

## Barry Hospital Newsletter - April 2022

### Pelvic Health Service

Working with Grosvenor Interiors, Cardiff & Vale Health Charity and the Arts for Health and Wellbeing Programme have been delighted to support the team from the Pelvic Health Service, now based at Barry Hospital, to enable them to brighten the corridor space outside their clinic areas.



Read more about this project here:

[healthcharity.wales/wall-glamour-for-the-pelvic-health-service/](https://healthcharity.wales/wall-glamour-for-the-pelvic-health-service/)



The Pelvic Health Service Team have also been lucky to work with local Artist, Rachel Hannah, who spent a week painting a beautiful happy meadow at the new Pelvic Health Hub at Barry Hospital. Rachel did a video of the transformation on her Facebook page @rachelhannahart and the team at the new Pelvic Health Hub will be holding an official opening in May.

In some more good news, The Pelvic Health Team have submitted a successful Staff Lottery Bid to provide a TV in their outpatient Department at Barry Hospital. They felt that having a television would enhance the patient experience as it would give the patients something to watch and focus on whilst waiting to see their healthcare professional.

If you would like to join the Staff Lottery, application forms can be completed [healthcharity.wales/hospital-staff/staff-lottery/](https://healthcharity.wales/hospital-staff/staff-lottery/) and if you would like to apply for funding from the Staff Lottery Bids Panel, please contact the Health Charity team on [fundraising.cav@wales.nhs.uk](mailto:fundraising.cav@wales.nhs.uk)

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### Barry Heritage Project

We are also delighted that after well over 2 years of work hindered by the pandemic, the Barry Hospital Heritage Project has finally been installed in the Mary Lennox Community Room. This Health Charity funded project charts the history of healthcare in Barry and the Vale of Glamorgan, and celebrates the past 25 years of Barry Hospital at the current Colcot Road location.

Actual artefacts collected over the years are included as part of the display, and photographs from People's Collection Wales and staff of Barry Hospital have been included – if you haven't seen this project in the flesh, do take the time to find out about some of the history and how you have come to be based in the hospital you work in today!

Thank you to historian Branwen Roberts and the team at Grosvenor Interiors for their work on this fabulous project



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### New Outdoor Staff Haven

With funding from NHS Charities Together, Cardiff & Vale Health Charity have now been able to progress the works to create outdoor staff haven spaces at University Hospital of Wales, University Hospital Llandough, Cardiff Royal Infirmary, St David's Hospital and Barry Hospital to allow staff to access an environment to rest and reflect.



The Outdoor Staff Haven at Barry Hospital is located at the front of the hospital, and now that work has been completed, we hope you agree it is a lovely place to be able to take some time away from the work place.

### Barry Hospital exhibition

We are delighted to introduce the new Barry Hospital exhibition – 'Bels Art' by Jane Shipton. Previously shown at University Hospital Llandough, the exhibition was very well received, and has now been moved to Barry Hospital.

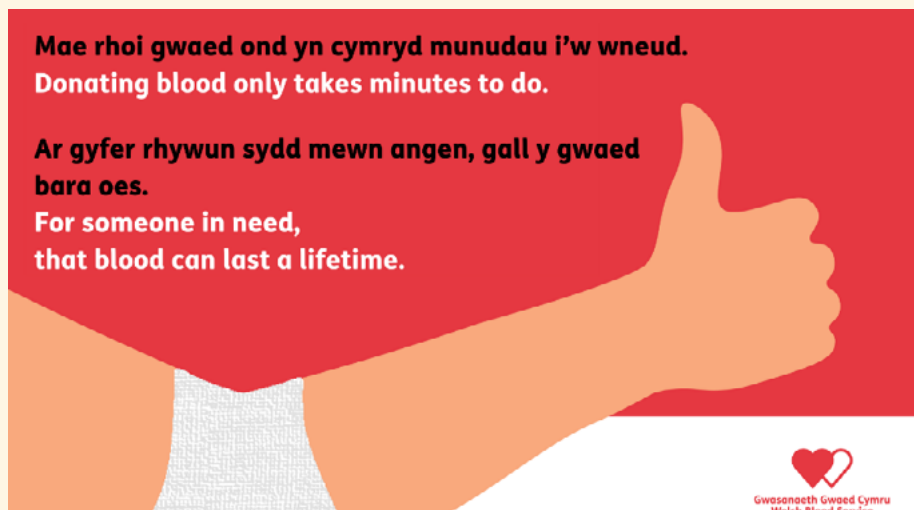


Jane started painting after developing Bell's palsy during lockdown, which negatively impacted her confidence and mental health. Creating art has helped Jane overcome the isolation she felt whilst living alone over the pandemic, and since then she has produced a series of wonderful paintings that explore colour and texture. She hopes that her artworks have a positive impact on the viewers' wellbeing and will inspire them to get creative.

