



Cardiff Royal Infirmary Newsletter Spring 2022

**Published by the Arts for Health and Wellbeing Programme as
part of *Cardiff Royal Infirmary; People, Place, Future***

About the Project

The Arts for Health and Wellbeing Team at Cardiff & Vale Health Charity have secured funding and support from the Arts Council of Wales from the new National Lottery Arts, Health and Wellbeing Fund. The project aims to re-frame a deeper, more accessible relationship to NHS services for all, through the creative arts and to people in their communities at Cardiff Royal Infirmary.

Follow us on social media to keep up-to-date with this project #ArtsatCRI



@CAVUHBarts



@CavuhbArts



@theearthgallery



Guess How Many Eggs are in the Jar!

1 Guess = £2

3 Guesses = £5

The competition closes on Monday 17th April.
The closest guess keeps the jar of chocolate eggs.



ENTER HERE

www.cardiffandvale.art/cardiff-royal-infirmary-people-place-future

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The Arts for Health and Wellbeing team have been working on a range of creative projects...



Capel i Bawb : Chapel for All – Painting by Malcolm Murphy

Artist, Malcolm Murphy, was commissioned by the Arts for Health and Wellbeing Programme with funding from the Staff Lottery, to create a painting to acknowledge the 100 years of the Chapel at Cardiff Royal Infirmary and its bright and sustainable future. The painting was then printed on A5 cards and gifted to staff and supporters of Cardiff Royal Infirmary.

A4 prints are available for purchase at £15 each through a pre-order system until Friday 18th April to raise funds for the Arts for Health and Wellbeing Programme.

» **PURCHASE HERE**



International Women's Day Launch of *Dancing the Self*

The Arts for Health and Wellbeing Team launched *Dancing the Self* in collaboration with Cardiff Women's Aid and dance artist, Zosia Jo at the Women's Wellbeing Fair. The focus of our project is reclaiming the body and empowering the mover to make choices about the ways they inhabit the body and space. [Sign up to a taster session here](#)

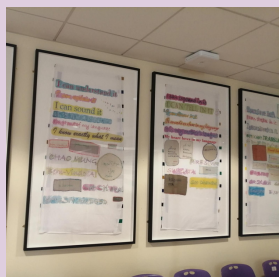
Actor and Interactive Storyteller, Daniel Buck, Runs Creative Project with Tredegarville Primary School

As part of the project Cardiff Royal Infirmary: People, Place, Future, the Arts for Health and Wellbeing Team have commissioned Actor and Interactive Storyteller, Daniel Buck to deliver an innovative creative writing, improvisation and role-playing workshops at Tredegarville Primary School. [Click here for more information](#)



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4 Tapestries Installed within the OOH/CAVHIS Department

Artist Haf Weighton, created 4 tapestries with refugees and asylum seekers at Oasis Cardiff through funding from the Arts for Health and Wellbeing Programme.

Texting Games for Patients Gifted to your Area

With funding from the Staff Lottery at Cardiff & Vale Health Charity, we have a limited number of texting games to give to departments with waiting areas. For more information, please contact bex.betton@wales.nhs.uk



NHS Online Art Auction 2022

There are so many fantastic artworks up for grabs in the NHS Online Art Auction 2022, raising funds for the Arts for Health and Wellbeing Programme. The auction is running online until Monday 2nd May 2022.

» [ENTER HERE](#)

Run Barry 10K

Cardiff & Vale Health Charity still have a number of FREE places available for runners to take part in the Barry Island 10k on 7 August 2022. All we ask is that you commit to raise £100 in sponsorship.



» [ENTER HERE](#)



Virtual Easter Balloon Race

We have some fantastic prizes to give away to the winners of the Virtual Easter Balloon Race! Design and follow your balloon this Easter, all funds raised support the Arts for Health and Wellbeing Programme.

» [ENTER HERE](#)

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Recent News



Capel i Bawb Official Opening

The official opening of Capel i Bawb took place on 17th March 2022. The event was attended by leading figures in the Health Board and community as the Grade II listed building officially launched as a health & wellbeing information and advice centre, library, meeting spaces, IT suite & Aroma Café.

New Outdoor Staff Haven

With funding from NHS Charities Together, Cardiff & Vale Health Charity have now been able to progress the works to create outdoor staff haven spaces across 5 hospital sites. Cardiff Royal Infirmary's Staff Haven is in patio area outside Capel i Bawb and is an environment for staff to rest and reflect.

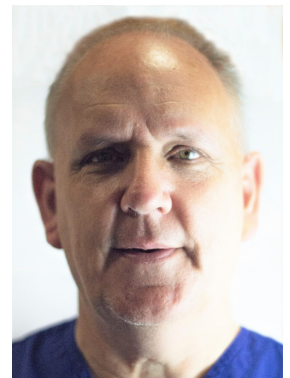


Daffodils planted in front of Capel i Bawb

Thank you to Cardiff City Council for brightening up the entrance with these cheery daffodils. We are looking for staff to volunteer with watering the plants throughout the warmer months, there will be a watering can situated in the Porter's Lodge for anyone who would like to get involved.

Good Luck to Chris Plummer

Chris Plummer has retired after 12 years working as a Health Visitor in CAVHIS (and many more years within the Health Visiting field) - we all wish him well in his next adventures and will miss his humour throughout CRI.



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WELCOME!



Welcome to Sarah Simon

We would like to welcome Sarah Simon to the South and East Locality Team, she will be assisting Eleri as the Assistant Locality Manager.

Fold-out Seating Installed with Funding from the Staff Lottery

Several sets of fold-out seating have been installed in the main corridor to support patients and staff with mobility and respiratory challenges to feel more comfortable when attending the site.



We would like to wish a happy and healthy Ramadan to all.

A Polite Reminder to Staff...



If departments require fire training, please contact Mal Perrett directly to organise.



For future Charitable Bids, departments can contact the Locality Team for ideas and support (#35129)



City Pharmacy has an Independent prescriber that is commissioned to provide the Oral Hormonal Contraception Service. Patients will require a consultation and will be assessed for initiation and for continuation of the pill.

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Across Cardiff and Vale University Health Board, Refill Stations have been installed for use by patients, staff and visitors to increase access to free drinking water and to cut down on plastic waste. We have also introduced £5 Cardiff & Vale Health Charity reusable water bottles.

» [PURCHASE HERE](#)

Refill to Refuel

Refuel at our Refill Stations across Cardiff and Vale University Health Board Sites

#NHweek



Ways to Support Us

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!

www.healthcharity.wales/hospital-staff/staff-lottery/

**SUPERDRAW ALERT**

Sign up to the **£6,000** SuperDraw taking place on Friday 27th May 2022. Register by April 30th 2022 to be in it to win it.

One lucky lottery member will win **£6,000** in addition to four **£1,000** winners.



If you would like to increase your chances of winning, why not increase your numbers?

Email fundraising.cav@wales.nhs.uk for more information.

Register for In for a Penny – A payroll giving scheme, raising money by literally donating pennies from your salary every month.

www.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

Fundraise for Us - If you already have an idea for how you'd like to fundraise, please get in touch! We'd love to be able to support you and provide any help we can.

Email us at: fundraising.cav@wales.nhs.uk

Make a Donation - We appreciate every donation made to the Arts for Health and Wellbeing Programme. If you would like to support us by making a donation, please scan the QR code or click on the link:

www.justgiving.com/campaign/artsforhealthandwellbeing



www.cardiffandvale.art/cardiff-royal-infirmary-people-place-future