

Barry Hospital Newsletter - December 2022



Christmas Messages

Jan Janczewski - Chair

As in the previous few years, 2022 has continued to throw it's challenges our way, whether it be working around the constraints of the pandemic, dealing with the extremes of weather, or managing staffing and general pressures we face daily in the NHS. You and your colleagues across Cardiff and Vale University Health Board have continued to put the needs of our patients at the forefront of everything you do, in the local and welcoming hospital site at Barry.



It is really encouraging to see the improvements and changes that continue to be made at Barry Hospital, and the addition of new services located on site which will provide further benefits for our patients and community. The Pelvic Health Service opened earlier this year, a newly located service to Barry Hospital with the aim to deliver patient focused support, advice and treatment options for the management of pelvic floor disorders. We have also seen many and varied art exhibitions in the gallery area, donations from local community groups of art work, and the 'wall of life' heritage wall has been completed in the Mary Lennox Community Room.

It has been a particular pleasure to convene the last two public meetings of the Board at Barry hospital where we also used the Mary Lennox Community Room. The Board received a very warm welcome and fully appreciated the use of the superb facilities. Please don't forget to join us if you wish to observe any future Board meetings, you would be very welcome.

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It is always a pleasure to visit you and your teams at Barry Hospital, thank you once again for all that you do for the population of Barry and the Vale of Glamorgan, and I wish you and your families a very Happy Christmas.

Peter Welsh – Senior Hospital General Manager

As you are all aware, 2022 has been another challenging year for all. I would like to personally thank all our staff for the continued hard work and commitment to all services at the hospital over the last 12 months. I would also like to take this opportunity to thank Cardiff & Vale Health Charity for their continued support for making changes / improvements at Barry Hospital, using Charitable Funds.

Thank you again for your dedication and commitment. Your hard work is greatly appreciated and I wish you a relaxing and peaceful Christmas, an abundance of happiness and an enjoyable New Year.

Jane Hutt – MS

Thank you to all of the staff at Barry Hospital and to all of the staff who provide health care in our communities for your hard work this year and every year and also to the volunteers and organisations that support Barry Hospital. Patients and their friends and families regularly tell me about their unwavering care and dedication. I would like to send my best wishes to everyone at Barry hospital; staff, patients, family, and friends over the Christmas period.

Nadolig Llawen and Blwyddyn Newydd Dda!

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My Gratitude for Nature

The 'My Gratitude for Nature' exhibition by Elaine Jones is on display at Barry Hospital throughout Christmas, until 31st January. It's filled with joyful and vibrant pieces exploring natural environments of the beautiful Brecon Beacons.



All the pieces are for sale (unless stated otherwise), so why not treat yourself or a loved one to a piece of art by a talented local artist this Christmas?



"My artistic journey has been of such therapeutic benefit to me during my health issues. It has made such a positive impact on my self-esteem and confidence so to be asked to be involved with the 'Arts for Health & Wellbeing' programme seems the perfect fit. I love the idea of my art having a positive effect in a setting such as this and to hopefully inspire others to use creativity as a form of therapy for their own health & wellbeing." – Elaine Jones

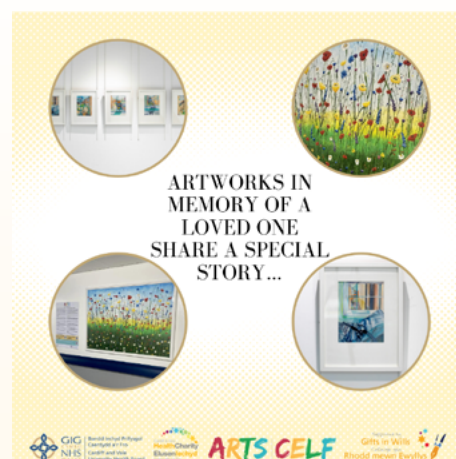
To read more, [please visit here.](#)

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Artworks in memory of a loved one

Our Arts for Health and Wellbeing team support families to commission and create bespoke artworks in memory of a loved one, to go on permanent display at one of our hospital sites. These artworks are enjoyed by patients and staff and share a special story. For more information, please contact them by emailing: fundraising.cav@wales.nhs.uk



Motion Control Dance and CultureStep Investment – Meaningful Movement

With funding from Cardiff & Vale Health Charity, and an investment from the Arts & Business Cymru Culturestep Programme, Motion Control Dance's Meaningful Movement sessions have been taking place, holding 5 movement sessions weekly since September 2022. Some of the strengths identified through this project are:

- Brings moments of joy to the patients
- Gets them out of their room
- Encourages movement
- Engages patients' different senses, cognitively and physically, emotionally
- Engaged staff in discussions of patients interests etc holistically
- Created relaxed and or party atmosphere

As the name suggests, this is such a meaningful programme for the in patients at Barry Hospital, and we look forward to this continuing into 2023.

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Soroptimists supporting the Sam Davies Ward, Barry Hospital

Soroptimist International Barry & District have had a longstanding friendship link with the Sam Davies Ward at Barry Hospital and recently developed a series of greeting cards with all proceeds being donated to the Sam Davies Ward. The "Christmas" cards of Porthkerry in the snow sold out very quickly but some of the other designs are still available and can be purchased via Wendy at our hospital Reception.

The Soroptimist group are also working on some exciting new projects with Barry Hospital. The Quiet Room which they have been working on with staff is now progressing nicely. The room, which is along the corridor from the Sam Davies Ward, has been redecorated and a bookcase bought. The Soroptimists have accessed some Holy books and photos for the wall and are currently looking at stained glass window film to give the room a special atmosphere. They also have ideas for future projects so watch this space!

Staff Parking

A reminder for staff to park in dedicated staff areas, and in dedicated parking bays – thank you.

Raffle to win a Tactical Helicopter Lesson - For Cardiff and Vale University Health Board Staff Only

Could this be the perfect Christmas Gift?? Win the opportunity to experience a unique kind of thrill in this Tactical Helicopter Lesson. You'll get to choose from a variety of locations across the UK for this exciting session, with an exciting 20 minutes in total in the air.

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This fantastic prize has been donated by StaffBenefits.co.uk, therefore it for STAFF ONLY and you will have to provide your employee number to issue the prize if a winner. To enter this raffle, [please click here](#).

Closing date is Monday 19th December 2022 and all proceeds will directly support Cardiff & Vale Health Charity's Breast Centre Appeal.

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

Health Charity Events for 2023

Join us for Afternoon Tea!

We have secured two dates for a couple of afternoon tea events next year!

One in February for our Prop Appeal supporting Brain Injury Rehabilitation, and one in March for our Breast Centre Appeal, both to be held at the fabulous venue of Culley's Kitchen & Bar at the Coal Exchange Hotel.



All funds raised at these events will directly support each appeal, part of Cardiff & Vale Health Charity.

Tickets cost £25pp, please [follow this link](#) to book either event.

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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/

One lucky staff member won an incredible £22,000 in November by winning our SuperMegaDraw – you've got to be in it to win it!

- **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