



St David's Hospital Newsletter - October 2021

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 for inclusion in the next edition.

Children, Young People & Family Health Services, Kickstart Welcome

A big welcome to Amarah, Connor, Jeevan, Joseph, Macauley and Sherif, the new Kickstart Scheme recruits who have joined the Children, Young People and Family Health Services directorate. They have joined at an exciting time. They have been supporting the directorate's ongoing digital transformation, as well as helping to implement e-prescribing and developing website content to help communicate with children, young people and families.



The Kickstart recruits have already been working with the team for a couple of months, but they were delighted to get to know them better at their Kickstart Celebration Event at St David's Hospital on Monday 20th



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September. They shared their experiences so far with Rose Whittle, the directorate General Manager, and gave some useful feedback about how we can welcome young people to our teams in the future.

Two of these Kickstart recruits, Amarah and Jeevan, are working at St David's Hospital in the Children's Centre. Feel free to say hello if you bump into them! We asked Amarah and Jeevan what advice they would give to other young people starting with Cardiff and Vale University Health Board:

'take part in every opportunity that arises in order to fully immerse yourself in an NHS environment'

'never be afraid to ask for help... every mistake you make in your new role is a chance to learn something new and expand your own knowledge'

Thank you to Jeevan, Amarah and the rest of our Kickstart recruits for your hard work in supporting Children, Young People and Family Health Services!



Bike Health Checks - St David's Hospital

The bike health check session in April proved to be so popular, Cardiff and Vale Health Charity were able to fund a further 14 sessions throughout September and October across our hospital sites, including 2 more dates at St David's Hospital – the next date at St David's is scheduled for 19th October, so if you haven't already booked, you can sign up here: healthcharity.wales/events/bike-health-checks-at-st-davids-hospital/



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We've had great feedback from these sessions, and we'd love to hear about your experience. Please contact fundraising.cav@wales.nhs.uk with any comments or suggestions.

You can also read more about the previous bike health check sessions here: 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.

Mental Health Matters Update

Over the summer months some staff changes occurred within the MHM Wales Wellbeing team resulting in Will and Tom joining Sally as Activity Workers. Some highlights to share include the continuation of Forget-Me-Not Chorus project across all 3 wards of St David's Hospital which began with a beautiful sunny performance led by singer Kate Woolridge in Elizabeth ward court yard garden on 20th September.

On 21st September we celebrated World Alzheimer's Day with a reminiscence project led by Tim & Tom, two of the Kickstart Scheme recruits from the Cardiff and Vale Arts for Health & Wellbeing Team (Part of Cardiff & Vale Health Charity) prompting memories through photographs of Cardiff landmarks and events, supported by a very generous donation from Brutons the Bakers, who provided a glorious selection of cakes for staff and patients.

The team continue to invite patients to engage with weekly concerts on Zoom by Harmoni Cymru and Wales National Opera, as well creating collaborative art.



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Childrens Centre Charitable Funds Bid for Environmental Improvements

Cardiff & Vale Health Charity recently funded Children, Young People & Family Health Services project to make environmental improvements by replacing the furniture and flooring, and work was completed at the end of June.

In line with the Covid guidance for public and work spaces, as well as the advice received from the UHB Infection Control team there was a requirement for a number of amendments and improvements to be made to St David's Children Centre in order for services for children and young people to resume and operate safely from the building. As part of their commitment to delivering high quality care, the team wanted to ensure that the experience of coming into the centre is as positive, inviting and safe as possible for children, young people and their families.

You can read more about this lovely project here: healthcharity.wales/st-dauids-children-centre-environmental-improvements/ and we hope you'll agree the changes are a really welcome addition to the Children's Centre.



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Water Refill Stations

As you all know, St David's Hospital was the second hospital to receive the benefit of the refill water stations, which was the start of an ongoing programme to get these installed across our hospital sites. Following the installation of the 2 at St David's Hospital in January this year, we have now had a further 4 installed at CRI, The Breast Centre UHL, The Llandough Centre for Specialist Spinal and Neuro Rehabilitation at UHL, and Lakeside Wing at UHW.

Read more about this project here: healthcharity.wales/drinking-water-bottle-refill-scheme-launches-at-four-more-locations-across-the-uhb/

To date over 16,000 bottles have been refilled from the 2 machines at St David's Hospital, so don't forget to carry your re-usable water bottle and keep hydrated!





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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 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/

On 29th June, one lucky staff member won £5000 in our SuperDraw – why not sign up for our 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.

