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## St David's Hospital Newsletter - January 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.

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### New Year Message – Charles Janczewski (Jan) – Chair



It is quite incredible that we remain in the grips of the Covid-19 pandemic one year on from my previous New Year message to you. There is little doubt that we have all experienced considerable challenges during the last 12 months both in our personal and working lives and yet, despite these difficulties, all of you working in St David's Hospital

have continued to provide a great service to your patients whilst at the same time ensuring their safety.

I have been amazed, but not surprised, by the dedication and compassionate care that all of our staff have demonstrated throughout the course of the pandemic and the St. David's Team are no exception. You have been simply “superb” – there is no other way to describe the outstanding contribution you have all made.

I realise that you must all be feeling a little weary at this time particularly with the prospect of another challenging period ahead of us. However, the work you do is incredibly important and very much appreciated by your patients and their families, the Board and myself. Thank you for your first-class work, endeavour and commitment.

May I wish you and your families a very happy, prosperous and healthy New Year.

With very best wishes, Jan



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### New Transitional Care Unit

On Monday 1 November a new Transitional Care Unit (TSU) opened at St David's Hospital. The TCU is a 20-bed unit based on Glan Ely ward designed to support patients who no longer need an acute medical bed and are awaiting a package of care to return home or a care home placement. This Unit is nurse led and is supported by therapy leads within St David's Hospital and will improve the overall patient experience as they will be in a more appropriate environment for their needs. Patients will be reviewed from a Daily medically fit list in conjunction with the ward staff from the TCU, IDS teams and local authority staff. Wards will also be able to highlight patients they think may be suitable for the ward and these patients will be screened and pulled on to the Unit if appropriate. Patients will benefit from a quieter environment as they wait for discharge out of hospital and will be able to enjoy activities run by staff and volunteers including input from Mental Health Matters.

The aim of the TCU is to support patients to gain their independence and confidence so they can reintegrate back into the community while they are awaiting their care package to start. As they are in a less acute environment, staff can support them with their medications and also the number of care calls that they will receive at home to ensure that they are able to manage when they go home. The unit is run by a very experienced discharge team who will be able to ensure a seamless transition home. All patients who are admitted to the unit will be medically fit and will have finished any treatment needed in the acute medical wards, so they can experience the full benefit of what the TCU can offer them.



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### Music and Movement Sessions

We are delighted that Rubicon Dance will be continuing online delivery of their hugely successful Music and Movement sessions at St. David's Hospital this month. Participants look forward to their weekly sessions, as do our staff members, and the atmosphere created in the larger group sessions can be utterly electric and inspiring. Music and movement affect us all in deep ways; moving unconsciously to music, enjoyment, a new focus, social engagement and fun can build confidence and result in recovery breakthroughs. Rubicon have become one of the most versatile and productive arts organisation we have worked with in recent years, our partnership recognised in 2020 by an Arts and Business Cymru Award, and we look forward to the support that they are able to offer to our patients and staff.





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### Autumn Bike Health Checks

Thank you to all those who booked you 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/](https://healthcharity.wales/safe-healthy-travel-with-free-bike-health-check-sessions/)

### No Smoking Enforcement Team

In March 2021, legislation came into force making it illegal to smoke on hospital grounds. All hospital grounds in Wales are required to be smoke-free.

To enhance this legislation, a dedicated 'No- Smoking Enforcement Team' will begin patrols on Cardiff and Vale University Health Board hospital sites to enforce the smoke-free legislation in January 2022.

Patients who smoke are advised to speak to ward staff to request nicotine replacement products during their hospital stay. Support to quit is available from the hospital in-house smoking cessation service.

To refer patients or staff who would like support to stop smoking in hospital contact [helen.poole@wales.nhs.uk](mailto:helen.poole@wales.nhs.uk) or call 02920 743582 (UHW) or 029 2071 5420 (UHL).

Free, expert, NHS stop smoking support is available in the community from 'Help Me Quit'. Smokers can call 0800 085 2219, Text HMQ to 80818 or visit [www.helpmequit.wales](https://www.helpmequit.wales) to access support to quit.





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### 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.

If you are a member of staff and you wish to park on site, you must apply for a permit. Please contact [SDH@ParkingEye.co.uk](mailto:SDH@ParkingEye.co.uk) from your NHS email address and ensure you include your vehicle registration. Staff without access to an NHS email account should speak with their line manager to arrange a permit.

