

## Barry Hospital Newsletter - August 2022

### Commemorative Quilt on display at Barry Hospital

A local community group 'Scrub a Dub Dub Penarth' [Scrub a Dub Dub Penarth | Facebook](#) have very kindly offered Cardiff and Vale UHB the opportunity of displaying their beautiful commemorative quilt, made during lockdown, at Barry Hospital. One of the team, Lisa Eveleigh, contacted the Health Charity via our Arts for Health and Wellbeing Programme, and we were delighted to be able to display their hard work within their community.

Lisa said "At the start of the Covid pandemic in March 2020, a community of women (and a few men!) came together from Penarth and Barry to sew scrubs for frontline workers. £5000 was raised in just a couple of weeks to buy materials and soon 48 women and men were sewing their hearts out.... Six months later nearly 900 sets of scrubs and an even larger number of headbands and wash bags for frontline workers had been made by the amazing 'Scrub-a-Dub' team.



This quilt made and assembled by this wonderful group of people, commemorates the incredible community effort of everyone involved during this world-changing, unprecedented time.

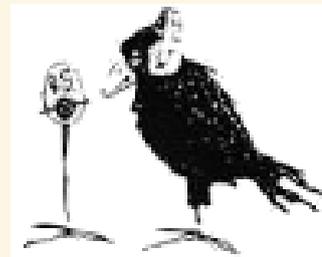
We thank you all, frontline workers".

The quilt will be on display from late September.

## Barry Hospital Newsletter - August 2022

### Rookwood Sound is spreading it`s wings!

We are delighted to announce that Rookwood Sound will be extending its services and will soon have a presence at Barry Hospital.



For those of you who may not know anything about Rookwood Sound, here is a bit of background for you.

Rookwood Sound started its broadcasting from Rookwood Hospital in Cardiff over 35 years ago, and you may not know that they hired Concorde and sold flights on this amazing plane to raise the money to buy broadcasting kit to get themselves up and running!

The radio station is now based in University Hospital Llandough and broadcasts for 365 days a year, 24 hours a day. There are over 20 volunteer presenters and there is also a wide array of live and recorded shows for you to enjoy.

A few pilot projects will be rolled out in Barry Hospital soon, so look out for the announcements. In the meantime you can already listen by either visiting their website and clicking the 'listen now' button on the home page – [www.rookwoodsound.com](http://www.rookwoodsound.com) or via the free to use tunein app (search for Rookwood Sound via your tablet or mobile phone).

The Rookwood Sound team are so excited to be bringing their Hospital Radio Station to Barry Hospital and building new relationships with you all.

## Barry Hospital Newsletter - August 2022

### Heat Wave!

We hope all staff at Barry Hospital were able to benefit from the Ice Cream van paying a visit to site during the latest heat wave on Friday 12<sup>th</sup> August. Cardiff & Vale Health Charity were able to schedule visits to each of the main hospital sites across Cardiff and Vale to show appreciation to staff working in such hot conditions! Although it was not possible to reach every member of staff, it is hoped that those working were able to take a well earned and cooling break! Thankfully cooler weather has now returned.



### The 'Our Art Asset' Exhibition – Running from 20<sup>th</sup> July to 26<sup>th</sup> September 2022

The Arts for Health and Wellbeing Programme team are delighted to present the 'Our Art Asset', exhibiting donated artwork from the 'NHS Online Art Auction 2022' that took place at the Hearth Gallery at University Hospital Llandough this spring.



All work on display is available, and has been kindly donated by local artists who have worked with us over the years, and ones who are new to the Arts for Health and Wellbeing Programme. The donated pieces showcase a diverse range of individual styles, and include work by Harry Holland, Malcolm Murphy, Nathan Wyburn, Jacqueline Alkema and many more incredibly talented artists.

## Barry Hospital Newsletter - August 2022

100% of the funds raised from the auction will go to the Arts for Health and Wellbeing Programme, supporting the team at this vital time to provide patients and staff with creative experiences, environments and opportunities.

Thank you to all of the artists who generously donated artwork to aid future fundraising for the Arts for Health and Wellbeing Programme.

For more information about the Arts for Health and Wellbeing Programme, please visit their webpage: [cardiffandvale.art/news](https://cardiffandvale.art/news)



### Call out to Cardiff and Vale UHB Staff

The Arts for Health and Wellbeing Programme's recent callout offers an exciting commission opportunity for all Cardiff and Vale University Health Board staff members. The successful applicant's commissioned artwork will adorn the walls of the Employee Health and Wellbeing Service.

If you would like to apply, please complete the Project Proposal Form by visiting [cardiffandvale.art/project-proposal-form/](https://cardiffandvale.art/project-proposal-form/) or if you know a staff member who creates art in their spare time, please share this email with them.

The deadline to submit the Project Proposal Forms has now also been extended until 9th September, so don't miss out on this incredible opportunity!

