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## Cylchlythyr Staff

## Staff Newsletter



ISSUE 21 26<sup>th</sup> January 2022



### Message from Glyn Jones, Interim Chief Executive

Shwmae pawb / hello all, welcome to this week's newsletter.

As January comes to an end it is really pleasing to see the number of Covid-19 cases in the Health Board area coming back down. It has been a really challenging time as we have tackled the Omicron variant, but hopefully now we can start to see restrictions lifted and numbers stabilise.

It is, however, as important as ever to keep safe and keep testing ourselves. We are also offering a number of walk-in clinics for those staff who have yet to receive all their vaccinations. Please check the staff Intranet for more details and keep yourself, your family and your patients protected.

Flu is also beginning to circulate, so please remember to get your seasonal flu jab to stay protected.

It is so good to read about all the wellbeing initiatives taking place in our Health Board and I must say a huge well done to Not Fast – Just Furious in the VP Go health challenge!

Take care, **Glyn**

### We Need You... In The Fight Against Flu

Although Covid-19 has dominated our lives for the past two years, it's important to remember to protect ourselves from the flu virus.

Some people can develop serious complications from flu and every year people die as a result of the virus.

There is still time to get your **free** Influenza (flu) vaccination to help protect you, your family and our patients for the remaining winter months.

### GET VACCINATED AGAINST FLU!

We need you in the fight against flu



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More than 8,000 Health Board staff have already received their vaccination.

Don't worry if you haven't had yours yet – it is not too late! **We're having one last flu vaccination drive this season.**

You can receive your flu vaccination from a Flu Champion, or by getting in touch with your Divisional Flu Lead.

Staff members can also get their flu jab by contacting Occupational Health, or at one of the vaccination sessions organised for January (details on the next page)...

Continued... Flu vaccination session details:

DAY	Start Time	End Time	Venue/Flu vaccinator	Site
Thursday 27 <sup>th</sup> and Friday 28 <sup>th</sup> January	09:00	11:00	Gwyneth Ratcliffe	GUH Entrance
Tuesday 1 <sup>st</sup> February	10:30	13:00	Tracy Bale	Royal Gwent Hospital level 3 canteen
Every Tuesday	09:00	11:00	Bobinca Wilson	County Hospital Rowan Ward
Every Wednesday	10:00	18:00	Bobinca Wilson	Royal Gwent Hospital Pharmacy Department
Every Friday	09:00	13:00	Bobinca Wilson	Chepstow Hospital Cas-Gwent Unit
Every Monday	09:00	11:30	Occupational Health Department	3rd floor Ysbyty Ystrad Fawr
	13:00	15:30	Occupational Health Department	
Every Tuesday	09:00	12:00	Occupational Health Department	Nevill Hall (Cartrefle House)
	13:30	15:30	Occupational Health Department	
Every Thursday	09:00	11:30	Occupational Health Department	St Woolos (top floor in B Block)
	13:00	15:30	Occupational Health Department	

## British Sign Language App Launched for the Health Board

A new online tool has been launched to help people who use British Sign Language (BSL) to communicate with the Health Board.

SignLive is an App and 24-hour service developed to support deaf patients and BSL users to connect with organisations using Video Relay Services (VRS) and Video Remote Interpreting (VRI).



The Health Board has secured funding to pilot SignLive in several key areas, with a view to securing the service for the whole of the Health Board in the future.

The pilot areas are:

- Booking Centre
- Emergency Department and Minor Injuries Units
- Outpatients
- Maternity and Ante-Natal Services
- Vaccination Clinics
- Rodney Parade Testing Centre
- Bellevue Surgery, Newport
- Putting Things Right

Deaf patients and BSL Users can access the Health Board pilot areas via an app on their electronic devices to contact our staff directly. Also, if there is an emergency need for an interpreter (a face-to-face interpreter has not been booked or is unavailable), then the service can be used to access an interpreter.

Training on using the service will be made available to the pilot areas over the upcoming weeks.

To find out more, please send an email to [ABB\\_EDI@wales.nhs.uk](mailto:ABB_EDI@wales.nhs.uk)