### Outdoor Furniture for the St David's Hospital Courtyard Garden



The Staff Lottery Bids Panel recently supported a project to provide outdoor seating in the courtyard of St David's Hospital.

The garden area is currently accessible by staff and patients however it wasn't being fully utilised due to the lack of seating. By providing the additional seats, the outdoor space has become a comforting environment for patients and their carers to frequent. St David's Hospital staff will also be able to use it to relax and unwind during their breaks, as there isn't currently a staff haven available on site.



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Zara Jenkins, Ward Sister said *"They are fabulous and a welcome addition to our garden. Both patients and staff will benefit from them. They're a wonderfully colourful addition to the garden and we hope to get a lot of use out of them in coming months as we head towards spring/summer. Many staff have already commented how they can't wait to utilise the space and the furniture for their breaks to enhance their wellbeing. Many Thanks to the health charity for supplying this equipment"*.

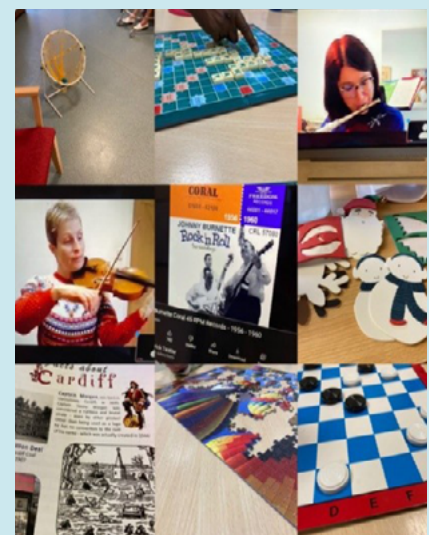


### Mental Health Matters Update



Gabriel, one of the Community Liaison Coordinators from Mental Health Matters has shared some lovely photographs of recent projects taking place at St David's Hospital. Anwen from Rubicon Dance had patients dancing and singing from their beds and spent time with patients, chatting, fixing glasses, recommending

box sets to watch, and being shown how to do stained glass window designs. A fantastic time with ball games, scrabble, and music from Harmoni Cymru, the day room was decorated with bunting and some interesting facts were learnt about Cardiff, with games & puzzles and Will from MHM beautifully played the guitar for patients while encouraging all kinds of musical interaction.





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Another very busy few months of wonderful and engaging projects.

### Support Cardiff & Vale Health Charity

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 with our host of events, which in turn will support you, your colleagues, your patients and any visitors to our hospital and community sites.

### Why not challenge yourself for charity in 2022?

Throughout the month we'll be sharing some of the events we have secured places in over the next 12 months on our social media. You can visit our events page to find out more: [healthcharity.wales/events/](https://healthcharity.wales/events/)





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### To get things going, why not sign up for the Barry Island 10K!

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.



If you 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. 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/](https://healthcharity.wales/events/run-barry-island-10k-for-the-health-charity/)

Join Cardiff & Vale Health Charity for an afternoon of music, a charity raffle, a delicious afternoon tea including a selection of cakes, sandwiches and scones accompanied by a glass of prosecco and unlimited tea & coffee. Taking place on Thursday 17 February, 3.30pm at the Coal Exchange Hotel, £25 per person and all proceeds will go to the Prop Appeal, Supporting Brain Injury Rehabilitation.

### *Traditional Afternoon Tea at The Coal Exchange Hotel*

An afternoon of music, including a charity raffle and a delicious selection of cakes, sandwiches, and scones accompanied by a glass of prosecco, and unlimited tea & coffee

Thursday 17<sup>th</sup> February 3.30pm

Raising money for the Prop Appeal,  
Supporting Brain Injury Rehabilitation  
£25 per person

To book please visit [www.healthcharity.wales/events](https://www.healthcharity.wales/events)



It would make an excellent Valentines gift, book now to avoid disappointment: [healthcharity.wales/events/traditional-afternoon-tea-at-the-coal-exchange-hotel/](https://healthcharity.wales/events/traditional-afternoon-tea-at-the-coal-exchange-hotel/)



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To find out more visit [www.healthcharity.wales](http://www.healthcharity.wales) /[www.healthcharity.wales/cy/](http://www.healthcharity.wales/cy/)

- **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/](http://healthcharity.wales/hospital-staff/staff-lottery/)

**On 26<sup>th</sup> 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/](http://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](http://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)