



STAFF LOTTERY

BIDS PANEL EXPENDITURE

REPORT 2021/22



Introduction

Cardiff & Vale Health Charity manage the Staff Lottery which gives Cardiff and Vale University Health Board staff the chance to win £1,000 every week plus FREE entry into the Health Charity's special MegaDraw and SuperDraw which takes place twice a year. The Staff Lottery scheme has awarded over £1 million in prizes to winning members since its relaunch in 2005

The Staff Lottery enables departments to apply for funding via the Fast Track Scheme for up to £250, and the Bids Panel for projects between £250, and £10,000, and has recently awarded grants of over £1.5 million to support numerous projects across the Health Board. These projects can range from refurbishing rest areas and waiting rooms, support training opportunities to continue professional development, and novel medical equipment to benefit a variety of patients.

This report details some of the examples of how the Staff Lottery Fund has supported monies generated through membership to the scheme in 2021/22. Projects support patients, staff, visitors and volunteers of Cardiff and Vale University Health Board.



Patient Benefit

The examples below detail how monies have been spent to benefit the patients of Cardiff and Vale University Health Board.

Maple Murals

Maple Ward is an all-male low secure unit in Hafan y Coed. The ward looked cold and unwelcoming and the addition of murals would help brighten up the space and make it a more vibrant and interesting environment to spend time in.

A series of murals for the games room and entrance to the ward was completed, and is a considerable improvement to the staff and patient environment, noting the positive impact art has on health and wellbeing. Peaceful Progress, a local spray artist who previously completed a large mural in Hafan y Coed back in 2016, will be completing a group of murals depicting nature and a range of seasonal sports in New York style graffiti.

Cwtch Garden at Hafan y Coed

The “Cwtch Garden” will benefit not only the patients, but also staff members. Patients can take time away from the busy environment to reflect, gather their thoughts, or perhaps undertake some relaxation and meditation before taking on the rest of their day.

The “Cwtch” is intended to help patients with relieving the built-up stress and anxieties that come with their everyday responsibilities.



The team at Hafan y Coed engaged in discussions about the art work that will be purchased for the ‘Cwtch’. Having worked with the Health Charity in the past, the team felt it was a great idea to commission the work of Amelia Unity. Amelia’s work is known for being bright and creative, which would reflect what is most important to the patients through the use of inspirational wording. The artwork for the ‘Cwtch Garden’ provides an important space for engagement, inclusion, the learning of new skills, and a space for self-reflection.

The re-branding and re-launch of Cardiff Health Access Practice (CHAPS) as 'Health Inclusion Service' for Vulnerable Groups



Cardiff Health Access Practice (CHAPS) has undertaken significant improvement work over the past year to improve the service it offers to Asylum Seekers, who are dispersed in Cardiff.

As part of the ongoing evolution of this service, the Clinical Team requested funding to expand the service provided to cover additional vulnerable groups to include: Sex Workers, the Homeless, and Travellers – all of whom are amongst the most vulnerable people living in Cardiff and the Vale.

Providing staff with recognisable identification clothing, lanyards, and promotional marketing materials that are specific to the service, helped create a more welcoming ambiance for the patients and helped boost staff morale, as it encourages a spirit of 'togetherness and pride' in the service.

Therapies Musical Garden Project

The Occupational Therapy team work on five inpatient wards within Mental Health Services for Older People. The patients they work alongside have a wide range of mental health conditions, often resulting in lengthy hospital admissions.

Mental Health Services for Older People began a project to transform their inpatient garden into an inviting, stimulating, and relaxing area that patients would enjoy and utilise as part of their therapy. With funding agreed from the Staff Lottery Bids Panel, the team were able to purchase outdoor musical equipment, situated at certain points within the garden adding an interactive experience throughout the area. The instruments will have a positive impact on patient's health and wellbeing, helping them engage with musical activities and outdoor sensory interventions, promote independence and, develop daily routines, with the aim of improving mental health and wellbeing.



Provision of a Public Access AED Defibrillator and cabinet at Our Health Meadow

With the general area and site at the University Hospital Llandough being used more frequently over the coming months by staff, patient groups and the general public, both undertaking schemes on site and those simply passing by, it is important that we consider that the possibility of any one of those individuals going into cardiac arrest is quite high.

By placing an AED Defibrillator on or near the site, it would support the on-site team and or any passers-by if this should happen and would mean that this life saving equipment would be placed for use both on and off the immediate site, which would benefit staff, patients and the public.



