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Aneurin Bevan
University Health Board

Dyfodol Clinigol
Clinical Futures

Cylchlythyr Staff

Staff Newsletter



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Message from Glyn Jones, Interim Chief Executive

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

I was proud to celebrate International Women's Day this week and am privileged to work alongside so many amazing women in our Health Board. Our female colleagues contribute so much to the healthcare services we provide.

It's great to see our information booklets are completed and ready to hit doorsteps. It's so important that both our residents and staff are aware of how local people can best access healthcare so the right choices can be made. If you would like to find out more, please follow the QR code, or visit our website and have a read.

I also wanted to take this opportunity to remind staff of the importance of being kind, to look after each other during these times and to be aware of how the events in the Ukraine may be affecting colleagues and their families. I would urge anyone affected to please seek the support available to them and speak with their line manager.



This week, we marked International Women's Day by celebrating the achievements of our female staff, who accomplish so much every day in their roles. Making up **81% of our Health Board's workforce**, we simply couldn't do what we do without you!

Females in Facilities

Meet two ladies who are leading the way for our female Facilities workforce.



Rachel Jones, Health, Safety & Compliance Officer

"There's lots more to it than just a building when a hospital is open 24hrs and can't afford to be shut. Working across the Health Board with different estates teams, trades and contractors, every day is different, from fire safety to construction design and management."

"It's such a great team here to help me do my job and thrive."

Terry Thurgar, Chef, Royal Gwent Hospital

Terry left school at 16 years old and became a Trainee Chef with the Health Board two days later. 45 years on, the Health Board is very proud to celebrate the great career she's had with the NHS.

"I have a huge love for homecooked meals, and my passion has always been how to bring that into what we provide for patients."

"No matter what your job role is in the NHS, we're all here to provide the best service to patients."



Celebrating our Colleagues

We asked you to nominate your female co-workers and to tell us why you're so proud of your hardworking colleagues.

Some heart-warming examples included:

"She is the most approachable, friendly, caring, and compassionate leader who demonstrates strength from her incredible ability as a clinician, but also as a leader."

"She also has this amazing ability to always put her colleagues before her- she is supportive, and compassionate to everyone she meets, and, as a bonus, she is funny too!"

Read the full story: [Aneurin Bevan University Health Board | Recognising our Amazing Colleagues on International Women's Day! \(wales.nhs.uk\)](#)



Landing on Doorsteps Soon!

NHS services for you and your family

We've developed a handy guide that will soon be dropping on doorsteps to make sure our residents have the support they need to make the right health decisions and choose the right healthcare service.

The short guide to accessing health support and services gives lots of great information on a variety of areas, such as:

- Taking Care of Yourself and Your Family
- Pharmacy Services
- GPs, Dentists and Opticians
- NHS 111 WALES
- Minor Injury Units
- Emergency Hospital Services

Don't live in the Health Board area?

Scan the QR code to view the guide online right now!



We're Here to Support You

We are very aware of the rapidly evolving situation with the current Ukraine and Russia conflict and the impact that this may be having on our colleagues and communities, especially staff who may originate from these countries or have friends and relatives there.

Our thoughts are with all our colleagues who will be profoundly affected by this and the impact that this may be having on them, their families, friends, and colleagues.



We appreciate that some colleagues may be separated from their families and friends while they work and train in the NHS across the UK and want to ensure that all staff remain supported. Support is available via our Employee Well-being Service (01633 623798) and Chaplaincy Service (01633 234263 / 01873 732112). Our Chapels are also open and available to all for a moment of peace, prayer or reflection.

We recognise that staff may require practical support during the working day to communicate with family and friends, for example, to check in by email or the telephone. Your line manager will be supportive and understanding in allowing you appropriate time and support to do this if necessary.

We are very keen to hear from you to find out what other support may be beneficial over this difficult period. If you would like to share your thoughts on support provisions or provide details of local support mechanisms that you have found helpful, please do so by contacting CommsAndEngagement.ABB@wales.nhs.uk.

Russian Cyber Activity Threat

The National Cyber Security Centre for the UK has issued recommendations for all organisations to increase their vigilance in light of the recent events in Ukraine.

Our Informatics Teams will continue to protect patients, services and data, but all staff can help protect the Health Board by being vigilant and following the below guidance:



- Please be on the lookout for unusual or unexpected emails. These are known as Phishing emails. They will encourage you to visit websites and/or enter passwords and will often be of an urgent nature. Think before you click. If you are unsure if an email is legitimate, you can seek advice by emailing cybersecurity.ict.abb@wales.nhs.uk
- Be on the lookout for unusual behaviour from your computer, such as new popups or messages saying that the system has been encrypted.
- Be suspicious of social engineering attacks, e.g. an unexpected phone call or email from the IT department saying that they need to carry out work on the PC/Laptop.

- Use strong passwords. Use a different password for different systems. NCSC's current advice is to use Three Random Words - [The logic behind three random words - NCSC.GOV.UK](#)
- Setup Multi-Factor Authentication where it is available as an option – e.g., for Office 365.
- Support the IT team with the deployment of security patches. Please reboot when the system asks you to do this.
- Working from home? Regularly connect via VPN to allow your device to install the latest security updates.

If we all remain vigilant and adopt the simple steps above both at work and at home, we can help protect ourselves and our patients in these uncertain times. Thank you for your continued support.

Nurse Director, Rhiannon Jones to Retire

Rhiannon Jones, Executive Director of Nursing, has informed the Board of her intention to retire in July 2022. This is a significant decision for Rhiannon, having worked in the NHS, and as a nurse, for 36 years as well as being a Director of Nursing for over 7 years.



We will miss Rhiannon's outstanding leadership and her great contribution to the Health Board, particularly during a time of significant change and challenges through the pandemic. With this being a key role for the Board, we will be planning to recruit to the post of Director of Nursing with pace.

I am sure you will join me in congratulating Rhiannon on this news. The Health Board is exploring opportunities to retain Rhiannon's skills and experience and I look forward to updating you on this in due course.

Carbon Literacy Training

The Health and Sustainability Hub of PHW are offering free Carbon Literacy Training courses to NHS Wales staff.

"An awareness of the carbon dioxide costs and impacts of everyday activities and the ability and motivation to reduce emissions on an individual, community and organisational basis."

The Award-winning [Carbon Literacy Project](#) aims to ensure that every citizen receives at least one day's worth of learning so that they understand the links between human activity and climate change while empowering individuals, communities and organisations to take action to reduce emissions of carbon dioxide and other greenhouse gases.

Find out more and register for the course here: [Aneurin Bevan University Health Board | Free Carbon Literacy Training for NHS Wales Staff - March 2022](#)

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



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