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St David's Hospital Newsletter - July 2022

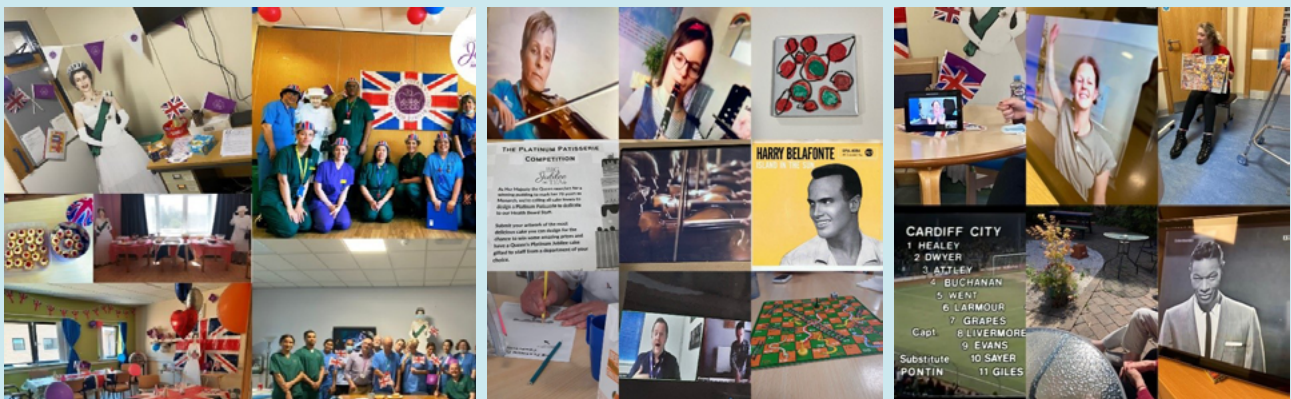
Here's the latest news from St David's Hospital.

If you'd like to contribute an article, please email:
sue.dickson-davies2@wales.nhs.uk for inclusion in the next edition.

Queen's Platinum Jubilee

We do hope you enjoyed the recent Platinum Jubilee and were able to celebrate the historic reign of Queen Elizabeth over the past 70 years. Cardiff & Vale Health Charity distributed celebration packs to in-patient wards all over Cardiff and Vale UHB, including the in-patient wards at St David's Hospital, and the feedback received was wonderful! Read more about what our staff and patients got up to here: healthcharity.wales/big-jubilee-tea-2/

Mental Health Matters have been at St David's and Lakeside hospital, running sessions from Rubicon Dance and Harmoni Cymru. Patients also enjoyed taking part in the Arts for Health and Wellbeing #PlatinumPatisserieCompetition to celebrate the Platinum Jubilee. Rubicon Dance also brought out the best in the patients as always, and a reminiscence session which proved engaging and enjoyable!





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Marion Cheung Collaborates with Mental Health Matters Wales as Part of the Queen's Green Canopy Project

The Arts for Health and Wellbeing programme have been delighted to commission artist Marion Cheung to deliver both online and in-person art tutoring sessions to the Mental Health Matters Wales team at St. David's Hospital as part of our Queen's Green Canopy Project.

You can read more about this lovely project here: cardiffandvale.art/2022/06/07/marion-cheung-collaborates-with-mental-health-matters-wales-as-part-of-the-queens-green-canopy-project/

In for a Penny



The Health Charity team are showing that amazing things can happen when you put pennies together! Visit us at St David's Hospital on Tuesday 5th July over lunchtime to talk about In for a Penny, the payroll giving scheme. We are gifting a limited number of Nathan Wyburn's latest book to the new in-person and online sign ups, for more information visit: healthcharity.wales/hospital-staff/in-for-a-penny/!

Artwork in Remembrance of a Loved One

Commissioning a bespoke artwork to be displayed at your hospital site is a special way to share a loved one's legacy. Jayne Catherall raised funds to commission a stunning poppy themed artwork to reflect the joy poppies brought to her mum June, which can now be shared with staff, patients and visitors:





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cardiffandvale.art/2022/05/17/artwork-in-remembrance-of-june-and-loved-ones/

If you would like to contact the Arts team about a special commission, please visit the website: www.cardiffandvale.art

Staff Lottery Bids



Money raised from the Staff Lottery goes directly back into projects across Cardiff & Vale UHB. Staff from the Glan Ely Ward/Transitional Care Unit at St David's Hospital were recently successful with a Staff Lottery Bid for items for their ward to improve patient experience prior to discharge. Items such as specialist jigsaw puzzles, radios, scrapbooks, paints and brushes were purchased with the aim of providing a better experience for patients in their care whilst they wait for packages of care/placements. The staff wanted more fulfilling activities for the patients' day to day.