Ynys Saff Sexual Assault Referral Centre

Ynys Saff Sexual Assault Referral Centre (SARC) provides a 24-hour service to victims of sexual violence. When an individual attends SARC, they are given a forensic examination and are offered a shower due to the fact that many will have come to SARC straight from the alleged incident. Some individuals will bring their own clothes to change into following the shower. Other individuals may not have any clothing to change into due to personal circumstances, e.g. homeless clients, so the SARC provides them with some basic items of clothing to provide an equitable service to all who use the SARC.

Additional clothing items that are over and above what is usually given were provided. Previously SARC have relied on donations and staff have also raised money themselves to provide additional items. The clothing is not provided as a luxury and not given to all who attend, but to make a person with nothing, feel valued and cared about, and make the patient's experience less traumatic.



Seating for patients attending Cardiff Royal Infirmary

Three sets of fold-up and wipe clean seats were placed along the long corridor in Cardiff Royal Infirmary to help improve patient, staff and visitor experience of all ages with mobility and respiratory problems, now they can take short rests and feel comfortable.

Specialist dysphagia equipment in the community

Many of the Speech and Language Therapy patients who struggle with dysphagia have difficulty swallowing thin fluids which is often a result of neurological conditions like Parkinson's disease, Stroke, and Dementia amongst many others. Usually having to include thickener in their beverages, specialist cups would allow for patients to have more control over their fluid intake without using thickener. This would drastically increase their enjoyment of drinking beverages and improve their independence.

As well as significantly improving the patient experience, the team calculated that it would save a significant amount of the budget provided for thickener prescription per patient, which they will trial and evaluate in an aim to include the cups in the core budget.

The provision of specialist dysphagia cups and straws for the residents of Cardiff and the Vale will improve patient independence, dignity and enjoyment of drinking.



Dementia Darnings

The exhibition, Dementia Darnings is a collection of stitched portraits of textile artist, Jenni Dutton's mother, Gladys Dutton, based on photographs taken across her lifetime, including fading with dementia at the end of her life. Jenni created a moving intimate portrait of her mother which celebrates, honours and explores both her mother's life and dementia, and also her own role in the process as both her daughter and full-time carer.

This inspiring project sensitively explores ageing and loss, and enables carers, family members of people with dementia or those who are ageing to express their own stories through gentle, creative activities which resonates with Cardiff and Vale University Health Board's core values. This project provides an opportunity for participants to explore their own familial and intergenerational relationships, together with exploring and celebrating older age.

Patients, staff, gallery visitors and invited participants were able to take part in a series of online and in-person workshops and discussions exploring loss, tribute, ageing and creativity.

Creative discussion opportunities and creative writing workshops for staff members, patients, and participants, facilitated by Jenni Dutton and her daughter, creative writer, Bryony Goffin, were provided.





Enhancing the patient experience at Lakeside Wing

Due to restricted visiting, the patients on the wing felt they had no sense of reality or orientation with the outside world. The addition of the televisions provided some entertainment for the patients, helping to improve their mental health.

Aside from the comfort and rare visits from family and friends, patients spend most of their time confined to their beds or chairs. The televisions offered a welcome distraction during a difficult time, helping with patient relaxation.

Televisions for the wards and cubicles in the Lakeside Wing, located in the University Hospital of Wales will enhance the areas.

Oasis wellbeing garden

Restricted patient visiting has had a massive impact on a patient's mental health. By transforming the garden area on West 1 at the University Hospital Llandough, by converting the space at the back of the ward into a wellbeing garden space, the garden will allow patients to safely enjoy some outdoor time, potentially do some gardening or even read a book in the sun. The garden space will also allow more relatives to come in for more visits, taking place outdoors in the fresh air.

The garden space will also benefit the staff members who are working on the ward, who will be able to use this space to de-stress from the pressures at work and take their breaks outside. To be able to sit outdoors for break times or escorting patients will prove to be a great asset to the ward and overall wellbeing.

Staff & Volunteer Benefit

The examples below detail how monies have been spent to benefit the staff and volunteers of Cardiff and Vale University Health Board.

Obstetric Emergency Simulation Training

The Desperate Debra simulator, will allow doctors to experience and practice dealing with the difficulties of emergency scenarios, before being faced with the situation for the first time. The simulator can be adjusted to different difficulties and is highly realistic, in terms of how the baby's head and neck move.

Promotion of Staff and Patient wellbeing at the St David's hospital site

The garden area is currently accessible by staff and patients; however, it isn't being fully utilised due to the lack of seating. By providing additional seats, the outdoor space would become a comforting environment for patients and their carers to frequently use. St David's Hospital staff will also be able to use it to relax and unwind during their breaks, as there isn't currently a staff haven available on site.



