

University Hospital Llandough Newsletter - Winter 2022



A welcome Christmas Message from Peter Welsh, Senior Hospital Manager and Matt Temby, Director of Operations, Cardiff and Vale University Health Board

As you are all aware 2022 has been another challenging year for all.

We 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.

We would also like to take this opportunity to thank Cardiff & Vale Health Charity for their continued support for making changes / improvements at University Hospital Llandough, using Charitable Funds.

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



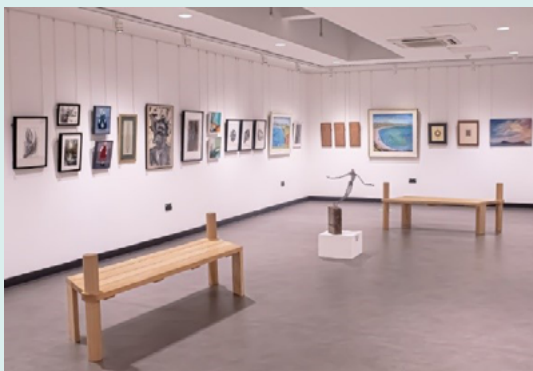
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Details of upcoming Art exhibitions around University Hospital Llandough

The Hearth Gallery – Winter Open Exhibition 2022

This year we have been overwhelmed with submissions from skilled and talented artists from the UK and beyond, and we are so grateful for every single one. The group exhibition showcases paintings, drawings, photography, ceramics and prints that were created by staff, patients, members of our community, and artists who connected with us online. We are very proud that the positive message of the Arts for Health and Wellbeing Programme is reaching a wider audience.



A big thank you to all the artists involved in this year's Winter Open Exhibition for making the Hearth Gallery at University Hospital Llandough such a positive and welcoming space for our Staff and Patients this Winter season.

The Winter Open Exhibition will run until 2nd February 2023. [Find out more here.](#)

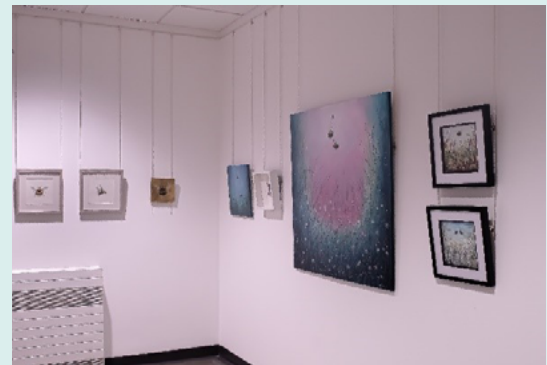
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Plaza – Exhibition by Victoria Perkins

We are delighted to present the new Plaza exhibition by Victoria Perkins.

Victoria is heavily inspired by nature and animals adopting a distinctive, ethereal, and whimsical style to her watercolour, acrylic and ink paintings. Many pieces have been created featuring her two dogs, Sausage Dog Marley, and Lanky Lurcher Moose. Bees also feature heavily within her portfolio of works, capturing their beauty, but also bringing awareness as to their importance to our ecosystem.



Victoria's exhibition will run until 23rd January 2023. [Find out more here.](#)



Corridor – Exhibition by Valerie Morris

We are delighted to welcome the new Corridor exhibition by Valerie Morris. Valerie has been a student at the Cowbridge Old Hall, and explores mindfulness in her painting practice. The pieces on display depict local landscapes, and familiar beach scenes in England and Wales, transporting the

viewer to the calm natural environments.

Valerie's exhibition will run until 16th January 2022. [Find out more here.](#)

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Shine Bright Appeal lighting up Llandough!

What a wonderful evening we had on Monday 28th November at the Shine Bright light switch on event.

The weather was crisp and mild, just perfect for the Dinas Powys school choir to perform and get everyone into the Christmas spirit.

After a countdown, the sponsored stars were illuminated and everyone enjoyed seeing the hospital building lit up for Christmas.

Santa and Mrs Claus made an appearance and our hospital Christmas tree was also illuminated. It certainly feels a lot more Christmassy!

A huge thank you to all of our sponsors

- Fitzalan High School
- Dinas Powys Primary School
- Starbucks
- Shield Services Group
- Pencoedtre High School
- Baden Powell Primary School
- Trauma and Orthopaedics, UHL.



Together, we raised over £4,800 which will go towards Our Health Meadow at Llandough to improve Health and Wellbeing for staff, patients and our local community.

There is still time to sponsor your own star throughout December by [donating here.](#)

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Staff Lottery Supermegadraw winner

Tammie Clemett, a nurse from Anwen Ward, was absolutely blown away by the wonderful news she received today and was full of emotions. After being a lottery member for a number of years, she was completely stunned by the news.

We couldn't be happier for Tammie who also regularly fundraises for the Breast Centre Appeal. Thank you and congratulations.



