

Barry Hospital Newsletter - June 2022

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 Sam Davies Ward and St Barruc's at Barry 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/



Mandatory 'Hoverjack' Training

Julia Somerford, Senior Nurse for Physical Health in Mental Health Services for Older People has asked us to share information on the 'Hoverjack' at Barry Hospital.

The 'Hoverjack' is used for the flat lifting of patients following a fall. A Hoverjack is basically a mechanical blow up mattress that assists a patient to be flat lifted to bed height – the patient can then be transferred to a bed or a trolley as required. The falls policy advises that this is the preferred method of flat lifting post fall. It has been requested to identify that Hoverjack training is mandatory for all nursing staff and is available on the Sam Davies and St Barruc's wards for all grades of nursing staff.

Please link in with Linda Edwards on Sam Davies Ward and Toby Stringer on St Barruc's Ward should you require any training.

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Breathe Creative

Breathe Creative offer creativity for wellbeing projects, workshops and training in Music & Voice, Visual Arts & Crafts, Dance, Drama, Creative Writing, Film & Animation, and they offer a strengths-based approach with the focus on wellness. Their work is therapeutic and person-centred and they are passionate about what the arts and creativity can bring to mental and physical health and wellbeing.

The team at Breathe Creative have sent a lovely update about their work with patients on Sam Davies Ward: www.breathecreative.co.uk/creative-horizons/

Motion Control Dance & CultureStep Investment

Motion Control Dance & The Arts for Health and Wellbeing programme at the Health Board with funding from Cardiff & Vale Health Charity and an investment from Arts & Business Cymru via their Culture step Programme, we are delighted that Motion Control Dance will be holding movement with music sessions on Sam Davies Ward and within the Young Onset service for service users of St. Barruc's Ward and at The Young Onset Dementia Service. Planning has commenced and the anticipated start is September 2022. Watch this space for updates on this very special programme.

The Pelvic Health Community Hub

A launch event was held for the Pelvic Health Community Hub, based in the Outpatient Department at Barry Hospital in May. This hub will deliver patient-focused support, advice and treatment options for the management of pelvic organ prolapse, incontinence and bowel dysfunction.

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The first of its kind in Wales, the new hub will provide a multidisciplinary approach to patient care consisting of consultant colorectal surgeons, urogynaecologists, urologists, physiotherapists, dietitians, clinical nurse specialists, continence advisors and a pain management team.

It is also supported by a Pelvic Health Service Co-ordinator, a role that has been established within each Health Board across Wales, with Welsh Government funding.



The new hub is expected to reduce waiting times and improve pelvic health services within the Cardiff and Vale of Glamorgan area and has been designed to expand as demand for the service increases over time.

Cardiff & Vale Health Charity and the Arts for Health and Wellbeing Programme has supported The Pelvic Health Community Hub, brightening the corridor space outside their clinic areas.

Sally Keenan, Pelvic Health Service Co-Ordinator, said: “We are delighted to open the new Pelvic Health Community Hub, which will significantly improve our services for people with pelvic floor disorders in Cardiff and the Vale of Glamorgan.

“We would like to thank Cardiff & Vale Health Charity who in partnership with Grosvenor have brought some light and space into our internal corridor area of the hospital, through the Arts for Health and Wellbeing programme.”

healthcharity.wales/wall-glamour-for-the-pelvic-health-service/

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Barry Hospital Exhibition

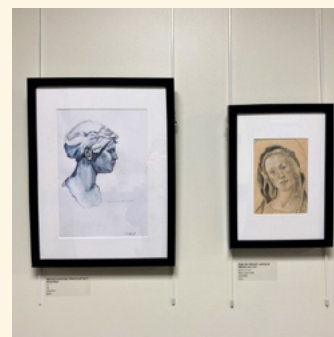
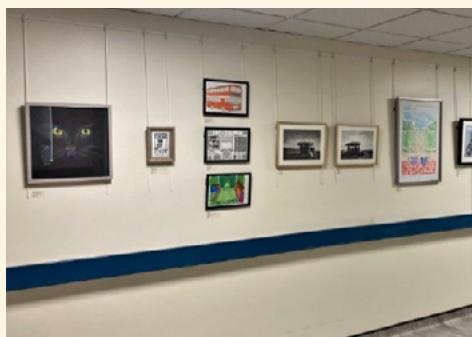
We are thrilled to present the new Barry Hospital exhibition by Cardiff Museum Drawing Group. They provide wonderful opportunities for the local community to get involved with the creative arts and develop their skills, whilst exploring the inspiring collection of the National Museum of Wales.



The Cardiff Museum Drawing Group was established in March 2019. It was based in the National Museum of Wales, Cardiff as an initiative by Creative Lives (then Voluntary Arts Wales) to bring local community into the Museum to connect with the magnificent collections through art.

The group ran every Tuesday lunchtime, members spreading out throughout the galleries, taking inspiration from paintings, sculptures, natural history exhibits and ceramics. When the Covid-19 lockdown hit, a core group of regulars managed to stay connected, maintaining the community by moving online through Instagram and WhatsApp.

The exhibition will run until the 12th July 2022, and you can find our more information here: [Exhibition by Cardiff Museum Drawing Group](#)



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In for a Penny

The Health Charity team are showing that amazing things can happen when you put pennies together! Visit us at Barry Hospital on Tuesday 28th June 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: 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

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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, which in turn will support you, your colleagues, your patients and any visitors to our hospital and community sites.



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](https://www.nhs.uk/5k-do-it-your-way/)



NHS 5k
Do It Your Way

Cardiff & Vale
HealthCharity
Elusenlechyd
Caerdydd a'r Fro

UNISON
Health Branch

GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

Move Eat Sleep Repeat!

**Join us for a stroll, roll or ride
on 31st July 2022 at the
NHS 5K-Do It Your Way event**

Taking place in beautiful Pontcanna Fields,
everyone is welcome to join the 5k journey.

Sign up here www.healthcharity.wales/events

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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/

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.



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

 Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

 @health_charity  @cardiffandvalehealthcharity  @HealthCharity

www.healthcharity.wales fundraising.cav@wales.nhs.uk



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

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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/



- **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, events or challenges, please email the Health Charity Team on fundraising.cav@wales.nhs.uk