Outdoor Dining Facilities

Outdoor dining facilities at the University Dental Hospital, old HQ building, and Cardiff And Vale Orthopaedic Centre pre-assessment unit will provide staff with a suitable space to have their lunch break, as well as any outdoor meetings.

Cardiff Royal Infirmary Heritage Project

Cardiff Royal Infirmary is an iconic building and historic hospital; a significant landmark on the local skyline, well known by residents and many visitors to the city. The infirmary, opened on its present site as a 'state of the art' hospital in September 1883, providing care for thousands attracted to South Wales in the latter half of the 19th Century by opportunities in iron, coal and shipping industries, many from around the globe.

The hospital site contains a rich history and heritage reflected in its building itself, in its art and artefacts, and in numerous rich stories of the staff and people whose personal histories are deeply entwined and connected with it.


Funding was used for a research, learning and scoping project to identify materials of cultural and heritage importance, history and stories linked to Cardiff Royal Infirmary.

The Chapel: Celebrating a Century

The Chapel in Cardiff Royal Infirmary will be celebrating its 100th birthday in December. To commemorate the 100th birthday, a bespoke artwork, to be sited within the chapel was commissioned.

The artwork was reproduced onto 1,000 A5 size birthday cards and was distributed to staff as a memento. The cards were also made using recyclable materials, helping towards our sustainability commitment agenda.





Promotion of safe and effective vascular access care through video education for nurses

For some patients, access to the venous circulation is fundamental in providing treatment through a vascular access device (VAD). VAD's are critical for many patients for diagnostic or therapeutic reasons, such as blood sampling central venous pressure readings, administration of medication, fluids, parenteral nutrition (PN) and blood transfusions. VADs are inserted via peripherals (arm or leg) or central (connected to the heart) blood vessels. Hundreds of VADs are used for patients in the Cardiff and Vale University Health Board each year.

As part of this work, corporate nursing would like to address the educational and skills gap by procuring some short educational videos to support the training of nurses in the care and maintenance of a variety of VADs across Cardiff and Vale University Health Board.

Garden wall mural at the Pendine Centre

Funding was used to procure a painting for the Pendine Centre garden. A talented local artist will produce the painting to help improve the garden area aesthetically. The staff opted for a bright and colourful nature scene.

It is hoped that this painting will help inspire people to use the space and encourage staff members to take their well-needed breaks and meet with service users.

Training for Health Care Support Workers and Nurses – Frailty and Dementia

As we continue to develop training for Nurses and Health Care Support Workers, frailty and dementia are an ever-growing concern for the Health Board. As the population gets older we will continue to see more frail patients in our health board and many of those patients are based in medicine clinical board areas.

GERonTologic (GERT) age simulator suits with basic impairments and some relevant attachments, related to commonly seen conditions in the Medicine Clinical Board were purchased.

The GERT simulators will help demonstrate the struggles that these patients face on a level that no classroom-based training can fully provide but enhancing the staff's empathy.

Improving the intrapartum birth environment. Sky tiles lights.

Having previously received funding from the Staff Lottery Bids Panel to improve intrapartum areas, Maternity requested additional funding to progress this project further to ensure there is equal access to improved birth environments within all rooms within the midwife led unit.

Darkness and low light levels creates the kind of environment that enables women and birthing people to feel relaxed and release the hormones that enable them to labour well.

Garden bench for daytime services



Cardiff and Vale University Health Board's daytime services call centre staff are currently based in the old Barry leisure centre in Barry. Funding was used to purchase a new bench which will help brighten up the only outside space that the call handlers can use to sit outside and get some fresh air during their shifts.

LGBTQ+ Staff Network. LGBTQ+ merchandise

The purchase of 'Ally' badges and progress flag lanyards has shown that the LGBTQ+ community are welcome in Cardiff and Vale University Health Board. The merchandise has not only made equality visible but will serve to promote the staff network and all the support and training which is available because of it.

The LGBTQ+ staff network has already set up peer support meetings and opened up opportunities for LGBTQ+ staff to meet others and to feel part of an inclusive and compassionate community.

Penarth District Nursing Team Wellbeing Summer Project

A new wellbeing area was created for the team within the office which consists of a colourful and comfortable seating area with coffee tables. The new seating area has enhanced the current office area and has also given staff a space where they have reflected individually and/or as a team. The office environment has reflected well on the staff members creating a positive and supportive area to work in.



