



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

Dyfodol Clinigol
Clinical Futures

Cylchlythyr Staff

Staff Newsletter



ISSUE 15 27th October 2021

Message from Judith Paget, Chief Executive

Shwmae pawb / hello all, welcome to this week's (and my last!) newsletter as Chief Executive of an organisation that I am incredibly proud of. Today is my last day in work before starting my new role as Director General of Health and Social Services and Chief Executive of NHS Wales.

When we do these jobs, we give so much of ourselves to the role and I see hundreds of you, as colleagues, do that every day around the clock. I think there is no higher calling than public service as an opportunity to help others and give something back. Public service is more than doing a job, it is about making the lives of other people better and I cannot think of a greater privilege or honour.

I have been incredibly fortunate to have been surrounded by colleagues throughout our organisation who put the very best of themselves into their roles and embody our strong values for doing the right thing. Collectively, this has meant that we have been able to do our very best and achieve brilliant things as a team.

My heart is rooted in the communities that we serve. I live here with my family and have worked the majority of my career in South East Wales and I plan to continue to volunteer at our Mass Vaccination Centres on weekends.

This is an organisation made of fantastic people. There is no doubt that the last 18 months has tested us all and the reality is that there is no sign of that finishing any time soon. However, if we continue to stay strong to our values and look out for one another there will be brighter days ahead.

Thank you for everything you do for our communities and for your colleagues.

Cymerwch ofal a chadwch yn ddiogel/ Please take care and stay safe.

Judith



Taking Care of You

The last 18 months have probably been the most challenging in our careers and we are currently seeing a significant increase in the demand for our services and even though this is being experienced across the rest of Wales and in fact the UK, the pressure does feel relentless. For some it is quite distressing seeing negative comments in the media and on social media but these are as a result of the pressure on our services and not a reflection of you. It is important to remember that we also receive a significant number of positive comments on social media and directly into the Health Board.



It is so important that we all recognise this and the impact this is having on our health and well-being. Your well-being is an absolute priority for the Health Board so please if you are feeling overwhelmed or struggling, speak to your line manager, a colleague or contact our well-being service.

For more information on the support services available to staff, please visit the dedicated Employee Wellbeing website: <https://aneurinbevanwellbeing.co.uk/>

Thank you for everything you do and for providing the best care you can for the residents in our Health Board area.

Well-Being Initiatives

Mental wellbeing courses from Melo

Melo offers free mental wellbeing courses and all are accessible on-line. These include Stress control; which aims to give you the skills to help you manage your current stress and future problems, mindfulness and ACTivate Your Life, a course that shares practical ways to cope with thoughts and feelings causing distress and help live life with more confidence.

You can access these courses here <https://www.melo.cymru/free-online-courses/>

Sign up to VP GO - a new Health & Wellbeing platform for staff!

VP GO is a fun, personalised wellbeing program that harnesses the power of friendly, team-based competition to build healthy habits. It is designed to help improve your health, in ways that work for you where you can focus on all areas of wellbeing that matter to you. From Wednesday 27th October, there will be a 9-week team-based challenge for staff to take part in on the app. The challenge is limited to 500 members so if this sounds like something you're interested in, sign up quick! The closing date for registration is 29.10.2021.

To register: <https://join.virginpulse.com/aneurinbevan>

For more information, please contact Debbie Murray: Debbie.murray2@wales.nhs.uk

Let us be your helping hand!

So you want to quit smoking but those restless hands are getting in the way? Let us be your helping hand.

Help Me Quit provides free smoking cessation services across Wales. With a range of nicotine replacement therapies to help you combat your cravings and habits, and support available from our Help Me Quit advisors, you are four times more likely to successfully quit smoking than going it alone.

Join the 1000s of people who've already become smoke-free. Make a change today, and let us help you.



The best choice smokers can make to help them quit smoking.
Visit helpmequit.wales or text HMQ to 80818, or call 0800 085 2219

0800 085 2219

Guidance where face to face meetings/ training/interviews are essential

Virtual meetings/training/interviews are still advocated where possible.



The Health Board has developed a Risk Assessment Checklist to be completed when booking a room for face to face training/meetings/ interviews that cannot be held remotely. It has been developed to support face to face interactions that are critical to staff or patient safety i.e. CPR, Manual Handling, PMVA etc. that cannot be held remotely.

