

## University Hospital Llandough Newsletter - Spring 2022

### A welcome to our first University Hospital Llandough Newsletter from Peter Welsh - Senior Hospital General Manager - University Hospital Llandough/Barry Hospital

If you'd like to contribute an article, please email:  
[Georgina.Burke@wales.nhs.uk](mailto:Georgina.Burke@wales.nhs.uk) for inclusion in the next edition.

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I'd like to extend a warm welcome to you for our first Llandough Hospital Newsletter. We'd like to keep you updated on news that matters to you about the hospital, events and Health Charity news that you may like to hear about. We'd like staff at UHL to 'own' this newsletter and contribute any good news stories, celebrations or articles that you'd like to share with the hospital community. Please contact Georgina at the Health Charity [Georgina.Burke@wales.nhs.uk](mailto:Georgina.Burke@wales.nhs.uk)

I'd like to take this opportunity to thank you all for your continued hard work and dedication to the Cardiff and Vale University Health Board. You have shown great resilience and teamwork through such a difficult and challenging time.

As we are starting to move away from current restrictions, we are very much looking forward to a positive year, keeping people safe and well at University Hospital Llandough.



I'd also like to welcome Suzanne Rankin, our new Chief Executive Officer, to the Cardiff and Vale University Health Board. Suzanne will be visiting various departments throughout the Health Board over the coming months. If you'd like to request a visit from Suzanne to your department, please email [News@wales.nhs.uk](mailto:News@wales.nhs.uk)



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### CAV shuttle bus

The CAV shuttle bus is back in action transporting staff from UHL to UHW, Monday - Friday. If you have any comments on how to improve the service, please email [Joshua.madge@wales.nhs.uk](mailto:Joshua.madge@wales.nhs.uk)

UHW Concourse	UHL Plaza
07:00	07:45
08:30	09:15
10:00	10:45
11:30	12:15
13:00	13:45
14:30	15:15
16:00	16:45
17:30	18:15

### New Outdoor Staff Haven

With funding from NHS Charities Together, Cardiff & Vale Health Charity are working 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 aim of this project is for each outdoor space to be welcoming, calming, multifunctional, and provide seating areas and other areas of interest. We will update you on the progress of the UHL outdoor staff haven as the project progresses.

### Meet the department/staff member

#### Dawn Andrews PCSO

Welcome to Dawn Andrews who is the new PCSO covering Llandough area. Dawn has worked for South Wales Police since November 2021, and has previously worked as a PCSO for Gwent Police. Dawn can help with issues such as anti-social behaviour and low-level crime, and can be contacted by emailing [Dawn.Andrews@south-wales.police.uk](mailto:Dawn.Andrews@south-wales.police.uk)



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### Prop Appeal Afternoon Tea raises £1,345!

The Prop Appeal is a fundraising appeal that supports patients at the Neuro Specialised Rehabilitation Centre. Patients generally have a serious and life changing disability relating to acquired brain injuries, and often have to cope with re-learning all aspects of daily living.

At a recent event, a wonderful afternoon of tea, cake and laughter was had by all who attended the Prop Appeal's Afternoon event at The Coal-Exchange Hotel.

A huge thank you to all who came along to enjoy the fun. We are delighted to have raised over £1,345!

Every penny will support projects to help patients who have suffered an acquired brain injury at UHL. Projects include, eye-driven tablet communication technology, music therapy sessions and talking hearts, for families to record reassuring voice messages for their loved ones to listen to whilst in hospital.

We could not make these events so successful without the ongoing support of those in attendance and the wonderful donations from local businesses across Cardiff and the Vale.



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### Transformation of Inpatient Garden for Occupational Therapy MHSOP

Funding was recently approved from the Staff Lottery Bids Panel to provide equipment to transform an inpatient garden at UHL for use by Occupational Therapy inpatients within MHSOP.



Jane Finch who works in the Occupational Therapy department says, *“This project will meet the needs of our patients by promoting independence, establishing meaningful activities and developing daily routines, with the aim of improving mental health and wellbeing.”*

Incorporating sensory stimulation and exercise programmes such as Tai Chi, Jabadao, and other game related activities including skittles, will improve quality of life, help to maintain strength and balance, reduce stress, agitation and behaviours that can be challenging for patients with a diagnosis of dementia and those in the later stages of the disease.

The addition of a dining area and outdoor furniture will allow patients to relax, enjoy the environment, socialise, and engage in arts and crafts.

