

Bay Health

Staff newspaper of Swansea Bay University Health Board



Champions help set new standards for mother and baby care

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SCAN BARCODE FOR A SELECTION OF BAY HEALTH STORIES ONLINE



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£70 million investment is a big boost for renal services

A service providing life-saving care for people from across South West Wales is being boosted with a £70 million investment.

Swansea Bay provides renal services for patients in its own area as well as those in neighbouring Hywel Dda and Cwm Taf health boards.

Existing services include two haemodialysis units at Morriston Hospital – which receive patients from Swansea, Neath Port Talbot and Bridgend – and one each in Aberystwyth, Carmarthen and Haverfordwest.

However, the number of people requiring dialysis is growing year on year, to the point where Morriston is

vastly exceeding capacity. This means patients are having to dialyse in the evenings.

Swansea Bay's renal team, with support from the Welsh Kidney Network and the Welsh Health Specialist Services Committee, is transforming and futureproofing the service at a cost of £70 million over 10 years.

The investment includes improvements to the five existing dialysis units, including new dialysis machines



and other equipment and facilities, and the creation of two new ones in Neath Port Talbot and Bridgend.

This will allow patients from those areas to be cared for closer to home. Crucially, it will also ease the pressure on Morriston and largely eliminate the need for evening dialysis sessions.

Clinical director Dr Clare Parker (pictured left) said some patients chose twilight dialysis because of personal circumstances. But the vast majority preferred to be dialysed during the day when a full complement of staff was available.

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Dr Richard Evans, Swansea Bay University Health Board Interim Chief Executive

Welcome to another edition of our newspaper, Bay Health, which aims to shine a light on some of the brilliant work you, our staff, are doing while at the same time, update everyone on a range of issues. Regular readers will note we've a new look for issue 9. We've adopted a new One Bay Way identity that helps draw attention to our ten-year vision to become a high-quality organisation. This new identity will be rolled out internally over the coming months as we look to raise awareness of our approach to becoming a high-quality organisation and how we'll get there via our One Bay Way approach.

So Bay Health may be sporting a new look but, in keeping with previous editions, it is brimming with fantastic stories and features which I'm sure will

make you proud. And it's important we feel that sense of pride in what we do as we strive to deliver the best possible service for our patients and communities.

You'll find below a feature on our Digital Transformation Team, which is front and centre when it comes to the creation and delivery of brilliant digital solutions, not just for us here in Swansea Bay but for NHS Wales more widely. Digital innovation, which delivers for our staff and crucially, our patients, is vital as we manage increasing demand for our services while at the same time focus on delivering value for money in everything we do. In this context, you can see just why the team's brilliant work is so important for us.

On the opposite page, you'll find a feature about our Diaspora Staff Network, which I'm delighted to say is now going from strength to strength and is a shining example to other health boards across the country. The network provides a forum for our overseas staff to share their experiences, their aspirations and the knowledge and practices gained from training and working in their countries of origin before joining us in Swansea Bay. This collaborative approach is a brilliant concept in so many ways.

Elsewhere in this edition, you'll find details of a welcome return for our Patient Choice Awards after a hiatus imposed by the pandemic. The awards give patients, their families and friends the opportunity

to nominate our staff and our teams for awards to say a huge thank you for their fantastic care and dedication. Turn to page 4 for more.

We also focus on one of our Quality Priorities - nutrition and hydration. As many as one in three hospital patients across the UK are considered malnourished or at risk of becoming malnourished, which beyond the obvious negative impacts on recovery and health, leads to potentially a 30 per cent longer stay in a hospital before being discharged. In this context, it's clear why nutrition and hydration must be at the top of our priorities list.

You'll find lots more to celebrate and to be proud of in this edition and for those readers who are not members of our staff, I hope you'll find these stories to be informative, giving you a sense of the amazing work going on across our health board. As you'll be aware, while we have many positives to reflect on there is also much more that we need to do as we strive to realise our long-term ambitions.

Our aim is to firmly establish ourselves as a high-quality organisation and we know we're aiming to do this against the backdrop of some tough challenges for our health board and the NHS across Wales. This year we face some hard decisions, we cannot ignore that. But I know if we work together, focus on our collective strengths and our One Bay Way approach, we can navigate our way through the challenges ahead.

Digital delight for female-led team

A team of innovative and highly skilled women is breaking new ground by developing and delivering healthcare digital systems which are benefiting patients not only in Swansea Bay, but across NHS Wales.