The lottery draw was pulled by Gemma Trigg, also a current member of the lottery scheme on her final day at Cardiff & Vale University Health Board. Thank you for supporting the charity Gemma over the years. Your regular contributions have funded all sorts of projects that have benefited staff and patients, including improvements to the patient environment and brand-new medical equipment.

If you would like to join the Staff Lottery, application forms can be completed [via our website](#).

Spinal Injury Gym at UHL gets revamped

A joint funded project was recently granted by the Staff Lottery Bids Panel and the Morgan Legacy Fund to transform the walls of the Spinal Rehabilitation Gym in an aim to make it a more vibrant and welcoming space.

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Last year the Spinal Services were relocated from Rookwood Hospital to University Hospital Llandough and the new Spinal Rehabilitation Gym is light and spacious, however the blank walls made it feel clinical and uninviting.



The addition of the artwork aims to improve the environment and patient engagement with their rehabilitation by including motivational quotes inspired by Henry Fraser, who's "Always look at what you can do" print is on display within the unit. Henry suffered a spinal cord injury and during his recovery taught himself to draw and paint utilising a mouth stick. His book "Hand to Mouth" contains inspirational, beautiful art.

Created and installed by Grosvenor Interiors, who have worked with Cardiff & Vale Health Charity on multiple projects to provide artwork across Cardiff and Vale University Health Board sites, the Spinal Rehabilitation Gym has now been transformed into a vibrant and inspiring area. Patients and staff who frequent the gym will now be able to benefit from the positive impact the arts have on their health and wellbeing.

The feedback received so far from the Spinal Rehabilitation Gym users has been overwhelmingly positive so far.

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The Staff Lottery Bids Panel were delighted to support the project, as the enhanced environment will benefit all users of the Spinal Rehabilitation gym, inspiring current and future Spinal Services patients throughout their rehabilitation. If you would like to find out more about the Staff Lottery, [please click here](#).

The project was also made possible by the generosity of the Morgan Legacy donation and the Staff Lottery Fund. Each year the income received to the Health Charity via Gifts in Wills donations contributes significantly to how we support services across Cardiff and Vale University Health Board. Making a gift in your will could be a percentage of your estate, a lump sum, shares or a valuable item, and is a valued and generous way of helping make a difference to patient care.

If you would like to find out more or discuss how you can support healthcare services in Cardiff and the Vale of Glamorgan by leaving a gift in your will, [please visit here](#) or contact fundraising.cav@wales.nhs.uk.

Meet the staff member – Magda Lackowska, Gallery Co-ordinator

I'm the Exhibitions Co-ordinator of the Hearth Gallery and associated exhibition spaces across University Hospital Llandough and Barry Hospital. Apart from curating and installing exhibitions, my day-to-day tasks include liaising with artists, distribution of printed and digital communications and administration.



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I understand and celebrate the positive impact art has on individuals' health and wellbeing, both as a visual stimulant and a creative outlet. I strive for the art exhibited across the Cardiff and Vale University Health Board to always positively affect patients, staff and visitors, as well as being inclusive of all individuals and skillsets.

If you have any questions about any of the past, present or future exhibitions, would like to purchase an artwork currently on display, or if you'd like to inquire about exhibiting at one of our spaces, please contact me on magda.lackowska@wales.nhs.uk.

Cardiff and Vale Recovery & Wellbeing College news!

Since June 2020 Cardiff and Vale Recovery & Wellbeing College (CVRWC) has been co-producing and offering a wide variety of free courses on different aspects of mental health and wellbeing in the community and online.

CVRWC is the first Peer Led and Co-Produced Mental Health Service in Wales. These courses provide vital resources to people living with mental health support needs, carers and also welcomes practitioners who are looking both to improve their practice and their own mental health.

Last summer the college started piloting ward-based work to support the independence and autonomous recovery of people accessing in-patient mental health services. This included the development of a curriculum of 12 ward-based courses rooted in both the college's existing curriculum and a series of new pilot courses co-produced on themes around recovery and identity including; Self-Compassion, Next Steps & Independence, Who am I in Recovery, and Relationships.

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In the Summer term, the College delivered the curriculum on two wards in Hafan-y-Coed and one MHSOP ward, as well as two move-on houses in the community.

Kate Blower (Occupational Therapist) co-delivered the courses in the summer term and found the experience to be personally and practice enhancing and was particularly struck by the feedback that was received from people who attended, this included patients on the wards, staff and healthcare students.



Andrew Sims (Peer trainer) “following my experience as an inpatient, I know how important it is to feel resourced for the bits of my recovery journey that I can do in hospital as well as preparing for what happens afterwards. It means so much to me to be able to support fellow journeyers in this way”.



The College now have a resource desk at Hafan Y Coed on Tuesdays in reception. If you're interested in finding out more pop along or contact Cardiffandvale.recoverycollege@wales.nhs.uk

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Prop Blue Tie Halloween Masquerade Ball

A fantastic night was had by all at the Halloween Masquerade Ball that was held on Friday 28th October. The Ball was held in aid of the Prop Appeal which supports patients at UHL who are suffering from an acquired brain injury.

