

Barry Hospital Newsletter - December 2021

It has been a very busy few months for the Arts for Health and Wellbeing Team!

Magda Lackowska was welcomed to the Arts for Health and Wellbeing Team as their new Gallery Co-Ordinator. Magda, who has a background in Fine Art, will be managing the Hearth Gallery and other associated exhibition spaces across CAVUHB, including the Gallery at Barry Hospital.



If you are interested in the current, or any future exhibitions at Barry Hospital, you can contact Magda on: Magda.Lackowska@wales.nhs.uk

Creative Exhibition by Links Charity Members

The 'Creative Exhibition' was recently installed at Barry Hospital, showcasing Links Charity Members' diverse range of talents. A variety of photographs, collage, paintings, drawings and models can be found on display.

Please read more here: cardiffandvale.art/2021/10/26/creative-exhibition-by-links-charity-members/



Barry Hospital Newsletter - December 2021



Growing Flowers Down in Barry Docks

The Arts for Health and Wellbeing Team was also delighted to commission an innovative, arts project designed by artist Haf Weighton, delivered virtually to pupils at Ysgol Gyfun Gymraeg Bro Morgannwg in Barry this year.

Read more about this lovely project here: cardiffandvale.art/2021/10/28/growing-flowers-down-in-barry-docks/



ARTS
FOR HEALTH AND WELLBEING

Car Parking

From 1 December 2021, Cardiff and Vale University Health Board will be reinstating parking restrictions across all hospital sites. While car parking will remain free at our hospitals, from this date, patients, visitors and staff will need to park in designated parking areas and comply with local parking regulations.

Staff will need to ensure they have a parking permit to allow them to park in specific designated staff car parks, and can register cars via:

Barry@parkingeye.co.uk

Barry Hospital Newsletter - December 2021



Barry Minor Injuries Unit (BMIU)

All appointments are to be made Via Cav24/7 - Tel: 03001020247 where the patient will be directed to the appropriate service (GP, Dentist, Pharmacy, Physio).

For any eye queries, the Vale Eye Clinic is open at Highlight Park Surgery 01446 484114 9am-1pm Monday to Friday - www.valeeyecare.com

Run Barry 10K for the Health Charity 2022

The Health Charity has secured a number of places for runners to take part in the Barry Island 10k on 7 August 2022, so why not sign up to raise money for your local hospital, ward or department to improve patient care.

So if you want 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.

Spaces are free, 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/



Barry Hospital Newsletter - December 2021



Pelvic Health Service Update

The team is delighted to have successfully recruited a full time clinical nurse specialist and 2 physiotherapists to the Pelvic Health Service. Tracy Coslett, Anna Epton and Imogen Williams will officially take up their posts in early 2022, and we welcome them to the team.

The refurbishment of the previous phlebotomy room has now been completed. The pelvic health treatment room will be used by all members of the team, and we are aiming to begin treating patients in February 2022.

Initial patient feedback of the Pelvic Health Service has been very positive. Patients report feeling fully supported with the management of their health by having access to all members of the multidisciplinary team during their hospital appointments.



Autumn Bike Health Checks

Thank you to all those who booked your bikes in for their 'health checks' and provided feedback to the Health Charity Team. These sessions were incredibly popular across our hospital sites: healthcharity.wales/safe-healthy-travel-with-free-bike-health-check-sessions/

Barry Hospital Newsletter - December 2021



Barry Hospital Heritage Project

This project was part of the Barry Hospital 25th Anniversary Celebrations but has been delayed due to the pandemic. We are happy to advise that local historian Branwen is now well under way with bringing this project to completion, and compiling all the information, photographs and artefacts she collected from Barry Hospital and by speaking to members of our staff. The finished display will be located in the Mary Lennox Community Room and will hopefully be installed early in the new year.

Christmas Tree for Barry Hospital

Cardiff & Vale Health Charity have once again provided a Christmas tree for the main entrance of Barry Hospital this year. We hope this brings some much needed cheer following another very difficult and challenging year. A very big thank you to Reema who donated these beautiful decorations 2 years ago and has once again given up her time to beautifully dress the tree for us this year.