A collaborative risk assessment has been undertaken by the Corporate Health and Safety Department and Infection Prevention Team which included a review of our physical environments and existing Covid Safety Control Measures with the purpose of increasing face to face interactions within controlled environments by reducing social distancing from 2 metres to 1 metre.

The risk assessment undertaken has been transferred in to the [attached meeting room checklist](#).

The checklist must be completed to demonstrate that there are reasonable measures in place to prevent the transmission of coronavirus during training sessions and meetings where social distancing is reduced from 2 metres to 1 metre. Social distancing must not be reduced if "no" is selected for any of the questions.

Participants should be encouraged to take an LFD test within 24 hours prior to any face to face training/meeting/ interviews.

Please ensure that the attendance list is also completed.

Breast Cancer Awareness Month 2021

Breast cancer is the most common cancer in the UK, but over a quarter of cases are preventable. Making changes to your lifestyle, such as regular exercise and eating healthily, can reduce your chances of getting breast cancer significantly.

Visit <https://www.breastcanceruk.org.uk/> for more information.

Turn ABUHB Pink

Thank you to everyone who took part in last Friday in aid of Breast Cancer wearing pink, decorating their workplaces holding pink tea parties! A special thank member Vicky, who completed a sponsored extra money.



#TurnABUHPink
Awareness by
in pink or even by
you to staff
hair chop to raise



Name: Louise Davidson

JOB TITLE: **LEAD BREAST NURSE
SPECIALIST**

"I am proud to be part of a passionate, caring, multidisciplinary team whose priority is to provide the best quality, individual service to those diagnosed with breast cancer. I'm excited for the future of breast services in the Health Board and centralisation in 2022 at YYF and a new purpose-built breast unit, a centre of excellence".

All proceeds from the day will go towards the new Breast Centre in Ysbyty Ystrad Fawr. The construction of the new purpose built Breast Unit will bring together diagnostic, treatment and surgical services that are currently spread across three hospitals. It is anticipated that work will start on the site of this new unit in November 2021, with completion expected in December 2022.

We are now less than £20,000 from our fundraising target for the new centre. If you would like to donate, please visit

<https://www.justgiving.com/campaign/ABUHB-Breast-Care-Unit?success=true>

Louise Davidson is our Lead Breast Nurse Specialist and is really excited for the future of breast services in our Health Board.

COVID Update

Cases of COVID-19 continue to be high in the Community, whilst the number of in-patients in our Hospitals has increased to 103 and there are 86 patients recovering from COVID-19 in our hospitals. The incidence rate is currently 992.66/100,000 of the



population; an increase from last week's figure of 638.5.

Bafta Cymru Winners

Congratulations to the staff from ICU who won this year's Bafta Cymru "Photography Factual" award tonight for Critical: Coronavirus in Intensive Care. The film, which was shot by the staff themselves, showed what it meant to be a Critical Care professional during the first wave of the coronavirus pandemic.

Dr. Tamas Szakmany, who collected the award, said; "It is amazing to win an award for a team that has never held a camera before" And we agree. Congratulation to you all!



Supported Internship Scheme

For people with learning disabilities, the opportunity to gain practical experience in a work setting is vital and supports their curriculum and learning goals. Our supported internship scheme gives learners the opportunity to gain an insight into the different types of roles they could consider in the field of health care, while developing their employability skills in a supported workplace setting at the same time.

The Engage to Change Gwent supported internships will take place over the course of an academic year, giving students time to develop their skills over a longer period and prepare them for the world of work. The interns will go on rotation to experience different areas of the hospital, providing them with a well-rounded experience of working in a health care environment and an opportunity to learn a range of new skills.

Our interns for this academic year began in September with the Facilities Team at Nevill Hall Hospital. If your department would like to get involved in the internship scheme, please contact Gino Parisi, Person Centred Care Manager: gino.parisi@wales.nhs.uk

Equality, Diversity & Inclusion Newsletter

Download the [Equality, Diversity & Inclusion Newsletter - 27th October 2021](#)

This week's edition of the newsletter includes articles on the following topics:

- November is Sensory Loss Awareness Month and Islamophobia Awareness Month
- Qur'an Cubes
- Staff Networks – The Health Board is seeking to set up virtual staff networks and would like you to get involved.
- Menopause Cafe
- Diwali – 4th Nov
- Interfaith Tour – 18th Nov
- Black History Month Links – Black Icons

If you have any ideas for this fortnightly newsletter, please send an e-mail to ABB.CommsAndEngagement@wales.nhs.uk



Aneurin Bevan University Health Board



@AneurinBevanUHB