



St David's Hospital Newsletter - July 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.

Her Majesty the Queen's Birthday Celebrations!

Patients and staff from the Rhydlafer Unit, Lansdowne Ward and Elizabeth Ward really enjoyed the Royal birthday celebrations on 12th June thanks to a celebration birthday box supplied by Cardiff & Vale Health Charity.

From the pictures below, they looked like they had a fantastic day!



Bike Health Checks - Thursday 22nd April 2021 - St David's Hospital

As the bike health check sessions in April proved to be very popular, another bid has been submitted for Charitable Funds to enable more sessions later in the year.

The sessions received really positive feedback from staff members including:

Holly Tarren, Community Child Health at St David's Hospital; said: "The bike health check was great - I have a second hand bike so it really put my mind at ease to have someone who knows what they're doing to look it over."



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It was really quick and easy, and Craig was very helpful and reassuring. It was good to also get some information about his organisation, for instance how to rent bikes if family come to visit as we don't have spare bikes at home. I would sign up again if the opportunity arose in the future and I'm really grateful the Health Charity offered it in the first place!"



Read more about the bike health check sessions here: <https://healthcharity.wales/bike-health-check-sessions-were-wheelie-good/>

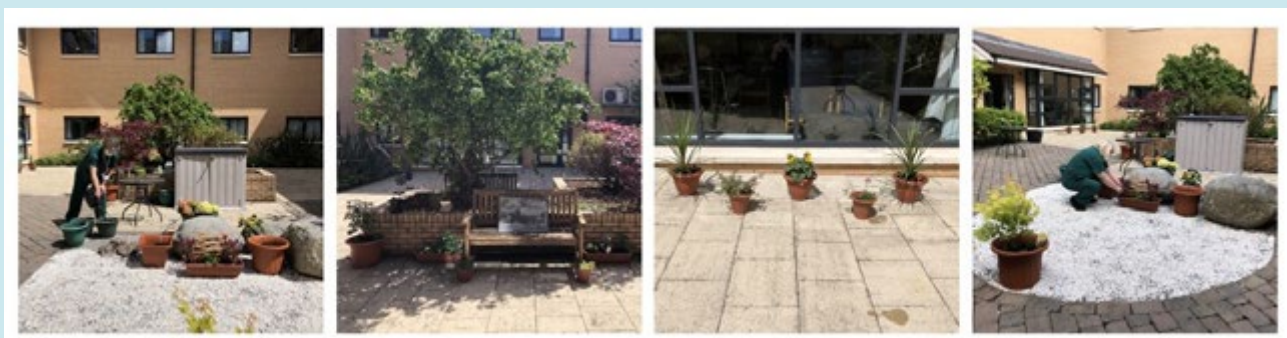
Follow us on social media Twitter - @health_charity Facebook.com/HealthCharity Instagram CardiffandValeHealthCharity to keep up-to-date with upcoming sessions.

Elizabeth Ward Garden Project

Through the Covid-19 Charitable Funds Application process, Cardiff & Vale Health Charity recently supported a bid for a garden project outside Elizabeth Ward at St David's Hospital.

The team made an application to the Health Charity for funding to buy some garden furniture, a storage shed and gazebo for their garden, which they felt had the potential to be a useful space for their patients to go for some fresh air and to spend time with relatives or visitors (Covid-19 restrictions allowing).

Read more about this project here: <https://healthcharity.wales/making-a-difference-to-patients-at-st-dauids-hospital-with-funding-for-garden-project/>





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Children's Centre Charitable Funds Bid

The Health Charity-funded Children, Young People & Family Health Services project is ongoing, with the flooring being replaced and the furniture due to be delivered at the end of June.



In line with the Covid-19 guidance for public and work spaces, as well as advice received from the UHB's Infection 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 those coming into the centre was positive, inviting and safe as possible for children, young people and their families.

Celebrating World Refill Day

#WorldRefillDay was celebrated on 16th June 2021.

Cardiff & Vale Health Charity have now funded seven water refill machines which will be located across hospital sites including two at St David's Hospital. The water stations are helping staff, patients and visitors stay healthy and hydrated – and hopefully helping, in a small way, to make plastic pollution a thing of the past.