We marked International Women's Day recently, and couldn't think of a better way to celebrate the many brilliant women in our organisation than shining a light on our female-led Digital Transformation Team, which is responsible for implementing major digital systems designed to support patient care.

Not content with working on just one project, they are the leading players in four pivotal digital systems.

Working with clinical colleagues and senior managers from services and sites across Swansea Bay UHB, they plan and deliver digital changes which span a number of national, regional and local programmes.

Deirdre Roberts, Swansea Bay's Assistant Director of Digital Transformation, who heads the team, explained: "Every one of us is really passionate about our work.

"Digital systems, designed with the health board's quality and safety standards embedded within them, can play a huge part in supporting clinicians and managers as they plan and deliver patient care.

"It's this understanding that drives our team to work closely with our colleagues to truly understand the challenges and find innovative and practical ways to ensure the new digital systems are designed to enhance quality and safety, 24/7."

One such system, which has cut through forests-worth of paper, giving staff more time to provide hands-on care, and improved safety, is the Welsh Nursing Care Record. The Welsh Nursing Care Record has digitally



Pictured left to right: Shannon Rees, Digital Project Officer. Yvette Lloyd, Product Specialist. Chantelle Webber, Senior Project Manager. Helen Thomas, Head of Digital Planning for Unscheduled Care and Cancer. Tracey Bell, Head of Digital Planning - Planned Care & Community. Kirsty Joseph, Digital Project Officer. Rebecca Jelley, Senior Project Manager. Deirdre Roberts, Assistant Director of Digital Transformation. Debra Clement, Senior Business Analyst.

replaced more than 70 paper pages which staff previously had to fill in every time each patient was admitted.

Now with information on screen instead, it saves time and duplication of effort, reduces the risk of paper files being lost and also gets over the difficulties of reading handwritten entries.

Deirdre added: "It's a privilege to lead a team of remarkable people that include some incredible women whose creativity, commitment and expertise drive our success. It's important to reflect the invaluable contributions of all women in the Swansea Bay digital team and reaffirm our commitment to diversity, equality and empowerment."

The Digital Transformation Team was also key in the creation of the National E-Prescribing and Medicines Administration Programme, and the first in Wales to implement and evaluate a health board-wide inpatient hospital electronic prescribing and medicines

administration (HEPMA) solution. HEPMA replaces paper medication charts with a digital solution for prescribing and charting inpatients' medications. More than 1.1 million medications have already been prescribed using HEPMA across Swansea Bay. Working with in-house developers and clinical colleagues, the team has also developed another clinical system, Signal, which is a real-time digital map of inpatients' journeys through hospital.

It helps clinicians and managers get a full, at-a-glance, picture of a ward's needs, including key information such as bed status, clinical data and discharge plans.

The team behind Signal picked up the Technology and Digital Impact Award at the 18th annual MediWales Innovation Awards in 2023. Another pioneering project involving the team is the Swansea Bay Patient Portal. This is a secure online record of a patient's health and care information that patients themselves, and their carers, can access.

Listen up... Diaspora Network puts Swansea Bay on the map

Swansea Bay University Health Board has won national praise for leading the way with its Diaspora Staff Network.

The network brings staff from overseas together to exchange ideas, experiences and ways of working from health systems in their countries of origin.

This knowledge can then be used to help develop practical solutions that improve patient experience and health service delivery.

And by encouraging overseas staff to share ways of working familiar to them from their training and experiences elsewhere, the idea is they'll naturally feel more valued and at home because their insights and aspirations are being listened to and when appropriate, taken on board.

The network is underpinned by a partnership with an organisation called the Tropical Health and Education Trust (THET) Partnerships for Global Health, meaning SBUHB is part of a much wider diaspora network.

Ultimately, it is hoped that diaspora staff can in turn give something back to health systems in their 'home' nations and around the globe, strengthening links between countries, enhancing the potential for sustainable recruitment and boosting the health board's reputation around the world.

The health board's engagement in this work to develop a cross-pollination of ideas has drawn glowing praise from Chief Nursing Officer for Wales, Sue Tranka and Welsh Government Minister for Social Justice, Jane Hutt at a recent event at the Senedd in Cardiff.