### Do you need lottery funding to improve services or facilities within your department?

The Staff Lottery Bids Panel endeavours to work towards all seven wellbeing goals set out by the Wellbeing of Future Generations Act whilst utilising the five ways of working; long term, prevention, integration, collaboration and involvement.

By joining the Staff Lottery, you are actively supporting a wide range of projects funded by the Bids Panel which enhance countless services across the UHB.

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Through this funding, you are helping the Bids Panel and Health Charity make things better for both our staff and patients, helping us all work together to create a more Prosperous, Healthier and Resilient Wales.

If you would like to join the Staff Lottery for a chance to win £1,000 each month and be included in two super draws each year, application forms can be completed via our website [healthcharity.wales/hospital-staff/staff-lottery/](https://healthcharity.wales/hospital-staff/staff-lottery/)

If you would like to apply for funding from the Staff Lottery Bids Panel, please contact [fundraising.cav@wales.nhs.uk](mailto:fundraising.cav@wales.nhs.uk) for details.

Cardiff & Vale Health Charity encourages you to join the Staff Lottery and apply for funding, which can enhance your department or service and inform others of the benefits of joining the Staff Lottery. And who knows, maybe you will be our next winner?

### Details of upcoming Art exhibitions around University Hospital Llandough

#### Spring Auction 2022

Location: The Hearth Gallery

**Dates: 14<sup>th</sup> March – 2<sup>nd</sup> May**

A fantastic collection of artworks kindly donated for the Spring Auction 2022.

The auction will take place online with all proceeds supporting the Arts for Health and Wellbeing Programme. All donated artworks will be on display at the Hearth Gallery.





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### Landmarks by Amelia Unity

Location: UHL Plaza

**Dates: 1<sup>st</sup> March – 18<sup>th</sup> April**

An exhibition of artworks by Amelia Unity, who thinks progressively about the application of graffiti as a means of community engagement. The work in this exhibition is a follow on from Unity's 2018 body of work, where she created artwork used by RSPB Cymru to lobby Welsh Government during policy creation. Please see the exhibition poster attached.

### Life on the Floodplain - A Garden Wildlife Diary 2020 by Ceri Leigh

Location: UHL West Corridor

**Dates: 28<sup>th</sup> February – 30<sup>th</sup> May**

An exhibition of a series of photographs by Ceri Leigh, who studies and documents wildlife near her home in the Brecon Beacons.



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Peace Bees 1, Amelia Unity, 2019

**LANDMARKS**

The Health Gallery is delighted to present the new Plaza exhibition - 'Landmarks' by Amelia Unity.

**1st March - 18th April 2022**  
**Event: 3rd March, 6pm - 8pm**

This exhibition at University Hospital Llandough is accessible for current patients, staff and visitors on site. We encourage you to read more about this exhibition and view the work through our virtual platform at <https://cardiffandvale.art/news/>

We will also be showcasing the artworks across our social media sites.

**Open Daily 9am - 8pm**  
Ground Floor, University Hospital Llandough  
Penlan Road, Llandough, CF64 2XX

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### Shine Bright Appeal expanding to UHL for 2022

The Shine Bright Appeal took place throughout December where local businesses were invited to sponsor an LED star which was secured to the outer walls of the University Hospital of Wales. The campaign made a total of £13,000, of which £6,000 will benefit Our Health Meadow at University Hospital Llandough.

We are expanding the appeal this year to include LED stars at University Hospital Llandough which will be placed around the main entrance of the hospital. If you would like to sponsor a star, please contact [fundraising.cav@wales.nhs.uk](mailto:fundraising.cav@wales.nhs.uk)



### Events at UHL

Over the next couple of months, we have some lovely events located at and around University Hospital Llandough for you to enjoy:

- **Health Meadow Open Day** - Come and find out about the Health Meadow and how it can benefit you and our community. Our next open day will take place on 31<sup>st</sup> March 2022 between 10am – 2pm so head over to the teepee where one of our team will talk you through the project.
- **Outdoor Cinema.** Get involved in our brand new event coming to Our Health Meadow this summer. An outdoor cinema will be showing two fantastic films at Our Health Meadow where tickets can be purchased on our website soon [www.healthcharity.wales](http://www.healthcharity.wales)



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

Cardiff & Vale Health Charity still have a number of 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.

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/)

- **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)