

Barry Hospital Newsletter - September 2021

Jason's Journey to raise funds for those suffering from Alzheimers Disease

Back in July, Jason Ahmed chose to support Cardiff & Vale Health Charity by completing 3 marathons over 3 days on 2nd, 3rd and 4th July 2021.

Jason began fundraising after his father was diagnosed with Alzheimer's. Over the past year, his father has been deteriorating resulting in 24 hour care at St Barruc's Ward, an early onset dementia ward in Barry Hospital.

Read more about Jason's immense challenge here: healthcharity.wales/jasons-journey-to-raise-funds-for-those-suffering-from-alzheimers/



Barry Hospital Newsletter - September 2021

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

The Summer Showcase Exhibition has created an uplifting and positive environment to all those who visit Barry Hospital. As part of the wider Arts for Health and Wellbeing programme, all of our Exhibition spaces throughout Cardiff and Vale University Health Board are provided to support our patients, staff and visitors and members of our community.

In July our Gallery Co-Ordinator Molly Lewis was able to meet with Ceri Phillips – Vice Chair and Jane Hutt MS at the Barry Summer Showcase Exhibition. They were both very impressed with the exhibition and permanent display of artwork around Barry Hospital.



Ceri Phillips said *"The art exhibition at Barry Hospital is a very welcome addition to enhancing the appearance and aesthetics of the walls in the entrance area of the hospital. It provides an excellent opportunity for local artists to display their work and serves as a distraction and therapeutic enhancement for patients and their families waiting, perhaps in a state of anxiety and stress, for their*

appointments and consultations. It represents a small but effective and important contribution to the quality of service offered by the Board to its residents."

All artwork within the 'Summer Showcase' will be accessible to view through the website and all artists and their artworks will be promoted.

For more information and to view the artworks on display, please visit:

www.cardiffandvale.art/2021/07/20/summer-showcase/

If you are interested in any future exhibitions at Barry Hospital, please contact

molly.lewis3@wales.nhs.uk

ARTS
FOR HEALTH AND WELLBEING

Barry Hospital Newsletter - September 2021

Porthkerry Freemasons Lodge thank you to the Barry Community Nursing Teams

Porthkerry Lodge was approached by one of their much loved Senior Past Masters following his recovery from a major operation before Christmas. He wished to thank the Barry & Vale District Nurses who cared for him following his hospital discharge on Christmas Eve. So impressed was he by the care & attention that he received, that he asked for our help in thanking them. He wished to remain anonymous, but said that he felt their dedication was second to none. That nothing was too much trouble for them & it made him feel very humbled that those girls could show so much affection & tender loving care to a man aged over ninety.

Porthkerry Lodge therefore arranged to present two of the community nursing Team Leaders, Sisters Lynda Salter & Victoria Awaient with a donation to Cardiff & Vale Health Charity, District Nursing team for £400 to improve the comfort & efficiency of their teams.

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

All appointments are to be made Via Cav24/7 - Tel: 0300 102 0247 where the patient will be directed to the appropriate service (GP, Dentist, Pharmacy, Physio).

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

Barry Hospital Newsletter - September 2021

Staff Notice - Smoking

A polite reminder to all staff that smoking is not permitted on the Barry Hospital site or any other C&V UHB Site. Staff must go off site if they wish to have a cigarette.

If you're thinking about stopping smoking, there's no better time to quit than now. Services are still operating during Covid-19 and are here to support you every step of your smoke free journey. Whilst face-to-face services are not currently available, you can still receive support from Help Me Quit over the phone with access to free stop smoking medication.

www.helpmequit.wales/

Or, call the Smoking Cessation Service:

Helen Poole, Ward A1 (1872) 3582, or externally on 029 2074 3582

Pelvic Health Service

The Pelvic Health Service are holding a MASIC Support Meeting on Monday 11th October between 12.30pm – 2.00pm. This will be held in the Mary Lennox Room at Barry Hospital. Please share this information with anyone who may be interested – they can book their place via Event Brite - www.eventbrite.co.uk/e/south-wales-masic-support-group-tickets-172771322677



Barry Hospital Newsletter - September 2021

Water Station

As you all know, Barry Hospital was the first to receive one 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 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 11500 bottles have been refilled from the machine at Barry Hospital, so don't forget to carry your re-suable water bottle and keep hydrated!