The event marked the launch of a flagship report by THET, called The Voice of the Experts in Our Midst, which highlights the huge benefits to be had from overseas staff sharing their knowledge and experience from working in different health systems and environments. "The praise we received for our engagement in this work from Sue Tranka, from the Minister and from Ben Simms, who is chief executive of the Tropical Health Education Trust, was fantastic," said Swansea Bay's Deputy Director of Nursing, Hazel Powell, who has played a key role to date in the development of the health board's partnership with THET.

"We are leading the way in terms of developing our network and I really hope we can continue to set the standard in this area.

"Our internationally-educated staff are hugely important, bringing a richness to our health board in terms of care, skill, values and culture.

"We welcome the variety of skills and experiences that our overseas staff bring with them - they are valued.

"It is a cross-pollination - we can learn from each other for our mutual benefit. I also believe that this approach will only help us in terms of staff retention."

"This is the kind of health board I'd like to work for; an organisation that recognises the value of sharing expertise and connections to global health systems.



And listening to the aspirations of our staff."

The word diaspora refers to people that identify with a specific geographical location but live in a different place. Swansea Bay held a diaspora networking event in November, an event which Sue Tranka picked out as a great example for other health boards to follow.

With one in six staff in the UK health system originally trained overseas and diaspora health care workers bringing connections to 214 health care systems around the world, tapping into this resource of experience and skills offers potentially big gains for the NHS.

"Our patients are very diverse so to have as much diversity among our staff is only going to support our aspirations to provide the best possible care and support for our communities," added Romanian-born Dr Nistor Becia, a senior psychologist who is one of the driving forces behind building our Diaspora Staff

Network. The hope expressed at the Tropical Health and Education Trust event was that other health

boards will follow our example. Building our Diaspora Staff Network fits in perfectly with our values and ambitions. We now need to increase awareness and let all our staff know about the benefits it can bring to all staff and patients."

The network's ambitions over the next 12 months are to establish regular Diaspora Staff Network events and to increase awareness.

Staff from Swansea Bay also attended the UK-Africa Health Summit in London earlier this year. The health board was invited to nominate an exceptional diaspora member of staff to represent Swansea Bay as one of 10 UK Diaspora Champions.

"The event was another opportunity to build collaborations. My ambition is for Swansea Bay to be right at the forefront of building these links as they can provide so much mutual benefit," added Hazel Powell.

"Our aim is for the network to meet as a regular fixture and to work with managers and staff to raise awareness, offer support and to benchmark this overall way of thinking."

Psychologist hopes new role can forge global links

Swansea Bay psychologist Dr Nista Becia has been handed an unusual new role which he hopes can help him forge beneficial links with other healthcare systems around the globe.

Dr Becia has been appointed Head of Honorary Consulate of Romania, an unsalaried, part-time role which will involve assisting Romanian nationals in Wales and promoting trade and cultural interests.

The role will also see him join the Consular Association of Wales, a group representing 18 countries, which meets regularly to network and share projects and ideas. Dr Becia expects his background in health to give him a unique

perspective among the group of nations, which includes India, Canada, France and Germany as he looks to develop connections that can be of benefit to Swansea Bay and beyond.

He said: "I am a big believer in exchanging knowledge and building networks. Being a member of the Consular Association will present opportunities to build contacts with health systems and research networks in other countries. The health board has recruited from India, for example.

"Sharing a forum with the Honorary Consul for India could be very helpful in assisting individual staff and also in the event of future recruitment."

Patient Choice Awards are back!

'No one deserves award more'... why Carrie's delighted to be making her nomination for Patient Choice

Awards ceremonies recognising staff who brought care, support and smiles to patients are to be held again for the first time since the pandemic.

Our Patient Choice Awards present an opportunity for patients, their families and friends to recognise individuals and teams of healthcare workers who have gone that extra mile.

Unfortunately, in 2020 the health board had to make the difficult decision to put the Patient Choice Awards on hold due to the pandemic. Now they're back!

As before, dates will be scheduled in each of the main hospital sites to present the awards to staff. And those who nominated them will be invited to see them receive their recognition.

One of the first patients to send in a nomination is Port Talbot mum Carrie Downey, who had the all-clear from cancer after becoming the first person in Wales to be prescribed a new drug.

Dostarlimab targets a specific variant of colorectal cancer. Although still being trialled, it is showing remarkable results, avoiding the need for surgery, radiotherapy or chemotherapy.

Carrie was offered it by Swansea consultant oncologist Dr Craig Barrington (pictured right), who has helped pioneer the use of dostarlimab as a routine option for treatment in Wales.

