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Staff Newsletter



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Message from Glyn Jones, Interim Chief Executive

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

The temperature has dropped over the past few days, and it is a reminder to us all to make sure we have had our flu vaccine. I know for many of you, who are busy on wards or working from home it can seem too challenging to seek out the vaccine but it is so important to protect yourselves and others as we head into Winter.

I've really enjoyed reading about our 'Work With Us' Roadshow and joined the team myself in Caerphilly last weekend. It was great to chat to members of the public and potential new staff in the community.

I also enjoyed meeting lots of staff at my drop-in sessions at the Royal Gwent and St Woolos last week. Thank you to all those who took the time to come and talk with me. I really look forward to meeting more of you at future drop-in sessions.

Glyn

Have you had your Flu Vaccination?

This winter, protecting your health and the health of those around you is more important than ever and getting your flu vaccine will be a key part of that. Influenza (flu) can be very serious. Getting your free vaccine each year is one of the best ways to protect yourself against catching and spreading flu.

Since the Staff Flu Vaccination Programme launched in September, nearly 6,000 health board staff have been vaccinated to protect themselves, their families and those they care for, from flu.

If you have not managed to have your flu vaccination yet, we urge you to get vaccinated as soon as possible before the flu virus starts to circulate.

You can receive your flu vaccination from a Flu Champion or by getting in touch with your [Divisional Flu Lead](#). [Occupational Health](#) are also running a number of drop-in clinics, the next ones are at the Occupational Health Department at Ysbyty Ystrad Fawr on Friday 26th November and Tuesday 30th November 9:30am – 11:30am.

If you have received your flu vaccination elsewhere - such as your GP surgery or pharmacy. Please complete this short 'Had Elsewhere' form [by following this link](#). We hope that you look after yourself and stay well throughout the winter.

Work With Us Roadshow

We are still out and about on a tour around the Health Board area to recruit new members of staff and to ensure local residents know where they should go when they need health care.

To date 151 people have submitted expressions of interest for jobs, and we have discussed provision and use of healthcare services with over 450 members of the public, who have shared some fantastic feedback about the care they or their family members have received.



The Roadshow schedule is available on our website: <https://abuhb.nhs.wales/about-us/public-engagement-consultation/work-with-us-roadshows/> and publicised on our social media channels.

We would love it any members of staff would like to get involved and come and join us on our tour, just drop us an email on ABB.CommsAndEngagement@wales.nhs.uk Keep an eye out for our Roadshow bus and get on board with us!



Thank you!

If you head along the M4 or visit the Gwent Dragons Rugby ground anytime soon, you will see a message just for you!

We have worked with the lovely folk at Niche and the Gwent Dragons to provide a thank you to all of our staff, for everything you do and for providing the best care you can for the residents in our Health Board area. It has been an extremely challenging time for all our staff and this is

just a small token of our appreciation.

The Niche screen (pictured) can be seen as you enter Newport on the M4 and the pitch side thank you will surround the rugby pitch at all Gwent Dragon home games, starting this Saturday 27th November in their match against Edinburgh Rugby.

Complete the Well-being Survey Today

Head of Employee Well-being, Adrian Neal is inviting you to complete our 5th ABUHB Wellbeing Survey.

You can access the survey in a number of ways:

- Follow the link in this message <https://www.smartsurvey.co.uk/s/H347NC/>

- From our website www.aneurinbevanwellbeing.co.uk
- from QR codes on posters that should be posted in your areas of work.

"You may be reading this and asking yourself why bother completing yet another survey, and to be honest I would be doing the same. The reason to complete the survey is simple in my eyes – it is the only direct way of sharing how you are doing and what is important to you, with senior leaders. I feel this is now more important than ever given the difficulties many of us face daily. We are being listened to and your contributions are being taken very seriously, which to me is the reason to complete the survey."

Launch of MECS

Older Adult Mental Health (OAMH) services are piloting a centralised Dementia Care Mapping, Education and Carers Service (MECS). Initially the pilot will run for 6 months until 31st March 2022.

There are clear strategic aims linked to the Dementia Standards (2018-2022). The main aims within the team are to promote person centred care across the Health Board and education for staff and carers for people living with dementia.

