply appreciated by both staff and patients.

Finally, without the dedication, empathy and resilience of clinicians across all disciplines and all other Health Board staff, the Health Board would not have been able to support and care for the patients and communities of Cardiff and Vale University Health Board with the utmost dignity and respect. On behalf of everyone involved in Cardiff & Vale Health Charity, and the many people who have and will continue to benefit from the kindness shown during this period, thank you.

To find out more information about how you can help 'Spread the Love' and help frontline NHS Teams through this pandemic then please visit Cardiff & Vale Health Charity's website; <https://healthcharity.wales/how-to-help-during-covid-19/>, contact us via email; Fundraising.cav@wales.nhs.uk or make a donation here; <https://www.justgiving.com/campaign/spreadthelove>