In her nomination, Carrie said: "Dr Barrington not only saved my life but my quality of life.

"I was preparing for major surgery and a permanent stoma when I met him for the first time. He discussed an alternative treatment called immunotherapy for this specific cancer.

"I am so grateful to have met him. He is an



Staff member Liz Challacombe pictured handing out nomination forms

Alan's back on his feet thanks to Jan

Another nomination has come from Swansea's Alan Hardie, who wanted to thank staff who helped him walk again after a stroke.

Alan spent around a month on Morriston Hospital's Ward F. At one point he was having three physiotherapy sessions a day.

After returning home, Alan set himself the challenge of virtually walking the length of Hadrian's Wall – raising £1,100 for the ward.

Now, he has nominated Jan Glover, a Ward F physiotherapist, and the rest of the stroke team for a Patient Choice Award.

"Jan understood that I was motivated and willing to work hard in my recovery. She also shared a sense of humour which is so important in rehabilitation,"

outstanding doctor who goes above and beyond for his patients and medicine. Without him, my life would be a lot different now. No one deserves this award more than him."

Julie Lloyd, Swansea Bay's Head of Culture, Organisational Development and Staff Experience, has been closely involved with the awards since the early days.

"Every year we received many beautiful and touching nominations showing appreciation for our staff, the amazing work they do and the services they provide," Julie recalled.

"We heard lovely stories from patients and visitors of our caring staff who had gone the extra mile and made a big impact on the quality of care received, during and outside their working hours.

"There were hugs, too, from patients

he said. When Alan attempted his first few steps he was weak and had to be supported. Eventually he could walk with a stick. I lived for these rehab sessions and although they always checked for fatigue, I was always ready.

"Jan was very good at recognising when my movements could be improved. I just wanted to move but the stroke had damaged my nerve pathways.

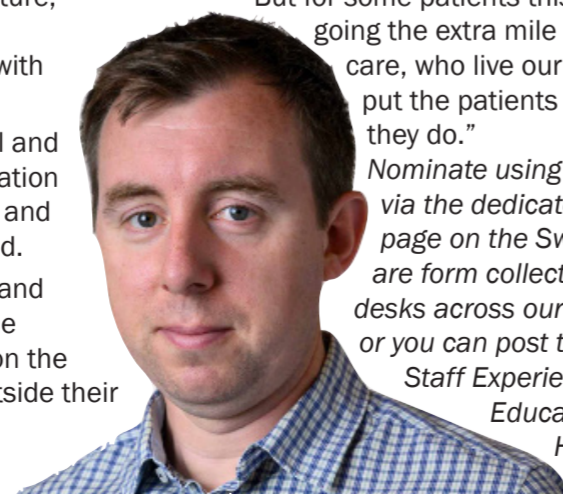
"Before I was discharged, Jan and the team prepared me for my future journey. This included encouragement to restart previous activities, Bikeability for cycling and archery. I have incorporated both into my recovery."

Scan the QR code above to make your nomination for a Patient Choice Award.

who wanted to attend and thank staff personally." Chief Executive Richard Evans said: "These events are about recognising our staff who strive to provide high quality patient care every day.

"But for some patients this means so much, staff going the extra mile and providing exceptional care, who live our health board's values and put the patients at the centre of everything they do."

Nominate using the QR code above or via the dedicated Patient Choice Awards page on the Swansea Bay website. There are form collection boxes at the volunteer desks across our sites during office hours, or you can post them to: Culture, OD & Staff Experience Team, Morriston Education Centre, Morriston Hospital, Swansea, SA6 6NL.



Renal services in focus

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'The care is second to none... it's like going to see family'

A man whose mother received two kidney transplants, and then had to undergo the same surgery himself, has said thanks to the 'tireless' staff at Morriston Hospital – from clinicians to cleaners.

Chris Davies received a kidney transplant after inheriting a kidney condition from his mother, Kathryn Woolley.

Kathryn, a nurse at Cimla Hospital for almost 30 years, had two kidney transplants within 13 years before her death last year, aged 74.

Having experienced years of dialysis before receiving a new kidney a decade ago, 49-year-old Chris has heaped praise upon the medical teams which have supported his family over many years. He said: "The care in Morriston is second to none. The staff there are tireless. You are really looked after – it is almost like going in to see your family".

