

## University Hospital Llandough Newsletter - Summer 2023

### Retirement of Peter Welsh, Hospital General Manager, UHL and Barry Hospital, Cardiff and Vale University Health Board

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Having worked for over 43 years for the NHS in Cardiff and Vale in a few different roles, and most recently as Hospital General Manager for UHL and Barry Hospital, Peter Welsh has decided it's now time to retire and will be finishing at the end of June 2023.

*Peter said, "It's a bittersweet feeling but I feel it is now time to step back and enjoy my retirement. I have thoroughly enjoyed my work, particularly my involvement with the Health Charity where we have continued to support changes and improvements at University Hospital Llandough, using Charitable Funds."*

*"Thank you to all colleagues at UHL and Barry Hospital for your dedication and commitment. Your hard work is greatly appreciated and I wish you a wonderful summer."*

On behalf of the Health Charity, we would like to thank Peter for his long career, his commitment, and wish him all the best in his retirement.



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### **A Message from Charles Janczewski – Chair, Cardiff and Vale University Health Board**

“As Peter Welsh will be retiring this month, I would like to sincerely thank him for the work that he has undertaken during his general service, but also for the additional support Peter has provided on the Staff Lottery Panel, the Charitable Funds Committee, and many other roles. To Peter’s credit, he has helped support colleagues and patients in programmes and projects that have directly had a positive impact upon patient care and importantly the wellbeing of colleagues and patients.

*“Peter’s role as Chair of the Staff Lottery Panel has helped ensure that the lottery has gone from strength to strength and the Staff Benefits Group has, with his influence, had such a positive impact on people’s lives particularly during the current cost of living crisis when many colleagues need support more than ever. We wish you the best of luck with your retirement.”*

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### Help us celebrate the NHS' 75th birthday by hosting a Big Tea!

This July the NHS is turning 75. To celebrate this wonderful achievement and to mark the occasion, we're asking our amazing colleagues, patients, carers, volunteers, and supporters to join the nation and host a Big Tea the week of the big birthday. And this year's fundraising will go towards Our Health Meadow at UHL.

Gather your friends, family, and neighbours together for a picnic in the park, an afternoon tea, or a coffee morning and put the tea in par-tea! Adding games to the mix really brings out the fun in fundraising. Whether that's a raffle, sweepstakes, or a tea-riffic round of bingo, you can be the best host of the year with these tips.

### Register your brew crew

It's as simple as one, two, tea!

- Choose a date that suits you between 1-9 July, 2023
- Set up a fundraising page [here](#)
- Get your free printable posters, bunting, centrepiece and fundraising games [here](#)



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## Details of upcoming Art exhibitions around University Hospital Llandough



### The Hearth Gallery – Summer Open Exhibitions 2023

#### The Hearth Gallery – ‘Affinity: A Celebration of Connection’

We are delighted to welcome the ‘Affinity: A Celebration of Connection’ Exhibition to the Hearth Gallery, featuring artwork made by the Creative and Therapeutic Arts (CTA) students at University of South Wales, as part of their 2nd year module. This is a collaborative project with Mental Health Services for Older People (MHSOP) at University Hospital Llandough.

Earlier this year, CTA students visited the MHSOP wards to deliver art workshops to people living with dementia. Four groups each decorated a large box and filled it with materials and instructions to create pieces of art with the general theme of celebration, as the NHS will be turning 75 this year.

The ‘Affinity: A Celebration of Connection’ exhibition will run until 19<sup>th</sup> June 2023.



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### Plaza – ‘Celebrating Cardiff and Vale University Health Board’

As part of the celebrations of the NHS turning 75 this year, the Arts for Health and Wellbeing Programme, with funding from Cardiff & Vale Health Charity’s Staff Lottery, commissioned drawings of the 5 biggest sites of Cardiff and Vale University Health Board.

The two main commissions of University Hospital Llandough and University Hospital Wales were created by artist and Illustration lecturer at University of Wales Trinity St David, Swansea College of Art, Jonathan Williams. Drawn on site and from life, the pieces capture the busy and bustling environments often seen around the two sites, as well as the hospitals’ recognisable architectural features.

The three smaller pieces were made by students of the BA (Hons) Illustration course at University of Wales Trinity St David, Swansea College of Art. The students have captured Barry Hospital, St David’s Hospital and Cardiff Royal Infirmary in their own personal drawing styles, and a variety of mediums.

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All five pieces will be exhibited at the University Hospital Llandough Plaza exhibition space until 12<sup>th</sup> June, and then gifted to the respective sites as a token of appreciation of the NHS and the staff within Cardiff and Vale University Health Board. We thank you all for your hard work caring for people; keeping people well, especially during the COVID-19 pandemic.