Kitchen On-Call Corridor, University Hospital Llandough

The on-call kitchen landing at the University Hospital Llandough is used by approximately 30 members of staff and is a shared area between the different Clinical Boards. In addition to this, the area is used by staff on a daily basis, 24/7 as it is also used by on-call doctors.

Improvements in the staff kitchen areas is likely to enhance the time that staff members spend in work and will make individuals feel more valued for all of their efforts.

Fast Track Application Scheme

55 bids have been received via the Fast Track Scheme in 2021 with a total of 218 since the scheme was introduced. The Fast Track Scheme has been shown to be highly successful as it provides much needed funding up to £250 to applicants in a quick and efficient manner.

Below are just some examples detailing how monies have been spent via the Fast Track Scheme to benefit both the patients and staff of Cardiff and Vale University Health Board.

Beat the Boredom – Board Games for HMP Healthcare

HMP Healthcare is a facility within HMP Cardiff for men who have additional healthcare needs. There are association periods during the day when they are able to interact with other residents, however there hasn't been any entertainment or activities available to make their time in the facility more interesting and enjoyable.

Funding was provided to help promote patient wellbeing as well as improving the quality of their time at HMP Healthcare. The games are also bound to improve the patient experience, and allow for new connections and friendships to be made.



Christmas Decorations

Funding was used to purchase an assortment of Christmas decorations for the Welsh Medicines Information Centre (WMIC), the backstage areas at the Pharmacy department, University Hospital of Wales and the Neuro and Spinal Rehabilitation Unit, University Hospital Llandough.

The addition of a Christmas tree and festive decorations help promote a positive working environment for the teams, helping to improve staff morale and wellbeing during the Christmas period.

Staff Recognition Events

Funding was used to support Clinical Boards, including, Medicine, Surgery and Specialist Services and Women & Children with the running of their Staff Recognition Award events over the year.

All of the events helped show appreciation for the hard work and diligence that staff have shown throughout the year, also aiding in improving job satisfaction and better patient care as a result.



Patient Wellbeing Project, MHSOP Occupational Therapy

The liaison psychiatry for older people “LPOP” is a team of mental health specialists who support patients on the general wards who have underlying and acute mental health conditions including depression, psychosis, dementia and suicide ideation.

The staff are limited on the wards on what they can do with patients, however utilising colouring, crafts, memory/ sensory boxes and the use of whiteboards for communication has proven to have a positive impact on a person’s quality of life and experience.

Funding was agreed to help provide patients with some simple everyday items, which can be used as sensory tools. The products have been used by the department in the past and with patients with challenging behaviour and cognitive impairments, sensory products were used and hugely benefited the patients and staff.

Staff Area Resources

Several staff areas were renovated and updated with new and improved furniture and kitchen appliances. Providing these upgrades and other resource materials has had great positive impact on staff physical and mental health and will therefore help improve patient care as a result.

Departments which have requested these items include the secretarial offices (C Block) at the University Hospital of Wales, IP&C, ward East 8 based at the University Hospital of Llandough, the ‘Coffee, chat and catch up’ initiative within the School Nursing department based at Barry Hospital, the ‘Make time for tea’ initiative within the Community Child Health team and the Outpatient Physiotherapy Department based in the Lakeside wing at the University Hospital of Wales, Resuscitation services, University Hospital Llandough, GOPD/ Colposcopy unit in the University Hospital of Wales, the Cardiff Community Resource team – North & West Locality Office and the Healthcare team at HMP Cardiff..

National ODP Day, International Nurses Day, and International Midwives Day

Funding was used to support each clinical board by holding a team afternoon of celebration and reflection. The events also provide an opportunity to promote the profession within the Health Board. These recognition events, helped staff feel appreciated and provide an opportunity for some to reflect on the past year and all that has been achieved.

Non-pharmacological relief of breathlessness

Research has found that handheld fans are really beneficial to help patients with managing and controlling the symptom of breathlessness. The fans have proven to reduce the time it takes to recover from activity, therefore, giving a better quality of life. Patients also feel more control, as the fans are used when they need them, thus giving them more confidence.

Funding was provided to purchase 30 of the handheld fans, which will be used by End of Life and Palliative patients who are suffering from lung disease and breathlessness.

Magazine subscriptions for patients in ward East 8, University Hospital Llandough

Monthly subscriptions to a few magazines of various topics, both for males and females, were chosen wisely and the regular supply of magazines has helped with enhancing the patient's experience and the environment of the ward if patients are more settled due to distraction. The magazine subscriptions have given patients extra stimulation to prevent boredom and give meaningful occupation.

