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## St David's Hospital Newsletter - April 2022

**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](mailto:sue.dickson-davies2@wales.nhs.uk) for inclusion in the next edition.

### **Mental Health Matters, Rubicon Dance & Harmoni Cymru**

The Cardiff MHM team have been working with patients at St Davids this month. Exciting new interactive tech arrived and they were able to enjoy sensory activities with patients from Glan Ely Ward. The team have also been preparing for Easter with a wall display and egg colouring, music and dancing with the wonderful Rubicon Dance and music from Harmoni Cymru, all supported by funding from the Arts for Health & Wellbeing Programme. As part on an ongoing collaboration with Rubicon Dance, sessions have also been taking place for patients and staff to enjoy being connected and active.





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### Forget-me-not Chorus - 'Digital Threads'

Over the last year, the Forget-me-not Chorus, in partnership with Cardiff & Vale Health Charity have been running zoom sessions in St Davids Hospital, using song to connect with patients and collect music and stories. Writer Emma Jenkins joined the sessions to capture the stories and songs of the participants, weaving them together to create "Digital Threads".



This unique and innovative artistic collaboration has been represented visually by the ground breaking artist [Nathan Wyburn](#), and the BAFTA Cymru winning actor [Callum Scott Howells](#), who has given a voice to those whose stories and lives deserve to be heard and not forgotten in these isolating and challenging times.

This artwork will be installed in the Transitional Care Unit at St David's Hospital in the very near future.

Find out more here: [Digital Threads - Forget-me-not Chorus \(forgetmenotchorus.com\)](https://forgetmenotchorus.com)



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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 St David's Hospital is now complete and we hope you agree it is a lovely place to be able to take some time away from the work place. The team from the Arts for Health and Wellbeing Programme are also working with artist Adele Pask to create a sculpture for this area and we will update you on this project in a future newsletter!

### The NHS Spring Auction 2022 is now open!



Amazing artists have donated 51 beautiful artworks to raise funds for the Arts for Health and Wellbeing Programme. To read more, please visit [cardiffandvale.art/2022/03/17/nhs-online-art-auction-2022/](https://cardiffandvale.art/2022/03/17/nhs-online-art-auction-2022/) and to bid, please visit [www.NHS.auction](https://www.NHS.auction) (The auction will be running until 02/05/2022).





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### On behalf of the Welsh Blood Service

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

Mae rhoi gwaed ond yn cymryd munudau i'w wneud.  
Donating blood only takes minutes to do.

Ar gyfer rhywun sydd mewn angen, gall y gwaed bara oes.

For someone in need,  
that blood can last a lifetime.

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

#### Refill to Refuel

Refuel at our Refill Stations across Cardiff and Vale University Health Board Sites

#NHweek



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. 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 Health Charity Website: [healthcharity.wales/events/cardiff-vale-health-charity-water-bottles/](https://healthcharity.wales/events/cardiff-vale-health-charity-water-bottles/)



## St David's Hospital Newsletter - April 2022

### 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.



### Support Cardiff & Vale Health Charity

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.



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### 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 here 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/)



## 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.



- **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/)



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

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](mailto:fundraising.cav@wales.nhs.uk)