

Cardiff Royal Infirmary Newsletter - August 2021

Welcome to the first edition of the Cardiff Royal Infirmary (CRI) newsletter. A newsletter designed to provide information and updates whilst focussing on improving the health and wellbeing of employees and patients. If you would like to have an input on future content, please contact: rebeca.short@wales.nhs.uk



CRI will become the South and East Cardiff - Health and Wellbeing Centre as part of the wider Cardiff & Vale University Health Board "Shaping our Future Wellbeing" strategy. A number of community healthcare services are provided at CRI for the South and East Cardiff population. All the patient appointments at CRI are outpatients.

The new aroma café on site opened in May 2021 and the new library opened in July 2021. Approximately 650 NHS staff work at CRI and other council and voluntary sector employees. Providing healthcare closer to home for patients is a key objective. The South and East Locality comprises of three cluster areas – City and South Cluster, South and East Cluster and the East Cluster.



Meet Eleri Crudgington, Assistant Locality Manager for the South & East Cardiff Locality Team, based at CRI. Eleri has been working at CRI for nearly 10 years and when she first came to CRI she couldn't believe how friendly and welcoming everyone was. The locality team manages a range of community services, which makes for an interesting job.

The community services range from Prison healthcare, DN teams, sexual health team, homeless team and asylum seeker service to name a few. I'm proud of all the services in our locality and the improvements made over the years and in particular how well all our teams adapted during Covid to continue to provide services to our patients, some of whom are the most vulnerable.

Eleri is also the Chair of the CRI Operational Group which she's passionate about in making a difference in improving the experience of patients and staff. For example improvements to the environment such as the picnic benching area and the gardening project.

After 27 years in the NHS she says her locality position has been the most challenging and certainly the most worthwhile and rewarding position! She puts this down to working with an amazing team of dedicated staff.

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CHAPS Service Evolves - Clinical Director for Health Inclusion, Dr Ayla Cosh is continuing to lead the way in terms of evolving the current Cardiff Health Access Practice (CHAPS) into a new service model which will be called CAVHIS (Cardiff and Vale Health Inclusion Service), which will launch in September 2021.

In partnership with St Mary the Virgin C/W School, pupils were invited to design a brand new logo which will form the brand of CAVHIS. For the full story, please visit the [Cardiff News Room website](#).

Cardiff & Vale Health Charity is delighted to announce that Cardiff and Vale University Health Board employee Teresa Janes has been crowned Health Hero for August.

Teresa, who is a Clerical Officer in the Sexual Health Department at Cardiff Royal Infirmary was nominated by former colleague Nathan Saunders for “making patients so happy.”

Teresa has worked in health in a variety of roles for 30 years and has worked in the busy Sexual Health Department at Cardiff Royal Infirmary for approximately 15 years.



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The Arts for Health and Wellbeing Team, part of Cardiff & Vale Health Charity have been involved in bringing a number of exciting projects to CRI.



- Care of the Wounded Soldier art is now exhibited within the Aroma Café area of CRI.
- Art has been produced to welcome everyone to Cardiff and Vale Health Inclusion Service (CAVHIS).
- Murals have been designed for the waiting area of CAVHIS.
- A unique piece of glass work has been commissioned from Gray Glass to celebrate the evolution of the current Cardiff Health Access Practice (CHAPS) into a new service; Cardiff and Vale Health Inclusion Service (CAVHIS) in September 2021.

Art commissioned as part of Inclusion - Cardiff and Vale University Health Board invited applications from artists and creative collaborators to work on a number of projects that will provide messages of support, respect and to reaffirm their commitment to continue to work with patients, staff and colleagues and provide support as part of our collective commitment to equality, diversity and inclusion for all, not just while the Black Lives matter movement is so prominent in the media, but every day. These pieces will soon be exhibited on the main corridor at CRI.

The Health Charity's Staff Lottery has approved a bid to commission a heritage project celebrating the past present and future of the iconic, historic Cardiff Royal Infirmary. Cardiff Royal Infirmary is a significant landmark on the local skyline, well known by residents and many visitors to the city. The hospital site contains a rich history and heritage reflected in the building itself, in its art and artefacts, and in the numerous rich stories of the staff and people whose personal histories are deeply entwined and connected with it.