Chris had polycystic kidneys, which means cysts grow on the kidney and eventually prevent them from functioning correctly. There is no treatment, and it is managed by medication, unless a transplant is available.

He has undergone surgery to receive a new kidney.

Chris added: "When you are younger you think you are bulletproof, and that you will be okay. I would miss my medication, but later it comes and bites you on the bum."

"It feels like someone driving over you in a small car. Standing hurts. Lying down hurts. It presses against your back area." Chris, who works for Europcar and lives in Swansea, said, with help from hospital staff, he has educated himself on how best to manage his care. But he remains grateful to everyone who has helped him over the years.

He said: "My transplant took place at the University Hospital of Wales in Cardiff, but after that I transferred to Morriston where I was given a care package. I was dying to get back to

Morriston, as I was familiar with it. I know everyone up there – there have been times when I almost haven't wanted to go home!

"I have so much gratitude for the hard-working staff. Not just the renal staff, but the whole hospital; from the receptionists and the cleaners to the clinical staff. They all make sure you are listened to.

"I broke my wrist at Christmas while walking my dog.

I had to go to A&E and faced a long wait, but people have to realise what goes on behind the scenes – everything impacts how services are delivered.

"And without the care and attention I've received, I would not be here."

Chris' mother Kathryn died last year having suffered a stroke in 2022.

"She had a transplant in 2019, just before the pandemic, and she was sitting up in a chair on the same day – we were amazed," said Chris.

"She came home from hospital after her stroke in January last year, and my stepfather John looked after her.

"The whole family is so grateful for the care that was shown to her. When I hear people moan about hospitals, they should also realise how good it is. We would be in real trouble without the NHS."

Following his mother's death, the family invited mourners to make donations to the Renal Department at Morriston Hospital in lieu of flowers, raising £75.

Chris' insights and gratitude follow on from World Kidney Day, an annual day in the healthcare diary which aims to raise awareness and show the suffering caused when people's kidneys are not working properly.



Chris Davies, pictured with his late mum and former Cimla Hospital nurse, Kathryn Woolley

£70m investment transforming care for dialysis patients across region

A £70 million investment will transform the care of hundreds of dialysis patients from Bridgend to Aberystwyth over the next 10 years.

Renal services are provided by Swansea Bay for people in its own area as well as those in Hywel Dda and Cwm Taf Morgannwg health boards.

Existing services include two haemodialysis units at Morriston Hospital – which receives patients from Swansea, Neath Port Talbot and Bridgend – and one each in Aberystwyth, Carmarthen and Haverfordwest.

However, the number of people requiring haemodialysis is growing year on year, to the point where Morriston is vastly exceeding capacity. This means patients are having to dialyse in the evenings.

The renal team at Swansea Bay, with support from the Welsh Kidney Network, is transforming the service for haemodialysis patients as well as futureproofing it with numbers continuing to expand.

Funding for the £70 million service improvements is coming from the Welsh Health Specialist Services Committee. This ensures fair access to a full range of specialist services for the population of Wales.

The investment includes improvements to the five existing dialysis units, including new dialysis machines and other equipment and facilities, and the creation of two new ones in Neath Port Talbot and Bridgend.

This will allow patients from those areas to be cared for closer to home. Crucially, it will also ease the pressure on Morriston and largely eliminate the need for evening dialysis sessions.

Clinical director Dr Clare Parker said patients requiring dialysis but who live in Neath Port Talbot or Bridgend and cannot dialyse at home currently travel to the

dialysis units at Morriston Hospital. Some of the Bridgend patients are referred to the Cardiff renal team for dialysis in Llantrisant.

"Due to increasing demand on capacity at Morriston, we have had to dialyse patients in the evening on a twilight dialysis shift," said Dr Parker.

"Those patients start their treatment around 5pm and do not finish treatment until 10pm or later.

"There are a few patients who choose to have twilight dialysis because they have work or studying during the day or because it suits them for some other reason, such as childcare.

"But the vast majority of patients would prefer to do their dialysis during the day when there is a full complement of staff including doctors, nurses, dietitians, and other members of the wider multidisciplinary renal team who are more easily available."

Proposals have been unveiled for two new dialysis units for patients living in the Neath Port Talbot and Bridgend areas. One is in a former gym in Bridgend. Subject to planning approval, the unit will open towards the end of this year and be run on behalf of Swansea Bay University Health Board by Fresenius

Medical Care, which already operates the three West Wales units. It will include 21 dialysis stations with a maximum capacity of 84 patients to allow for future increased demand – all of them dialysing by day.