More information can be found here, and you can view this inspiring exhibition at Barry Hospital until 12<sup>th</sup> April 2022: [cardiffandvale.art/2021/11/25/bels-art-an-exhibition-by-jane-shipton/](https://cardiffandvale.art/2021/11/25/bels-art-an-exhibition-by-jane-shipton/)

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### On behalf of the Welsh Blood Service



**\*\*Please could you share with your colleagues and departments:**

The Welsh blood service is asking for blood donations. Here is the personal appointment link – [wbs.wales/BarryHosp](https://wbs.wales/BarryHosp) these are being run in a few sites across Cardiff and Barry. Dates are available throughout April and May.

In under 1 hour, you could save up to 3 lives by giving blood with @WelshBlood! Make an appointment today.

Mewn llai nag 1 awr, gallech achub hyd at 3 bywyd trwy rhoi gwaed gyda @Gwaedcymru! Gwnewch apwyntiad heddiw.

### Refill to Refuel

The typical average adult needs between 1.5 to 2 litres of fluid a day and drinking enough is vital for good health. Across Cardiff and Vale University Health Board, Refill Stations have been installed for use by patients, staff and visitors to increase access to free drinking water and to cut down on plastic waste, Cardiff & Vale Health Charity have been pioneering the installation to promote healthy hydration and reduce waste.



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For more information, visit Cardiff & Vale Health Charity's website and the Keeping Me Well website. Re-usable Health Charity water bottles are also now available to purchase for £5 from the Aroma Café at Barry Hospital.



### Nominate your 'Health Hero'

Do you know someone within C&V NHS who has gone above and beyond caring for patients and keeping them well?

Has a colleague gone the extra mile to make a difference? Then why not nominate them?

Email [fundraising.cav@wales.nhs.uk](mailto:fundraising.cav@wales.nhs.uk) with your nomination and reasons why they deserve to be crowned Health Hero. [healthcharity.wales/nominate-your-nhs-superhero-as-health-hero/](https://healthcharity.wales/nominate-your-nhs-superhero-as-health-hero/) Each Health Hero will also receive a treat from sponsors, Park Plaza Cardiff.



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**Cardiff & Vale Health Charity** have 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 annual events, which in turn will support you, your colleagues, your patients and any visitors to our hospital and community sites.

### Run Barry 10K for the Health Charity 2022

Cardiff & Vale Health Charity still have a number of FREE places available for runners to take part in the Barry Island 10k on 7 August 2022.



If you fancy taking on this challenge and would like to run or walk to say thank you for the care you or a family member has received, or if you are a member of staff running or walking to provide little extras for your wards to improve patient care then we'd love to have you on our team. All we ask is that you commit to raise £100 in sponsorship for Cardiff & Vale Health Charity.

Register and you will be sent an application pack to complete:  
[healthcharity.wales/events/run-barry-island-10k-for-the-health-charity/](https://healthcharity.wales/events/run-barry-island-10k-for-the-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! [healthcharity.wales/hospital-staff/staff-lottery/](https://healthcharity.wales/hospital-staff/staff-lottery/)
- **Register for 'In for a Penny'** – A payroll giving scheme, raising money by literally donating pennies from your salary every month. [healthcharity.wales/hospital-staff/in-for-a-penny/](https://healthcharity.wales/hospital-staff/in-for-a-penny/)

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### SUPERDRAW ALERT



Sign up to the **£6,000** SuperDraw taking place on Friday 27th May 2022. Register by April 30th 2022 to be in it to win it.

One lucky lottery member will win **£6,000** in addition to four **£1,000** winners.

If you would like to increase your chances of winning, why not increase your numbers?

Email [fundraising.cav@wales.nhs.uk](mailto:fundraising.cav@wales.nhs.uk) for more information.



- **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](http://www.think-inks.uk/nhs)

To find out more about any of these schemes, events or challenges, please email the Health Charity Team on [fundraising.cav@wales.nhs.uk](mailto:fundraising.cav@wales.nhs.uk)

The **NHS Online Art Auction** to raise funds for the Arts for Health and Wellbeing Programme launched on Monday 21st March. The auction will be running until 02/05/2022, and to find out more, please visit: [bidaid.com/auction/art](http://bidaid.com/auction/art)

**NHS ONLINE ART AUCTION 2022**

To place a bid, please scan the QR code or visit:  
[www.NHS.Auction](http://www.NHS.Auction)