## Barry Hospital Newsletter - August 2022

**Call out to Cardiff and Vale UHB Staff**

**Could you create a piece of art for the Employee Health and Wellbeing Service?**

The Arts for Health and Wellbeing Team are looking to commission a piece of art from a member of staff working at Cardiff and Vale UHB.

Whether you consider yourself an experienced artist or have recently decided to give art a go, we would be grateful to hear any ideas for the commission that you would like to share with us.

We welcome applications in a wide range of mediums and encourage applications from artists of all backgrounds.

Applications will be made via a project proposal form, which can be downloaded by accessing the following link:  
[www.cardiffandvale.art/project-proposal-form/](http://www.cardiffandvale.art/project-proposal-form/)

The deadline for receiving proposals is 9th September 2022

If you wish to discuss this opportunity, please contact Simone Joslyn at [simone.joslyn@wales.nhs.uk](mailto:simone.joslyn@wales.nhs.uk)



### Cardiff & Vale Health Charity

Cardiff & Vale Health Charity continue to work on projects 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 annual events, staff lottery and payroll giving schemes, which in turn will support you, your colleagues, your patients and any visitors to our hospital and community sites.

## Barry Hospital Newsletter - August 2022

### 3 Fabulous Events during October....

The 2022 **Wizz Air Cardiff Half Marathon**, which will return to the Welsh capital on Sunday 2<sup>nd</sup> October, has officially sold out. With general entries now sold out, the only route to securing a space on the start line this year is by signing up to run for a charity space, and we have some great news.



We still have limited free spaces available for runners to take part if they are supporting Cardiff & Vale Health Charity. Please register by 2<sup>nd</sup> September to take part. Please visit [healthcharity.wales/events/run-cardiff-half-marathon-in-october-2021-for-cardiff-vale-health-charity/](https://www.healthcharity.wales/events/run-cardiff-half-marathon-in-october-2021-for-cardiff-vale-health-charity/) to register.

Why not challenge yourself this year and sign up for our **Welsh 3 Peaks Challenge**, taking place on 16<sup>th</sup> October 2022.

Climb Snowdon, Cadair Idris and Pen Y Fan in under 24 hours and take part in an experience you'll never forget. The challenge will include training guides, fundraising advice, Charity T Shirt, specialist mountain guides during the challenge and transport.

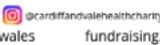


**WELSH 3 PEAKS CHALLENGE**  
SNOWDON - CADAIR IDRIS - PEN Y FAN  
SUNDAY 16 OCTOBER 2022

£250  
MINIMUM  
SPONSORSHIP

REGISTER ONLINE  
[WWW.HEALTHCHARITY.WALES/EVENTS](https://www.healthcharity.wales/events)

£110  
REGISTRATION  
FEE

  @health\_charity  @cardiffandvalehealthcharity  @HealthCharity  
[www.healthcharity.wales](https://www.healthcharity.wales) [fundraising.cav@wales.nhs.uk](mailto:fundraising.cav@wales.nhs.uk) 

Register here: [healthcharity.wales/events/welsh-3-peaks-challenge/](https://www.healthcharity.wales/events/welsh-3-peaks-challenge/)

## Barry Hospital Newsletter - August 2022



The poster features a dark blue background with Halloween-themed icons: a masquerade mask, a crescent moon, stars, bats, and a jack-o'-lantern. The Prop Appeal logo is in the top left, and the Cardiff & Vale Health Charity logo is in the top right. A QR code is located on the right side. The text on the poster reads: 'We invite you to the annual BLUE TIE BALL. Join us for a MASQUERADE HALLOWEEN BALL. FRI 28<sup>TH</sup> OCT 2022. 7PM UNTIL LATE. MERCURE HOTEL. For prices and to purchase a ticket email: fundraising.cav@wales.nhs.uk. \*Dress code - Blue Tie, Masquerade or Halloween attire.'

We are delighted to host the third **Blue Tie Ball** on Friday 28<sup>th</sup> October 2022 at Mercure Holland House Hotel and Spa, in aid of the Prop Appeal which supports patients at University Hospital Llandough who are suffering from an acquired brain injury.

Purchase your tickets here: [healthcharity.wales/events/masquerade-and-monster-party-29-october-2021/](https://healthcharity.wales/events/masquerade-and-monster-party-29-october-2021/) Tickets cost £45 each or £400 for a table of ten, and includes a three course meal and welcome drink.

**Other simple ways you can support Cardiff & Vale Health Charity are:**

- **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/](https://healthcharity.wales/hospital-staff/staff-lottery/)

This could be you, as we have our SUPERMEGADRAW taking place in November 2022 for your chance to win an incredible £22,000!!! Make sure you sign up by 31<sup>st</sup> October to be included in the draw, and good luck.

## Barry Hospital Newsletter - August 2022

- **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/](https://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](https://www.think-inks.uk/nhs)

To find out more about any of these schemes, events or challenges, please email the Health Charity Team on [fundraising.cav@wales.nhs.uk](mailto:fundraising.cav@wales.nhs.uk)