### **Corridor – Exhibition by Debbie Walters**

We are delighted to present the new Corridor exhibition by Debbie Walters. The pieces on display were made using a range of mediums and explore a variety of styles. Capturing landscapes, still lives and form, Debbie draws her inspiration from life and can often be found plein air painting in Wales.



The exhibition runs until 17<sup>th</sup> July 2023.

### **UHL Courtesy Car**

Cardiff & Vale Health Charity currently supports the UHL courtesy car which runs Monday – Friday 8am – 12pm. The courtesy car is open to everyone and can transport you to the main hospital entrances.

### **Staff Lottery Superdraw winner...**

Congratulations to midwife Harriet Voyle, who won £7,000 in May's Superdraw.

Thank you to Fiona Kinghorn, Executive Director of Public Health who pulled the lucky number.

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Entry into the Staff Lottery is automatically deducted from your payroll and each entry costs £1 per week. Once you are part of the Staff Lottery you are given an allocated unique number and the winning number is generated at random by computer.

[Sign up to the Staff Lottery](#)

*Fiona Kinghorn,  
Executive Director of Public Health*



### **Staff Lottery Funded Projects at UHL**

The Staff Lottery supports staff across Cardiff and Vale not only by creating new winners every month, it also enables colleagues to apply for funding from the Staff Lottery Bids Panel, which has awarded grants of over £1.5 million to support numerous projects across the UHB which benefit patients, colleagues and visitors.

Here is one of the recent Staff Lottery Bid Panel applications that were granted Staff Lottery Funding to make things better at UHL.

[Apply for Lottery Funding](#)

### **Wellbeing Space for colleagues at the Cochrane Library**

The Staff Lottery Bids Panel recently supported a project to improve the environment of the newly created wellbeing area for colleagues in the Cochrane Library at University Hospital Llandough. Cardiff University have funded furniture, leisure reading, wellbeing books, information and

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games to be installed in the designated area, and Staff Lottery funding will provide bright and modern artwork and wall vinyls to adorn the walls of the library.

The library is already a safe and quiet space for Cardiff and Vale University Health Board colleagues, where they can use computers to catch up with training, or study away from the busy hospital environment. The décor was previously dated and uninviting, with no designated relaxation space for the library users. By transforming the space with bright and modern artwork, the dedicated wellbeing area will welcome NHS staff to relax, decompress and find information on a range of mental health and wellbeing support. It can also be used to host wellbeing-related activities such as book clubs and mindfulness workshops.

Jennie Roe from the Libraries and Knowledge Service, said: *“All Cardiff and Vale University Health Board staff are welcome to come in, have a look and find out how the library service can support you – we’re based in the Routledge Building at the main entrance. If you’re looking for space to host a wellbeing-related activity just contact the library at [cochraneliby@cardiff.ac.uk](mailto:cochraneliby@cardiff.ac.uk)”*





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### Our Health Meadow Update

As the weather has warmed, so has work on Our Health Meadow. Since February, we have been working with patients, NHS colleagues and community members to create some beautiful features on the meadow and in the woodland. With thanks to everyone from the following groups for their support and enthusiasm during the spring:



- Adult Congenital Heart Disease
- Neuropsychiatry Ash Ward and Ash Day Services
- Stroke Early Discharge Service
- Hafan Y Coed: Willow, Maple and Hazel ward
- Mental Health Services for Older People
- Canolfan Arbennigol Ysgol Glantaf Special Resource Base
- Neath Port Talbot Youth Services
- Community Brain Injury Trust
- Spinal Cord Injury Rehabilitation
- Specialised Neuro Rehabilitation Service
- Llamau
- Get Involved Volunteers



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If you visit Our Health Meadow in this summer weather, you will notice two beautiful, sustainably constructed roundhouses. Funded through the generosity of Hubbub, every part of this build has been done with patients, colleagues and community members, from the foundations to the green roof.



Over the next few weeks cob seating and timber seating will be installed under the roundhouse to give everyone shelter from inclement weather and shade from the sun. These seating areas have been designed by participants of the programmes and offer a wonderful place to enjoy being in nature and take in the view.

Why not come and explore the three new sculptures which have appeared on the meadow as part of the Arts and Wellbeing Sculpture Trail.

Also planned for the upcoming few weeks:

- Installation of an accessibility path across the meadow and steps to the woodland entrance of Our Health Meadow; funding from Welsh Government Heritage Woodland Fund.

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- Creation of a pond system and wetland area along the middle of the meadow to attenuate surface water on the meadow and create an additional habitat to enhance biodiversity; funding from Vale of Glamorgan Local Nature Partnershi
- Completion of the edible planters produced through the GROW courses with NHS colleagues and volunteers



May saw the conclusion of our final subsidized spaces on the Well-being in Nature Practitioner course. 30 spaces were funded to enable NHS colleagues to participate in 7/8 weeks of training, recognising the skills and experience required for practitioners offering nature-based activities for health and wellbeing. These courses have been a wonderful success with wonderful feedback from participants.

