

University Hospital Llandough Newsletter - Summer 2022

A welcome from Charles Janczewski – Chair, Cardiff and Vale University Health Board

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

There is little doubt that we have all experienced considerable challenges during the last few years in both our personal and working lives and yet, despite these difficulties, all of you working at University Hospital Llandough have continued to provide a great service to your patients whilst at the same time ensuring their safety.

I have been amazed, but not surprised, by the dedication and compassionate care that all of our staff have demonstrated throughout the course of the pandemic and the University Hospital Llandough Team are no exception. You have been simply “superb” – there is no other way to describe the outstanding contribution you have all made.

The work you do is incredibly important and very much appreciated by your patients and their families, the Board and myself. Thank you for your first-class work, endeavour and commitment.

I do hope you enjoyed the Queens Platinum Jubilee celebrations recently on your wards and within your departments. I've loved seeing photos of staff and patients holding parties and celebrating together.

May I take this opportunity to wish you and your families a lovely summer.
With very best wishes, Jan

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Queens Platinum Jubilee Celebrations

Over the long bank holiday weekend, the country celebrated the Queen's Platinum Jubilee, and so did we!

To mark this special occasion, we sent 80 Jubilee boxes to our in-patient wards across our Cardiff and Vale University Health Board sites. In them we included balloons, flags, activity packs from Mental Health Matters and our Platinum Patisserie Cake Competition, a cardboard cut-out of the Queen, and cake donated by Memory Lane Cakes, Tesco, and Morrisons.

From 2nd-5th June, we were inundated with images from patients and staff enjoying the festivities. We're so glad to have been able to boost patient and staff morale and encourage positive mental health and wellbeing with our Jubilee boxes. Many wards expanded on our Big Jubilee Tea event and organised large buffets to accompany the decorations we'd delivered. They all looked absolutely delicious!

We're also very grateful to our staff who worked tirelessly to care for our patients over the weekend, and helped put on a fantastic few days of celebrating Her Majesty the Queen's Platinum Jubilee.



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Health Hero



Cardiff & Vale Health Charity crowned David Bray a Health Hero during May.

David has worked as a nurse on Cardiac Intensive Care at University Hospital Llandough since April 2021 having qualified in September 2019. Dave is described as a well-liked, valued member of the team, who also works well on his own too. He is a hardworking and well-respected member who's highly regarded by both the doctors and the nurses.

David has received a treat from sponsors Park Plaza Cardiff and he was delighted with the award nomination.

If you feel you know someone who has worked tirelessly to help a colleague or patient in healthcare settings throughout Cardiff and Vale University Health Board and deserves recognition then let us know about them.

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To nominate your Health Hero: Email: fundraising.cav@wales.nhs.uk
Nominations must include: Your name, contact details, the nominee's name and role, plus some words explaining exactly why you think they deserve to be crowned Health Hero.

Meet the staff member – Natalie McCulloch

Natalie McCulloch (Nat) has three diverse roles and each one gives Nat a sense of fulfilment, pride and keeps her on her toes! Nat explains a little bit about her roles and why she loves working for Cardiff and Vale University Health Board.



“I am a Bank Health Care Support Worker (HCSW) and this is something which I NEVER thought I would do, but when the pandemic changed my role from an activities co-ordinator to HCSW, I was terrified, apprehensive and worried that I didn't have the skills, the stamina or the stomach to do this. I must say, I was placed on Stroke Rehab Centre (SRC) and I adored it from the word go. I loved it so much I joined the bank and later got a full-time job in SRC too! I love the diversity of the role and it enables me to explore different wards throughout the UHB, meet new people, learn and gain new skills. I love the opportunity to be with patients at their worst and best times and help provide the care they need and deserve.

“I am also fortunate to work as a Patient Experience Support Worker. The Patient Experience team is fantastic and helps to provide those essential extras to patients such as phone calls, video calls, toiletries, activities and befriending. It's a very rewarding role; I listen, chat and interact with patients in ways that sadly other professionals may not have the same time-luxury to do so. I look forward to every shift I do.

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“My dream job, and full-time role is as a Multi Professional Rehab Assistant (MPRA) on SRC. I work with an incredible team of colleagues, Multi-Disciplinary Team and of course the patients. I am fortunate enough to support those who've had a stroke to reach their rehabilitation goals whether it be speech and language, physiotherapy, occupational therapy based, or nursing, psychology, and dietetic based. It's a true honour to be part of their journey and every day is diverse.

“We operate a 7-day service to ensure that patients have rehab outside of usual therapy hours. We work until 6.30pm and cover 365 days of the year.

“I started in the NHS as a volunteer almost 20 years ago and every role I've had has given me joy, an opportunity to learn new skills, challenges, and incredible friends which makes me love the NHS. I couldn't be prouder to work for Cardiff and Vale University Health Board, and I hope to continue working in the NHS for years to come!

Details of upcoming Art exhibitions around University Hospital Llandough

The Hearth Gallery:

'Sinsyne' – An exhibition by Klatch Collective
14th June – 25th July

The Hearth Gallery are delighted to present an exhibition by Klatch Collective, which displays the distinct painting styles of their members.



'Klatch' was initially formed with the aim of celebrating the group's distinctive approaches to contemporary painting through exhibiting work that prompts critical discussion about what it means to be a painter today.

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Plaza:

'Colour in a Dark World' – An exhibition by Hilary Griffiths

6th June – 18th July

The Hearth Gallery are thrilled to present the new Plaza exhibition - 'Colour in a Dark World' by Hilary Griffiths. In her work, Hilary explores the themes of colour, nature and relationships through photography, printmaking and painting.