Read more about how [#MoveMoreEatWell](#) has partnered with Refill to create resources to help people stay healthy and hydrated, and also helping to reduce plastic pollution.



<https://cavuhb.nhs.wales/news/home-page-news/stay-hydrated-sustainably-this-world-refill-day/>

To date a total of 9641 bottles have been refilled from the machines at St David's Hospital since they were installed in January 2021.



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Claire Davies – Well-being Activity Co-ordinator with Mental Health Matters (MHM) has provided an update on some of the fabulous projects ongoing with the patients at St David's Hospital, funded through Cardiff & Vale Health Charity.

We stepped into summer and have had a wonderful time with staff and patients in SDH. Easter marked new beginnings, springtime displays provided a splash of colour, making Easter cards, a hilarious Easter egg hunt and a delivery of eggs for patients. We had the privilege of celebrating nurses and former nurses when staff and patients shared their stories of what made them choose a career in nursing. From nurses in wartime to nurses during the pandemic, both had similar heart-warming and touching recollections.

With the return to more social activities as restrictions have allowed, we continue to facilitate weekly music and movement sessions with therapeutic benefits wrapped in fun, engagement and a true sense of purpose and belonging.

In addition to our sessions with Welsh National Opera, Rubicon Dance and Harmoni Cymru we are delighted to announce a new collaborative project with The Forget-me-not Chorus. The HARP project has been a fantastic addition to the weekly schedule.

Through the power of song and music Kate Wolveridge takes patients on a journey

through their own lives encouraging them to join her in singing their favourite songs while capturing the story behind it. The final result will be an exhibition of art, poetry and stories inspired by and in celebration of the amazing people we care for in SDH.





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With the warmer weather, it has been a real pleasure to take patients out into the gardens again, with tears of joy as some patients embarked on their first journey outside in more than six months. Summer months wouldn't be complete with an ice-cream so we went mobile across the wards delivering an array of ice cream and ice lolly treats to the delight of patients and staff!

Celebrations continued with the Queen's Birthday, a visit from the MHM "queen" as we shared cake, crowns and flags in honour of the 95th Birthday HRH Queen Elizabeth!

Beautiful moments captured across the last three months and many more to come in the future!!





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Health Charity Face Masks

The Health Charity Diolch NHS face masks have been advertised via social media, Staff Connects and Charity Ambassador channels. There is now a supply of these face masks, 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 on these masks or any 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/>

Support Cardiff & Vale Health Charity

Over the past 12 months, Cardiff & Vale Health Charity have 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 through a host of virtual events, which in turn will support you, your colleagues, your patients and any visitors to our hospital and community sites.



During 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 2 Super Draws every year! <https://healthcharity.wales/hospital-staff/staff-lottery/>

On 25th June, one lucky staff member won £5000 in our SuperDraw – why not sign up for our **SUPERMEGADRAW** for the chance to win £21,000 and the next big winner could be you!



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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/>



- **Register for 'In for a Penny'** - A payroll giving scheme, raising money by literally donating pennies from your salary every month. <https://healthcharity.wales/hospital-staff/in-for-a-penny/> Read more about one of the funds benefiting from In for a Penny here: <https://healthcharity.wales/electronic-tablets-make-a-real-difference-to-children-in-sierra-leone/>
<https://healthcharity.wales/africa-day/>
- **Think Inks** – a personal ink cartridge recycling scheme – FREE to recycle and each cartridge could raise up to £5 for **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
- Why not **sign up for a 2021 challenge** with us and raise money for your ward, department or local hospital.



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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



Walk 10 miles to Celebrate 10 years of the Breast Centre Appeal!

The Breast Centre Appeal would love you to join them and Caerphilly Nordic Walking Society for a guided walk from Cosmeston Lakes Country Park, to the Breast Centre at University Hospital Llandough.

Minimum sponsorship of £50
 - no registration fee, and all money raised will support the Breast Centre Appeal.

On Sunday 5th September 2021 at 10.00am

To register please contact nicola@townsq.co.uk

Medals & Refreshments provided



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