Bike Health Checks – April 2021 – Barry 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 Barry Hospital – the next date at Barry is scheduled for 7th October, so if you haven't already booked, you can sign up here: healthcharity.wales/events/bike-health-checks-at-barry-hospital/

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.



Barry Hospital Newsletter - September 2021

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 patients and staff, and will give you the chance to win £1,000 on each weekly draw, plus two SuperDraws every year! 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/>



Barry Hospital Newsletter - September 2021

- **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.

To get involved, please sign up here:

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

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



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



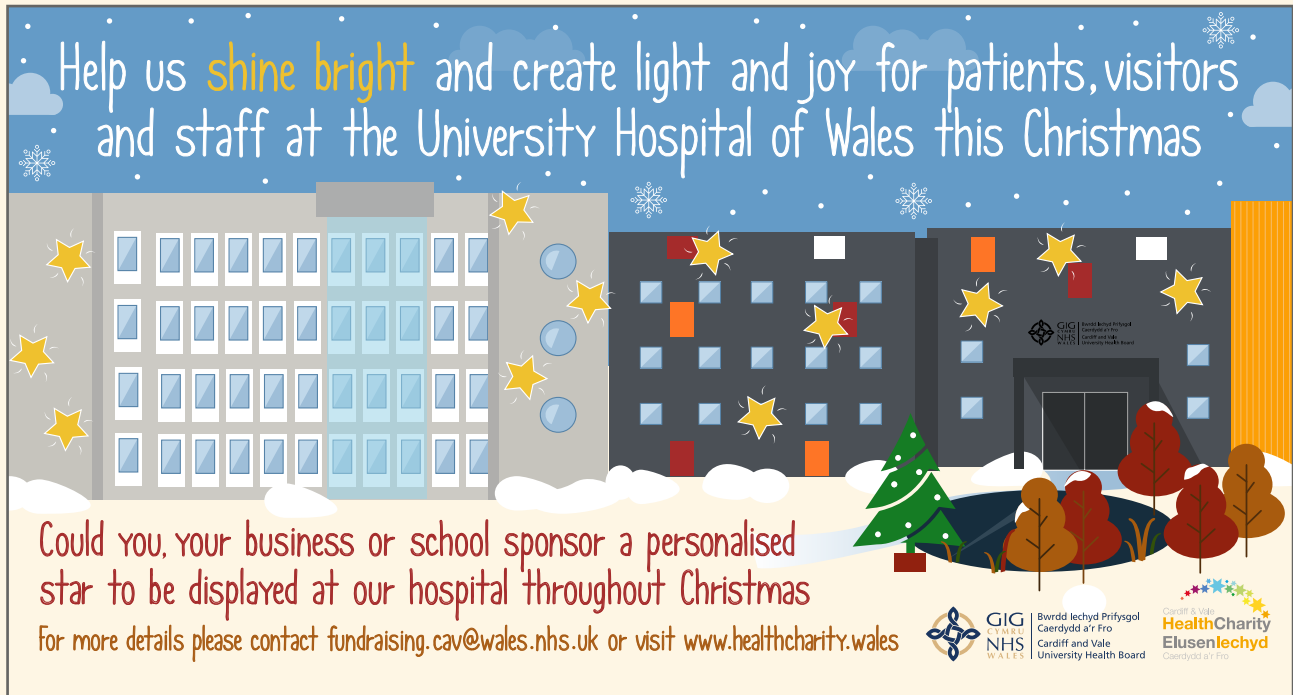
Cardiff & Vale
HealthCharity
ElusenIechyd
Caerdydd a'r Fro



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

Barry Hospital Newsletter - September 2021



- **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.

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