## **Are you aware of how to spot and report Fraud, Bribery and Corruption in the NHS?**

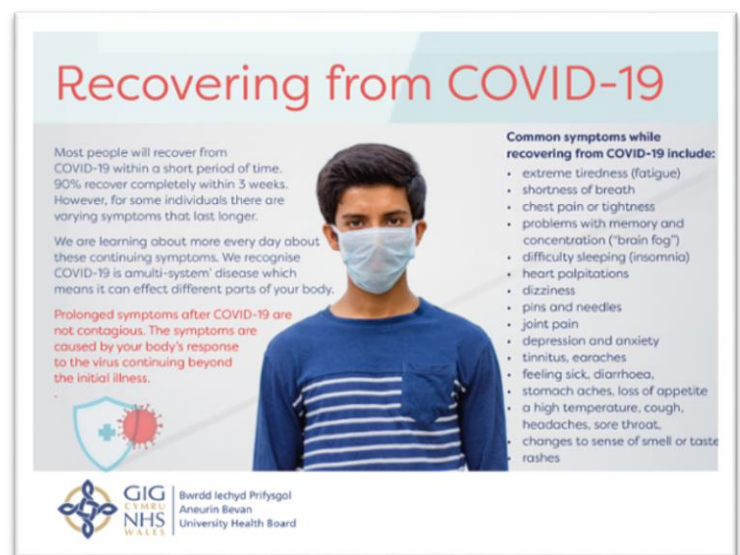
The Health Board's Counter Fraud Team has compiled a staff survey, which all employees are encouraged to complete. The short survey should only take 5 minutes to complete and will greatly assist the team to effectively promote fraud awareness and minimise the potential for fraud to occur in the first instance.

Please complete the survey at: <https://www.smartsurvey.co.uk/s/CJ0ZPJ/>

## **Post-COVID Recovery Resources Now Live**

For some people, recovery from COVID-19 has been very challenging and they continue to feel the effects of the illness for months following infection. We are delighted to now have our updated service information for the Post-COVID Recovery Service live on the Health Board website.

We have assembled experienced multidisciplinary teams in both adult and paediatric services and worked closely with individuals affected by COVID-19, to help support those suffering with Post-COVID Syndrome. Working closely with our patients has helped us to understand their lived experience of Post-COVID and to develop a wide range of services to meet the varied presentations and impact of these symptoms. We have also been guided by the experience of our professional teams – including those leading the award-nominated rehabilitation programme at the Velodrome.



Take a look at the new pages for top tips to aid recovery here: [Post-Covid Recovery - Aneurin Bevan University Health Board \(nhs.wales\)](#)

## **Wellbeing Assessment for Gwent**

The newly established Gwent Public Service Board has been working to write a Wellbeing Assessment for the region.



The first draft of the assessment has now been completed and is open for consultation. Please see below link which will take you to the assessment: <https://www.gwentpsb.org/wp-content/uploads/2021/12/Draft-Gwent-Well-being-Assessment-Dec-2021.pdf>

The first consultation phase is running until 31<sup>st</sup> January 2022 and the Public Service Board will welcome any comments. If you wish to provide feedback please email Sarah



Tipping, Partnerships, Policy and Equalities Manager, at [sarah.tipping@torfaen.gov.uk](mailto:sarah.tipping@torfaen.gov.uk) or telephone 07815 652975.

## Steps to Health

On 27 October 2021, many of our staff members made a commitment to improve their health and performance, all while competing in a Health Board-wide challenge.

Throughout nine weeks, 52 Teams competed and virtually unlocked locations across the globe, through health and lifestyle app VP Go. Through goal setting and a sense of healthy competition the Health Board teams collectively achieved a combined step total of **125,502,218 steps**, travelling more than **62,751 miles** and virtually visiting 24 countries during the Destination GO virtual journey around the world. In addition to competing, the teams also improved physical, nutritional and mental health.



"We are so proud of our employees' achievements and will support them in every step of their continued journey towards healthier, happier and more active lives," said Ruth Evans, Senior Workforce and OD Manager and Lead for VP Go.

We would like to congratulate the overall winning team **NOT FAST – JUST FURIOUS**, who took an amazing **7,667,929 steps** throughout the challenge.

Team Captain Rhiannon Bailey said: "I think this challenge came along at the perfect time. It's been a tough two years and it was the perfect opportunity for some fun competition. We are not able to work from home, so I knew I could make the perfect team with stores staff and porters because of the physical aspect of our work.

"It was great fun and gave us all something to work towards – there's nothing wrong with healthy competition and I was lucky to have two of the most active people I know on the team! It's a shame it ended so soon but it has given us all a daily goal and we are feeling a lot healthier!"

### Did you know:

- **280 people participated in this challenge, creating 52 teams**
- **The best overall stepper was Ben McCreddie who took an amazing 2,029,486 steps**
- **We took 125,502,218 total steps, covering 62,751 miles**
- **We burned 4,392,577 calories – that's the equivalent of 33,026 glasses of wine (175ml)**
- **97% logged onto VP daily and 63% tracked their sleep**
- **The top three wellbeing topics of interest were Getting Active, Eating Healthy and Reducing Stress.**

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



Aneurin Bevan University Health Board



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