

Barry Hospital Newsletter - July 2021

Summer Showcase at Barry Hospital, running from 20th July to 17th October 2021.

The Arts for Health and Wellbeing team recently put a call out for artwork for the exhibition space at Barry Hospital. All creative abilities were invited to submit work, whether it be photography as a hobby or a piece from a professional painter, all submissions were welcomed.

As with previous exhibitions at Barry Hospital, it is hoped that the Summer Showcase Exhibition will create an uplifting and positive environment for those who visit the hospital. As part of the wider Arts for Health and Wellbeing programme, exhibition spaces throughout Cardiff and Vale University Health Board are provided to support patients, staff, visitors and the community.

As well as the physical exhibition, all artwork within the 'Summer Showcase' will be accessible to view through the Cardiff and Vale arts website and all artists and their artworks will be promoted through social media sites. You can find them on Arts for Health and Wellbeing – The Hearth Gallery - @CAVUHBArts

The new exhibition will be installed on 19th July. If you are interested in future exhibitions at Barry Hospital, please contact:
molly.lewis3@wales.nhs.uk

ARTS
FOR HEALTH AND WELLBEING

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Her Majesty the Queen's Birthday Celebrations!

Staff from some of the wards at Barry Hospital thoroughly enjoyed the royal birthday celebrations on 12th June with the assistance of a birthday celebration box supplied by Cardiff & Vale Health Charity. Staff and patients alike had a great day!



Staff Wellbeing Poetry Installation



Working with Grosvenor Interiors, Cardiff & Vale Health Charity have installed a few pieces of Staff Wellbeing Poetry in the Mary Lennox Community Room at Barry Hospital. These poems have been specifically commissioned to support staff wellbeing by the National Museum of Wales. These will be situated across all hospital

sites in the coming weeks, as a positive and uplifting addition to some of the artwork already on display.

Would you like the wellbeing poems for your staff room/staff area?

If so, please contact the Arts for Health and Wellbeing Team for A2 size posters. When the QR code is scanned, it takes staff to the Staff Wellbeing Resources section on the Health Board website where lots of useful advice can be found about how to enhance staff wellbeing.

If you would like these for your ward, area or department please email the team at this address fundraising.cav@wales.nhs.uk stating how many you require by Friday 30th July.

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Update on current services - Barry Minor Injuries Unit (BMIU)

All appointments are to be made Via Cav24/7 - Tel: 0300 10 20 247 where the patient will be directed to the appropriate service (GP, Dentist, Pharmacy, Physio) for their needs. Due to high demand at the University Hospital of Wales, there is currently scope to see six emergency patients per hour to try and alleviate pressure from the main unit.

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

Pelvic Health Service

In June, the Pelvic Health Community Hub opened in the Outpatients Department at Barry Hospital. The aim of the hub is to deliver patient-focused support, advice and treatment options for the management of pelvic floor disorders. The hub aims to improve the patient pathway and reduce waiting times for outpatient appointments as it is essentially a 'one-stop-shop' with patients having access to a full multi-disciplinary team.



The central objective of the service is to provide a multidisciplinary approach towards patient care. The team comprises of clinical nurse specialists, a dietician, a physiotherapist, as well as colorectal, urology and gynaecology consultants.

At the moment the hub is holding around three sessions per week but due to its success and popularity, the team are aiming to increase this to a full time service. Although the hub has only been active for a short period of time, there has been a high uptake of the service with those patients highly benefitting from the access to such an expert multidisciplinary team. This service can be accessed via a patients' GP or their current healthcare provider with the Cardiff and Vale UHB.

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Car Parking

A gentle reminder that the front car park at Barry Hospital is for **patients and visitors only**. Could all staff please ensure they use staff parking, or park off-site? The hospital has received some informal complaints about patients - some elderly, not being able to park for their appointments. Your ongoing assistance would be greatly appreciated, thank you.

Water Station

On 16th June 2021 we celebrated #WorldRefillDay

Cardiff & Vale Health Charity have now funded seven water refill machines, located across hospital sites including the first installation which was at Barry Hospital. The water stations are helping staff and visitors stay healthy and hydrated – also helping to make plastic pollution a thing of the past.



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

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

To date a total of **8500** bottles have been refilled from the machine at Barry Hospital which was installed in June 2020.

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Health Charity Face Masks

Health Charity Diolch NHS face masks are being advertised via social media, Staff Connects and Charity Ambassador channels. These face masks, made from smart antibacterial fabric, are available at a cost of £5 each.

If you wish to purchase these masks or any other Health Charity merchandise, please email the Health Charity team fundraising.cav@wales.nhs.uk, or to order masks online, please follow this link <https://healthcharity.wales/events/diolch-nhs-face-masks/>



Bike Health Checks – April 2021 – Barry Hospital

The bike health check session in April proved to be really popular. A bid has been submitted for charitable funds to enable more sessions to take place later in the year.

The Health Charity team received some lovely feedback from staff members including:



Neil Coleman, Physio Tech, VCRS said: “Craig was really approachable, friendly and kindly answered any questions that I had regarding the future maintenance of my bike. He talked me through the bike service and the parts that he had checked today, also giving advice on Tyre pressures for a better ride. I would recommend Craig and Pedal Power to others.”

Read more about the bike health check sessions here –

<https://healthcharity.wales/bike-health-check-sessions-were-wheelie-good/> and follow us on social media Twitter - @health_charity Facebook. com/HealthCharity Instagram – @CardiffandValeHealthCharity to keep up to date with future sessions.

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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 to 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.

- **Sign up for our Staff Lottery** – money raised will benefit both patients and staff, and will give you the chance to win £1,000 on each weekly draw, plus two SuperDraws every year! <https://healthcharity.wales/hospital-staff/staff-lottery/>

On 29th June, one lucky staff member won £5000 in the SuperDraw – why not sign up for the **SUPERMEGADRAW** for the chance to win £21,000 and the next big winner could be you!



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/>

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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. <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.



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.

On Sunday 5th September 2021 at 10.00am

To register please contact nicola@townsq.co.uk

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

Medals & Refreshments provided

   

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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



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