Finally, June 15<sup>th</sup> will see Our Health Meadow being celebrated with an outdoor, immersive conference: This is Fit For the Future: People, Nature, Impact. Over the course of this project, DTE has worked with over 1770

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patients, NHS colleagues and community members to improve health and wellbeing through outdoor healthcare. This event will play host to the dissemination of the clinical research findings during the project, presentations and testimonials from a wide variety of NHS clinicians, talks about Building with Nature accreditation and Heritage Woodland Fund Coed Ysbyty Evaluation.

Down to Earth will also be launching their evidence-based, inclusive, wellbeing measure My Emoji in app form. If you would like to join us for the event, please contact [kate@downtoearthproject.org.uk](mailto:kate@downtoearthproject.org.uk) for details on how to book free tickets.



**FIT FOR THE FUTURE**  
ADDAS AT Y DYFODOL

This is Fit for the Future:  
**People, Nature and Impact**

Addas ar gyfer y Dyfodol:  
**Pobl, Natur ac Effaith**

Thursday  
15 June 2023

Dydd Iau  
15 Mehefin  
2023

CF64 2XX

### Future of Our Health Meadow and Down to Earth

From July – December 2023, Down to Earth will scale down and continue on site for 2 days per week, working with departments who have made a financial contribution from their endowment funds to enable their NHS

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colleagues and patients to continue receiving wonderful experiences at Our Health Meadow.

If your department would like to continue the health, wellbeing and rehabilitation of patients and colleagues in an outdoor setting at Our Health Meadow by attending weekly programmes, please get in touch by emailing [fundraising.cav@wales.nhs.uk](mailto:fundraising.cav@wales.nhs.uk) by Friday 16<sup>th</sup> June to find out more information.

### Health Charity Events

#### **Prop Appeal and Breast Centre Appeal Balls coming up in 2023!**

We have secured dates for a Blue Tie and Pink Tie Ball this year! One on 6<sup>th</sup> October at The Coal Exchange Hotel for our Prop Appeal supporting Brain Injury Rehabilitation, and one on 2<sup>nd</sup> December at the Cardiff Marriot Hotel for our Breast Centre Appeal.

All funds raised at these events will directly support each appeal, part of Cardiff & Vale Health Charity. Please follow [this link](#) to book either event.



# Blue Tie Ball

Friday 6<sup>th</sup> Oct 2023 | Coal Exchange Hotel, Cardiff Bay | 7pm until late

Dress Code: Blue Tie  
To purchase a ticket please visit:  
[healthcharity.wales/events/prop-appeal-ball](https://healthcharity.wales/events/prop-appeal-ball)



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**We invite you to the annual  
Pink Tie Gala Dinner**

Taking place on  
**Saturday 2<sup>nd</sup> December 2023**  
**6.30pm - 1am at Cardiff Marriot Hotel**

**£60pp or £55pp for a table of 10**  
To secure your place please contact  
**[fundraising.cav@wales.nhs.uk](mailto:fundraising.cav@wales.nhs.uk)**

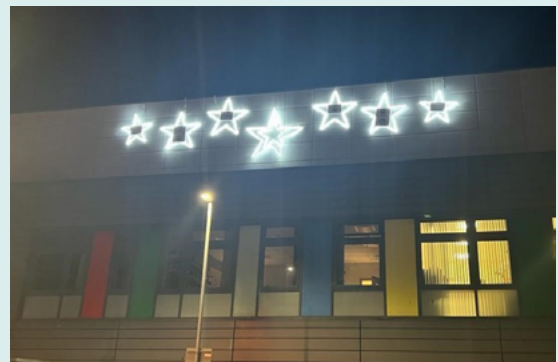
 **The BREAST CENTRE**  
Cardiff and Vale  
Cardiff & Vale Health Charity 105654

 **Cardiff & Vale HealthCharity Elusenlechyd**  
Caerdydd a'r Fro

### 'Shine Bright' Appeal 2023

Join our Shine Bright Appeal this year by sponsoring your own personalised LED star which will be displayed on the Hafan Y Coed building throughout December.

You can start your fundraising now with colleagues or friends and have your own ward or department up in lights! We're asking for a donation of £1000 per star and all money will go towards the Health Meadow to continue this wonderful project which supports colleagues and patients with their health and wellbeing.



Don't miss this wonderful opportunity to light up UHL this Christmas. For more information please email [fundraising.cav@wales.nhs.uk](mailto:fundraising.cav@wales.nhs.uk)

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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! [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/](https://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](http://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](mailto:fundraising.cav@wales.nhs.uk)