Dementia Care Mapping (DCM) is an established approach for embedding person-centred care for people living with dementia. It prepares staff to take the perspective of the person with dementia in assessing the quality of the care they provide. It empowers staff to engage in evidence-based critical reflection in order to improve the quality of care for people living with dementia. Dementia Care Mapping will take place within the inpatient assessment wards and care homes across Gwent during the pilot.

Over the duration of the pilot, the team aim to run both face-to-face and online carers educational courses. In addition, the team will be offering training and education to staff across OAMH teams within the Health Board, focusing on person-centred care.

The core team consists of four band 6 practitioners, administration and team lead. The team is based in Ty Siriol Unit. You can email the team here:
abb.oamhdementiaservices@wales.nhs.uk

New Bilingual Card Game Designed by Person Centred Care Team Helps Patients and Welsh Learners

The Health Board's Person Centred Care Team, in collaboration with the Welsh Language Unit and local Welsh medium schools, have designed and created a **brand new bilingual card game**, named *Casglu* (Welsh for *To collect*).

The game was made possible by funding from the RCN Foundation and the Welsh Language Unit and is suitable for all ages, with the aim being for players to collect as many sets of cards as possible. Children in Welsh Medium education in the Torfaen and Newport areas played a big part in designing the game's pictures and sentences.



The game was recently piloted with patients, Serenity and Caleb, on the Children's Unit at The Grange

University Hospital, who enjoyed playing with their families.

In the first instance, *Casglu* will also be made available to:

- The Children's Unit at The Grange University Hospital
- Staff who are learning / fluent in Welsh to aid with Welsh language communication skills.
- Health Board volunteers to help them support patients with meaningful activities
- Local children who helped design the game, as well as other schools in the Health Board area.



Once restrictions allow, it will also be part of the resources available for Intergenerational Activity in Care Homes and Community Wards.

We look forward to seeing the game played across our communities and generations, bringing a little bit of joy and enhancing the use of the Welsh language.

Seasonal Singing

We would like to invite you to join our live singing sessions in person at The Grange University Hospital or virtually by MS TEAMS. Open to all staff and friends, where you can relax and enjoy singing #together!

Singing can reduce stress, improve breathing and flexibility, and boost your confidence. We'll be singing familiar songs and will circulate words and links to sound files to try from the office or home! No auditions, no need to read music, turn up and have a go!

12.30pm for 30 mins – in person (GUH) or by MS TEAMS:
Tues 30th Nov / Wed 8th Dec / Tues 14th Dec



GUH Meet: in good weather, under the Main Entrance Canopy (GUH) / in wet weather, in the Sanctuary Space (Level 1 across from the staff restaurant) – please wear a face mask indoors!

We have a risk assessment in place and have shared the activity with Infection Control staff. We ask attendees to complete a lateral flow test up to 24 hours before if possible and we will be keeping a register for T&T purposes.

For more information including songs, links and the MS TEAMS invite please contact: Sarah.Goodey@wales.nhs.uk or Joy.Rickwood@wales.nhs.uk

Are you working this Christmas Day?

In the run-up to Christmas, Wales Online often like to publish a story online on the dedicated NHS staff who are set to work this Christmas Day.

Would you like to be that member of staff featured on behalf of Aneurin Bevan University Health Board?

If this is something you'd be interested in, please send 250-300 words about your role, a short quote about what working Christmas Day means to you and a picture of yourself to ABB.CommsAndEngagement@wales.nhs.uk by Friday 26th November 2021.



If you would like any more information, please contact the Communications and Engagement team at ABB.CommsAndEngagement@wales.nhs.uk

White Ribbon Day

On White Ribbon Day Thursday 25 November, and the 16 days to end violence against women that follow, we are coming together with our communities to say 'no' to violence against women. Many members of staff and the local community will be standing up to speak out against violence against women.

Find out more in the latest Equality, Diversity and Inclusion Newsletter here: http://howis.wales.nhs.uk/sitesplus/documents/866/ABUHB%20Comms%2024th%20Nov%2021%20draft_.pdf

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



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