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

Splash of Pink! - The wonderful team at Splash Central are hosting a 'Splash of Pink' weekend on the 23rd and 24th of October

A weekend programme of events which will be raising funds and awareness during Breast Cancer Awareness Month, all directly in aid of Cardiff & Vale Breast Centre Appeal, one of the main appeals of Cardiff & Vale Health Charity.

Join the
Splash of Pink
weekend
23rd & 24th October 2021
Raising funds for the Breast Centre Appeal during Breast Cancer Awareness Month

Sponsored Swim
Aqua Marathon
Family Swim

Splash Central,
Beignon Close,
Cardiff CF24 5HF

PoundFit class
Pilates HIIT
Circuit Training

Pilates
Pink Up your
Halloween

To get involved in Splash of Pink,
please sign up here: healthcharity.wales/events/

THE BREAST CENTRE
Cardiff & Vale

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To get involved, please sign up here:

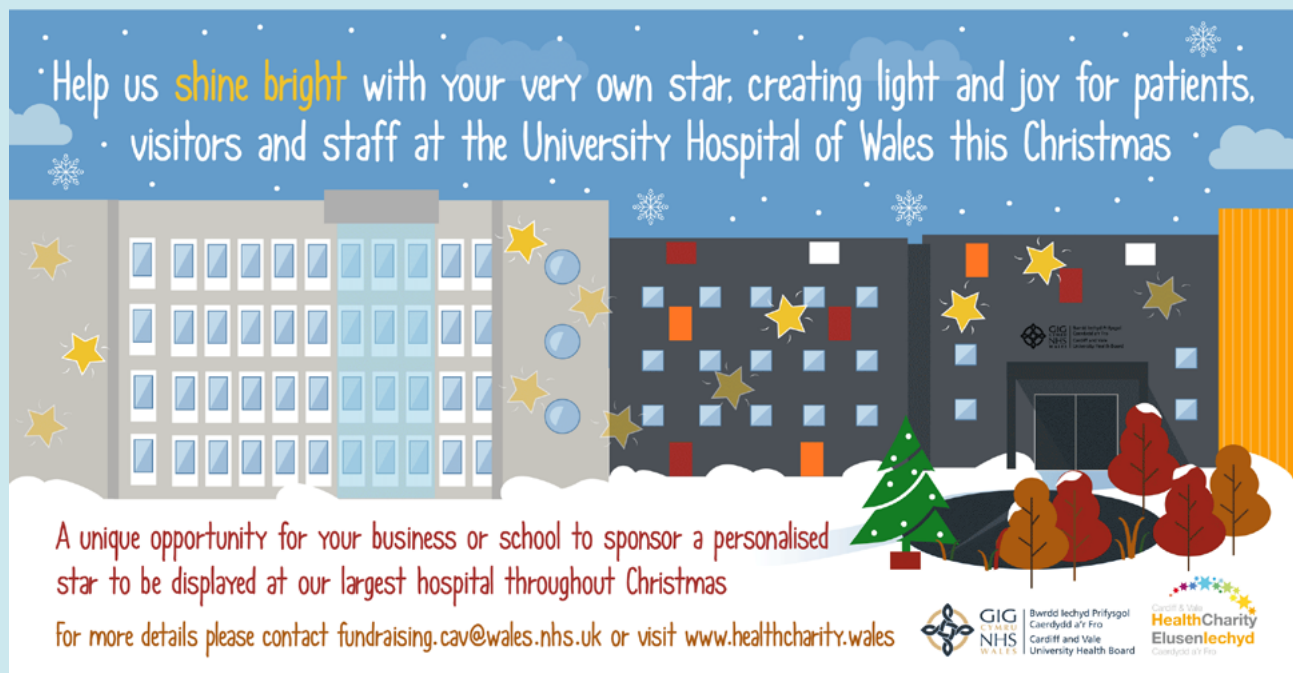
Saturday Events:

healthcharity.wales/events/a-splash-of-pink-saturday-23rd-october

Sunday Events:

healthcharity.wales/events/a-splash-of-pink-sunday-24th-october


Shine Bright Appeal




Help us **shine bright** with your very own star, creating light and joy for patients, visitors and staff at the University Hospital of Wales this Christmas

A unique opportunity for your business or school to sponsor a personalised star to be displayed at our largest hospital throughout Christmas

For more details please contact fundraising.cav@wales.nhs.uk or visit www.healthcharity.wales

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Help us shine bright with your very own star, creating light and joy for patients, visitors and staff at the University Hospital of Wales this Christmas.

Find out more here: healthcharity.wales/events/shinebrightappeal/

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