Corridor:

8th June – 30th August

Postcards from Wales – An exhibition by Patrick Coombes

The Hearth Gallery is pleased to present Postcards from Wales, the new Corridor exhibition by Patrick Coombes. They display Welsh scenery and landmarks, crafted by the artist with his love for the beautiful country.

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.arts

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Courtesy Car at UHL

The UHL courtesy car that picks up patients, visitors and staff, and transports them to the main hospital entrances is currently back up and running for anyone to use. The car will pick up from around the hospital site and car park, and is free to use. This service is funded by the Health Charity.

Health Charity Water Bottles

Stay hydrated with our Cardiff & Vale Health Charity water bottles! Perfect for when you're on the go, or sat at the desk; protect the planet whilst quenching your thirst with our reusable bottles. Get yours here www.healthcharity.wales/events/cardiff-vale-health-charity-water-bottles



Our Health Meadow receives prestigious award!

Our Health Meadow at University Hospital Llandough has received a Building with Nature Full Award, the first of its kind in Wales!

The Building with Nature Standards provide planners and developers with evidence-based, how-to, guidance on delivering high quality green infrastructure. The Standard puts nature at the heart of development in a way that's good for people and for wildlife.



Our Health Meadow does exactly that. Our aim is to establish an ecological community health park which aims to benefit wildlife, plants and people through positive human environment interaction.

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On Friday 17th June, CEO of Cardiff and Vale University Health Board, Suzanne Rankin, Head of Cardiff & Vale Health Charity and Arts Programme, Simone Joslyn, Minister for the Economy of Wales, Vaughan Gething MS, and our Down to Earth partners met in Our Health Meadow to announce the success of receiving the award.

Vaughan Gething MS said, “I’m really interested in seeing what we can create together here and the benefit it will provide for both patients, staff and the wider community. To develop something together with nature to have not just a net biodiversity gain but provide even more evidence for how outdoor health care can help you, me and everybody else who need our NHS.”

Cardiff & Vale UHB CEO, Suzanne Rankin said, “Our Health Meadow is an absolutely inspirational project which is creating a new kind of space for health care delivery. It will create the opportunity for us to explore, and develop an understanding of the evidence base around this kind of healthcare, and create a space where our local community can get down to nature and experience this wonderful landscape.”

Senior Fundraiser for Our Health Meadow, Georgina Burke said, “It’s an absolute honour that we’ve received such a prestigious award for Our Health Meadow. We hope to continue to provide a space that’s nurturing for the wildlife and our patients, staff, and local community, and will always keep health and wellbeing at the forefront of this project.” Our Health Meadow is funded by donations made to Cardiff & Vale Health Charity. If you would like to donate, please visit healthcharity.wales/donate.



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Opportunity for wards and departments this Christmas for Shine Bright Appeal

Would your ward or department like the opportunity to sponsor an LED star which will be placed on the outer walls of University Hospital Llandough this Christmas? Each star can be personalised with the name of your ward/department for staff and patients to enjoy throughout December.



You can fundraise to sponsor a star by holding a cake sale, raffle, or staff competition and the Health Charity can help with collection tins, collection buckets, posters, balloons and lots more.

All money raised from this appeal will help improve health and wellbeing for staff at University Hospital Llandough.

If you are interested in sponsoring a star, please contact fundraising.cav@wales.nhs.uk

Join us for some fabulous free events planned this summer at Our Health Meadow

- **Health Meadow Open Day** - Come and find out about the Health Meadow and how it can benefit you and our community. Our next open day will take place on Wednesday 20th July 2022 between 10.30am – 2pm. Head over to the tepee where one of our team will talk you through the project.

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- **NHS Staff & Volunteers Family Fun Day** – Explore the outdoors with fun nature games, den building and crafts for all the family.
Thursday 4th August 10.30am – 2.30pm
Friday 5th August 10.30am – 2.30pm
- **Introduction To Greenwork Course** - Free 2-day course where you will have the opportunity to make a three-legged stool with wood from our very own woodland at Our Health Meadow. Anyone over 16 and all abilities are welcome.
Thursday 11th August 10.30am – Friday 12th August 2.30pm
Thursday 18th August 10.30am – Friday 19th August 2.30pm
- **Health And Wellbeing Outdoors Course** - Free 2-day course that will connect you with nature and leave you with a warm sense of wellbeing.
Thursday 25th August 10.30am – Friday 26th August 2.30pm

All Courses And Fun Days Are Free And Available To Book Here
Latest events (fitforthefuture.uk)

- **Free Outdoor Cinema.** Sunday 14th August. Come along and bring your family and friends for some fun at Our Health Meadow where we'll have three film showings throughout the day that are totally free. (maximum of 6 tickets per booking).
Showing:
 - Encanto
 - The Greatest Showman
 - Mamma Mia

There will be opportunities to purchase snacks and drinks, and you can also bring your own chairs/blankets to sit on. Tickets are free but need to be pre-booked here www.healthcharity.wales/events

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Health Charity Events

NHS 5k – Do it your way

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)



The poster features logos for NHS 5k, Cardiff & Vale Health Charity, UNISON, GIG CYMRU NHS WALES, and Move Eat Sleep Repeat!. 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.

Barry Island 10K

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/](https://www.healthcharity.wales/events/run-barry-island-10k-for-the-health-charity/)

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Welsh 3 Peaks Challenge

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 Shirt, specialist mountain guides during the challenge, and transport. Register here: healthcharity.wales/events/welsh-3-peaks-challenge/



Prop Blue Tie Ball

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/

- **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/

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