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Christmas messages

Charles Janczewski – Chair

2021 has continued to be a difficult year for all of us, with unprecedented challenges and demands on our NHS. As always, it has been wonderful to see how all of you working in Barry Hospital have continued to respond to the exceptional circumstances faced every day. You and your colleagues across Cardiff and Vale University Health Board have continued to put the needs of our patients at the forefront of everything you do, showing superb and compassionate care in a local and welcoming hospital site.

I hope you will agree that 2021 has seen continued improvements to the environment at Barry Hospital with the addition of new murals and art exhibitions, and upgrades to some of the service areas located on site. The opening of the Aroma Café has also proved to be a very welcome addition over the last 12 months.

I would like to once again thank you all for everything you do for the population of Barry and the Vale of Glamorgan, and wish you and your families a very merry Christmas and a happy, prosperous and healthy New Year.

Jane Hutt – MS

I want to say thank you to all of the staff at Barry Hospital, which is at the heart of our Barry community, for their hard work this year and every year. We've had a challenging two years and their dedication has been unwavering. I would like to send my best wishes to all of the staff, patients, family, and friends at the hospital over the Christmas period. Nadolig Llawen and Blwyddyn Newydd Dda!

Barry Hospital Newsletter - December 2021



Peter Welsh - Senior Hospital General Manager - University Hospital Llandough/Barry Hospital

2021 has again been an incredibly challenging year for all and I would personally like to thank all our staff for their continued hard work and commitment throughout the last 12 months.

It has also been a year of further changes and improvements at Barry Hospital, including the introduction of some new out patients clinical services and improvements in facilities for current services. Further improvements are also planned for next year. I would also like to take this opportunity to thank Cardiff & Vale Health Charity for their continued support and for colleagues for making these changes and improvements at the hospital possible.

We are very much looking forward to a positive 2022, keeping people safe and well at Barry Hospital and I wish everyone a peaceful and happy Christmas.

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 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 2 Super Draws every year!

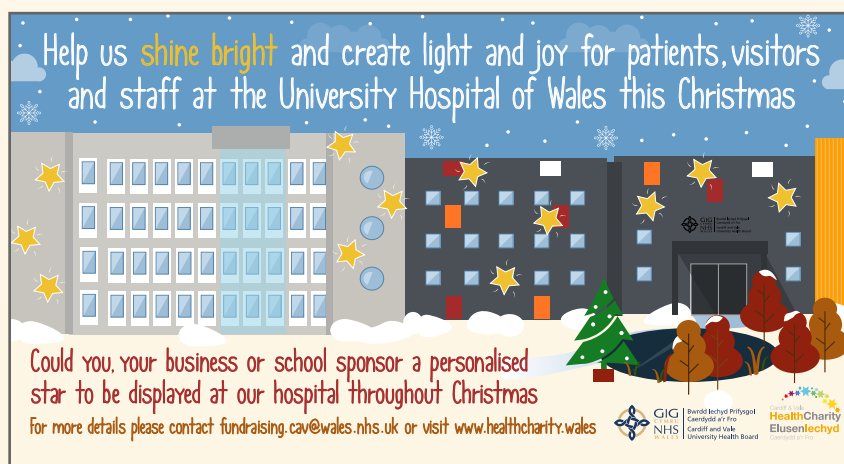
healthcharity.wales/hospital-staff/staff-lottery/

Barry Hospital Newsletter - December 2021

On 26th November, one lucky staff member won a life changing £21,000 in our SuperMegaDraw – why not sign up, and at our next Superdraw this could be you!

- **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/
- **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
- **Shine Bright Appeal** - Help us shine bright with your very own sponsored star!

If you would like to sponsor your own virtual star at the University Hospital of Wales where you can leave a personalised message, you can do so here emagiving.com/campaign/visual/cardiff-and-vale-health-charity-shine-bright-appeal



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