After a gap of two years, we were delighted to welcome almost 200 guests to Mercure Holland House, many of which have been long-term supporters of the Prop Appeal. Guests dressed to impress on the night and we were overwhelmed by the glamorous and spooky costumes worn! Also included were a three-course meal and disco, as well as live performances from Debbie Chapman Dancers and Black Jam Circus. Among the performers was Luke Bingham Magic, whose unique tricks delighted the guests.



Funds were raised on the night through the generosity of supporters who participated in the raffle, silent auction and games on the night. Such a big thank you from all of us at Cardiff & Vale Health Charity to our hosts and Charity Patrons Wyburn & Wayne, Amy and Alice, who are part of our Prop Appeal Committee who volunteer and work in partnership with the Health Charity to organise this fabulous event.

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We would like to say a big thank you to our main sponsors of the event, Irwin Mitchell and JCP Solicitors and to the many local businesses who donated a prize to our raffle and auction. We would also like to thank everyone who attended and supported the event, raising funds for such an important cause.



We're looking forward to next year already!



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Our Health Meadow Update

It has been a busy season over the last four months at Our Health Meadow with patients, staff and community members engaging in practical outdoor activities to improve their health and well-being. Here is just a snapshot of the work we have been doing together.

Most recently, groups have been working with Edible Landscapes to design and plan the food growing area. Working with patients, staff and community groups, a final design will be drawn up inclusive of all the feedback with work on this area due to start in the new year.

Additionally, patients, staff and community groups have been working hard on site in the autumn months to prepare and install the last of the cleft fencing. This has been an epic job and one that has taken the time, effort and skill of many participants working on Our Health Meadow. This, in addition to scrub clearance has been an on-going task in the sustainable management of this beautiful green space and is helping us prepare for future tasks planned for 2023. Making space for habitat and biodiversity enhancement, our patient groups and staff have been making bird houses, hedgehog homes and bat boxes.

Work in the woodland has seen the removal of some damaged Ash trees which have then been processed and brought onto site by our groups. Patients, staff and our volunteers have been busy chopping this wood for our fire pits and winter warmth with the remainder milled off site for later usage on the meadow.



Making bird houses.



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Volunteer group raking the meadow after being cut.



It has not been all work, though, as participants engage in a tree climb, create and play some forest chess, and prepare for the upcoming holiday festivities.

"This is a fantastic course. I learned new skills and staff were amazing. Being outdoors learning and doing activities together to feel better was mind changing. Would recommend this course to anyone who is lucky enough to do it." - patient feedback



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"The stand out for me was the connection to the other participants and the DTE team...The level of connection and camaraderie were unexpected and shaped the experience. I really looked forward to time at The Meadow, and always felt so much better mentally and emotionally when attending. Learning new skills in a beautiful setting was restorative. I had not expected to feel so uplifted but simple physical tasks reminded me of my 'previous' life of relatively good health."- patient feedback

In November, Down to Earth launched our Well-being In Nature Practitioner course. It has been a resounding success with participants engaging in practical and theoretical learning to learn skills and gain confidence to lead and deliver outdoor sessions for healthcare patients and NHS staff on Our Health Meadow. This is a 7-day free course for all NHS staff in Cardiff and Vale Health Board. If you would like any further information about this course, please contact emma@downtoearthproject.org.uk.

We are welcoming new groups each intake so if you are interested in joining us on Our Health Meadow and believe that this approach to rehabilitation and recovery activities in the outdoors could benefit your patients and NHS colleagues, please contact emma@downtoearthproject.org.uk. If you want to learn more about the project, you can [visit the website](#).

"One of the strongest things about being a part of programmes with DTE was that in the clinic, the medical model focuses on what a patient can't do. With DTE, it is all about what a patient can do and how they can help them do more than they thought they could. Patients have gained confidence in what they can do physically. Being a part of the programme has shown patients that they are capable of more and that it can be a real benefit to them."- staff feedback.

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We would like to take this opportunity to thank all of the staff, patients and community members that have supported this project and engaged in activities on Our Health Meadow. This project couldn't be the success it is without you. With a special thank you to our wonderful volunteering team who have showed up rain or shine to lend their time and skills to this unique project. Thank you for a wonderful year in 2022 and for making the difference together for our health, our natural world and our community on Our Health Meadow. Get in touch and we look forward to seeing you on the meadow in the new year to come.

Health Charity Events

We have two afternoon tea events coming up in 2023

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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Prop Appeal

Afternoon Tea with a glass of fizz

2.30pm Friday 17th February 2023

Culley's Kitchen & Bar at The Coal Exchange

£25 per person

To book visit [Healthcharity.wales/events](https://healthcharity.wales/events)



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Breast Centre Appeal Afternoon Tea with Rose Fizz

1.30pm Friday 10th March 2023

Culley's Kitchen & Bar at The Coal Exchange

£25 per person

To book visit [Healthcharity.wales/events](https://healthcharity.wales/events)



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