The Queen's Birthday Royal Tea

Lansdowne Unit has elderly patients who have often been in hospital for a prolonged stay, initially on the acute wards at the University Hospital of Wales before coming to St David's for further rehabilitation and planning.

Funding was provided to host an Afternoon Tea for 19 patients on Lansdowne Unit to celebrate the Queen's Official Birthday. Individual tea boxes were purchased so that patients could enjoy in communal areas and in their rooms/ beds.

Activities like this can really lift the spirits of patients on the wards, engage them and make them feel valued which has a visible effect on their engagement in therapies such as physio.



Dominga's Memorial Garden

In May 2021, the team on West 5 lost a much-loved colleague. Dominga David was a staff nurse based on West 5, University Hospital Llandough and has been there for many years. A tree was planted outside the ward in memory of Dominga.

This space has become more than a memorial garden but also a space where staff can go if they need time to re-charge and destress from the busy ward environment, helping to improve the physical and mental wellbeing of the team and boost staff morale.

Bike Stand at Cardiff Royal Infirmary

An additional bike rack facility within Cardiff Royal Infirmary was installed to help support staff in cycling to work and providing them with a safe storage space to leave their bikes while at work or whilst attending appointments at the site.

The extra bike stand has had a significant impact on the health and wellbeing of staff and patients through cycling.

Improving Therapeutic Outcomes for Patients at the Welsh Paediatric Rheumatology Service

The Welsh Paediatric Rheumatology Service is a newly established tertiary service covering South Wales that supports children and young people that are affected by rheumatological conditions.

Three wax baths which can be used by patients to improve their therapeutic outcomes from a physiotherapy and occupational therapy perspective were recently purchased. Arthritis is a long-term condition that affects all aspects of life and impacts wellbeing. Many patients will experience significant episodes of joint restriction and pain symptoms.

This project will help support the children and young people who are affected by rheumatological conditions to access wax baths, which will complement their treatment and therapy outcomes.



Staff Wellbeing Event for World Mental Health Day

A Staff Wellbeing Event was organised for main theatre staff in order to help boost wellbeing and promote talking and sharing of feelings amongst staff and friends.

The event was for the full day and gave staff the opportunity to relax and chat over a cup of tea or coffee and a biscuit.



Active for pregnancy – healthy body healthy mind

Exercise equipment for pregnancy and staff exercise classes was recently introduced. They included exercise balls, resistance bands and two sweatshirts for the class coaches to wear. The sweatshirts are branded with the Health Charity logo on the back of the shirts.

Since the start of the Pandemic, pregnant women have become increasingly isolated and maternity staff have seen their resistance decline. Physical activity during pregnancy is proven to be safe and recommended for improved health outcomes for both the mother and the baby.

Physical activity can improve the mental health and wellbeing of staff, as well as reducing stress and anxiety, contributing towards improving overall health.

The classes are free of charge to pregnant women and staff members. It is hoped that once established, these classes will be offered to groups within the directorate. Having access to the free classes will have a huge impact of staff morale and positivity.

Internal Communication Survey

Internal communication is fundamental to ensuring staff are informed and engaged. Having access to up-to-date information equips them to do their jobs effectively and remain informed. The communication team wants to improve the way they communicate with all staff and it is believed the best way to do this is to gather feedback and suggestions from staff themselves.

Funding was used to purchase prize incentives, including two Amazon gift vouchers and a fruit basket, for staff to complete the survey which will help improve communication across the organisation.

Communication Partner Training

The service provided by the Vale Community Resource Service Speech & Language therapy team has been enhanced with the addition of this training as it has allowed a more holistic approach to be taken to supporting patients in the community, in addition to direct work done with the patients themselves.

Offering people with communication difficulties and their communication partners (families, friends and relatives) advice on conversations enhances the services component of speech and language therapy. This is vital because speech, language and communication difficulties arising from stroke, brain injury and progressive conditions such as primary progressive aphasia all have an impact on everyday conversations. Delivering communication partner training is challenging and a complex intervention.

This course aims to provide the theoretical and practical tools and experience to deliver this intervention to clients in a clinical context.

Why YOU should support the Staff Lottery!

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 enhances countless services across the UHB. 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, application forms can be completed electronically or via our website; <https://healthcharity.wales/hospital-staff/staff-lottery/>. Please return completed Staff Lottery forms to fundraising.cav@wales.nhs.uk. If you would like to apply for funding from the Staff Lottery Bids Panel, please contact the above address 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?