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Pride 2021 - Look out for the new artwork which will soon be installed to celebrate the diversity of staff and patients within the NHS.

The artist, a queer and trans illustrator, noted that the potential location of the work, being close to the Department of Sexual Health, is significant, as this service is among some of the most caring and knowledgeable when it comes to LGBTQ+ people receiving medical care. The composition of the work is based on historical star charts and nautical maps.



The Arts for Health and Wellbeing Team at Cardiff & Vale Health Charity are delighted to receive substantial

funding and support from the Arts Council of Wales from the new National Lottery Arts, Health and Wellbeing fund.

The project Cardiff Royal Infirmary; people, place, future aims to re-frame a deeper, more accessible relationship to NHS services for all, through the creative arts and to people in their communities.

Cardiff Royal Infirmary has plans to develop as an innovative Wellbeing Centre, it already provides a huge range of services to the people in Cardiff and across Wales including community mental health services, health access for asylum seekers and refugees and support for vulnerable women and families.

We look forward to working with our partners including Cardiff Women's Aid, Oasis, National Museum Wales, composer and sound artist John Rea, filmmaker Oliver Norcott, a network of community based artists, and a number of third sector organisations in engaging our vibrant multi-cultural communities through the arts so that all voices are heard.

We are excited and grateful for the opportunity to work to create a template to embed the creative arts in our wellbeing health service and to provide a platform for all to engage in the creative arts and the numerous wellbeing benefits this can bring.

We will be posting further information and opportunities to get involved in this really exciting project as it develops.

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Cardiff & Vale Health Charity has recently supported a number of projects at CRI to benefit both patients and staff.



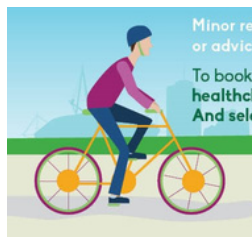
Cardiff Royal Infirmary's new garden set to give nature a helping hand - following a recent application as part of Keep Wales Tidy Local Places for Nature scheme, Cardiff & Vale Health Charity has been awarded a new garden package by environmental charity Keep Wales Tidy to be installed in the grounds of the Cardiff Royal Infirmary.

The team at CRI will be creating an urban garden. All the plants, tools and materials are being provided for free by Keep Wales Tidy.

This is the second garden to be awarded to Cardiff & Vale Health Charity, the first being a wildlife garden which was installed in one of the courtyards at Barry Hospital last year



A new bike rack will soon be installed to support staff who cycle to and from work. The new bike rack will provide a safe storage facility for both staff and patients and was kindly funded by Cardiff & Vale Health Charity's Staff Lottery.



Due to popular demand, free Bike Health Check sessions will be returning in September/October to various sites across the Health Board including CRI. Follow the Health Charity on social media and check our website for dates.



The Health Charity, through NHS Charities Together funding, has agreed to support the installation of a water refill station which will hopefully be installed by the end of August.



A Staff Lottery bid has also been approved to provide promotional items for the CAVHIS service. Look out for staff wearing the special branded sweatshirts, lanyards and polo t-shirts that will help them be identified by their patients.

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Support Cardiff & Vale Health Charity! Over the past 12 months, Cardiff & Vale Health Charity has been working hard to improve and enhance the facilities available at CRI using Charitable Funds bids for improvements to the environment, facilities and art installations at the hospital. They would not be able to do what they do without the incredible support of staff, fundraisers and donors.

There are so many ways you can easily get involved and support Cardiff & Vale Health Charity, which in turn will support you, your colleagues, your patients and any visitors to our hospital and community sites.

- Staff Lottery – SUPERMEGADRAW on 27th November 2020 with a £20,000 PRIZE.



STAFF LOTTERY **SUPERMEGADRAW ALERT!!!** Cardiff & Vale HealthCharity Elusenlechyd Caerdydd a'r Fro

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/>



- In for a Penny – A payroll giving scheme by literally donating pennies every month.
- Think Inks – a personal ink cartridge recycling scheme – FREE to recycle and money raised will benefit Cardiff & Vale Health Charity.
- 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.

**To find out more about Cardiff & Vale Health Charity please email:
fundraising.cav@wales.nhs.uk**