For information on how to apply for funding for projects up to £10,000, contact the Health Charity team on fundraising.cav@wales.nhs.uk

Series of videos about emotional wellbeing for children and young people

The Emotional Wellbeing & Mental Health care group have worked with the Cardiff and Vale University Health Board's Youth Board and [Promo Cymru](#) on a set of videos as an alternative way to share information on our [new emotional wellbeing website](#) and Cardiff and Vale University Health Board [social media](#).



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The Youth Board told us that it is important for all children and young people to be able to access easy to understand information about how to look after their own mental health as well as to find out information about local services – regardless of whether they are having a tough couple of days or need to access a specialist service.

The Youth Board worked on ideas for these videos, developed the scripts and even starred in the videos. One is made in the style of TikTok in recognition that this is how many young people access information.

The videos cover topics such as what emotional wellbeing is and why it is important, the five ways to wellbeing, the [no wrong door approach](#) to mental health and how to help a friend who is struggling with their mental health.

We are incredibly grateful for all the Youth Board members' time and effort in helping us make these resources interesting, engaging and valuable for other children and young people. Thank you to everyone who has been involved!

Our partners

Two of the videos, 'About emotional wellbeing' and 'The five ways to wellbeing' were funded by the Health Charity. The other two, 'No wrong door' and 'Helping a friend' were funded by the Starting Well Partnership of the Regional Partnership Board. Thank you to the Health Charity and Starting Well for their support in developing these videos.

Video links

About emotional wellbeing.

This video focuses on the ups and downs we all face with our emotional wellbeing and mental health. Our Emotional Wellbeing & Mental Health services are there to listen and help children and young people manage the challenges they may be facing.



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English - [Emotional Wellbeing - Animation ENG - YouTube](#)

Welsh - youtu.be/D9T_pyVBBlg

The five ways to wellbeing are things that we can all be doing to look after our emotional wellbeing.

English - youtu.be/ArNx7D4guaQ

Welsh - youtu.be/B1pwAbtAink

Owain shares his experience and we learn about how his journey fits into the concept of 'no wrong door' - services that help young people to get to best place to help them based on their individual goals and needs.

English - youtu.be/5zicHSQ4vzQ

Welsh - youtu.be/WWwAO0ANCro

Ahmed and Alex talk about how young people can talk to and help their friends who may be having a tough time. It's also important that young people such as Alex who support their friends are able to take time for themselves and talk to someone they trust if they're worried.

English (No Subs) - youtu.be/4iSTox6MZmY

English (+ Subs) - youtu.be/YfNDRbkFcWA

Cymraeg (No Subs) - youtu.be/kwSMVuQDINI

Cymraeg (+ Subs) - youtu.be/lxZL_HC4trE

Support Cardiff & Vale Health Charity

Cardiff & Vale Health Charity continue to support projects to improve and enhance the facilities available at St David's Hospital. There are so many ways you can easily get involved and support Cardiff & Vale Health Charity with our host of annual events, which in turn will support you, your colleagues, your patients and any visitors to our hospital and community sites.





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There are lots of exciting things happening during 2022:-

July

Join us for a stroll, roll or ride on 31st July 2022 at the NHS 5K - Do It Your Way event! Participants of all ability levels are welcome to join.

To find out more and register, please visit: [NHS 5k. Do It Your Way | Cardiff & Vale Health Charity](https://www.healthcharity.wales/events/nhs-5k-do-it-your-way-cardiff-vale)

The poster features logos for NHS 5k, Cardiff & Vale Health Charity, UNISON, GIG NHS Wales, and the Move Eat Sleep Repeat! campaign. The main text reads: 'Join us for a stroll, roll or ride on 31st July 2022 at the NHS 5K - Do It Your Way event'. Below this, it says 'Taking place in beautiful Pontcanna Fields, everyone is welcome to join the 5k journey.' and 'Sign up here www.healthcharity.wales/events'. The illustration at the bottom shows a diverse group of people participating: a man on a bicycle, a woman in a wheelchair, a woman walking a dog, a child on a scooter, a man running, and a woman pushing a stroller.

August

Get a **FREE** place for the **Barry Island 10k** on 7 August 2022. All we ask is that you commit to raise £100 in sponsorship for Cardiff & Vale Health Charity. Register here and you will be sent an application pack to complete: healthcharity.wales/events/run-barry-island-10k-for-the-health-charity/





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October

Why not challenge yourself this year and sign up for our Welsh 3 Peaks Challenge, taking place on 16th 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.

Register here: healthcharity.wales/events/welsh-3-peaks-challenge/



We are delighted to host the third **Blue Tie Ball** on **Friday 28 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/





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- **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/
- **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

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