Swansea Bay's renal team and Fresenius Medical Care are also working together on plans for the new unit for Neath Port Talbot, due to open sometime next year.

As Neath Port Talbot has a larger population, the proposal is for 27 stations with a maximum capacity of 108 patients. It will also have a bespoke training area for nurses who teach people to dialyse at home.

"Patients at both units will enjoy state of the art facilities but will remain under the care of the same NHS clinical team that looks after

all dialysis patients in South West Wales," said Dr Parker.

"The facilities and nursing staff will be provided by Fresenius Medical Care, which has an excellent international reputation for providing dialysis alongside the NHS.

"The new units will free up capacity in Morriston so we can dispense with evening dialysis, except for a very small number who choose to continue it because of their personal circumstances. It's much better for everyone."



Main pic above (l-r): renal directorate manager Sarah Siddell; head of renal technical services Andrew Cooper; operational support manager Bethan Davies; senior project manager Nicola Henwood (seated) and clinical director Dr Clare Parker.

Just champion... this dynamic duo have driven up standards

Meet two Swansea Bay champions who are playing a leading role in driving up standards of care for mums and babies across Wales.

The Maternal and Neonatal Safety Support Programme in Wales, or MatNeo SSP Cymru, was launched in 2022 to improve and equalise maternity and neonatal services nationally.

The first phase was a review of existing services to identify opportunities to improve care. It was conducted by a team of leads and champions embedded within all health boards and the Welsh Ambulance Service.

Their findings were published in a 2023 report, Improving Together for Wales. The second phase is now under way to consider how best to move forward with the priorities highlighted in the report.

Neonatal nurse Lora Alexander and midwife Emma Richards are Swansea Bay's champions for MatNeo SSP Cymru, both working closely together and with colleagues from within their respective services.

Lora said: "We know there are inequalities through the whole of Wales.

"Some people are doing really good things, but other places don't know about them. So the idea was to find a baseline of what all the neonatal and maternity units had in Wales. From there the idea is to improve everywhere with a little bit more support. We know where the bright spots are, so how can we spread and scale these throughout the whole of Wales?"

"Where can we support the areas that need that extra support?"

"How can we bring in extra training to support all the different units?"

Lora has won a scholarship to present on the Wales-wide programme at an international conference in Denmark this May.

"The theme this year is collaboration between services," she said. "So the poster is about the



Midwife Emma Richards (left) and neonatal nurse Lora Alexander, the Swansea Bay champions for MatNeo SSP Cymru

collaboration that has happened through MatNeo. "We're all working together. It's a brilliant network. If any of us has a question we post it to our Teams group, and we'll get an answer straight away. It has increased collaboration and communication enormously."

Public health midwife Emma said the next phase would involve achieving key objectives as national projects across Wales and within individual health boards – all with the aim of improving quality and safety.

"What is really important is that it is a collaboration between maternity and neonatal," she added "Lora and I are a partnership, so we can bring our ideas and what we need to do together."

Emma also welcomed the opportunity to work with

other organisations and other professionals involved with MatNeo SSP Cymru, which in turn has helped her develop wider skills. "For example, there are data analysts who can upskill you. So if you have an idea for quality improvement, they teach you the methodology around the correct way of making these improvements," she explained.

"Collaborating nationally is a privilege. You never really understand what other health boards are doing, yet we all face the same challenges. It's just our geography and demographic profiling is slightly different.

"It's acknowledging that each health board has its own differences and that's good. But it doesn't mean you cannot learn from each other. So that's been a real bonus of the role, having the ability to look across Wales and have that external support as well."

Digital solution's a hit with midwives and mums-to-be

A senior midwife has delivered a cutting-edge project that saves hours of time for her colleagues and makes life easier for new mums-to-be.

Community midwifery matron Rhiannon Griffiths (below) has won an award for leading the development of a digital referral service for new pregnancies.

It only went live in November, but early assessment indicates it will save community midwives the equivalent of 38 days a year previously spent filling in the paperwork the old-fashioned way.

And as well as freeing up more time for them to spend with mums and babies, it has paved the way for other processes to become digital, too.

The digital referral service means women can now register their pregnancy online without having to speak to a community midwife. Instead they can use a form on the health board website whenever it suits

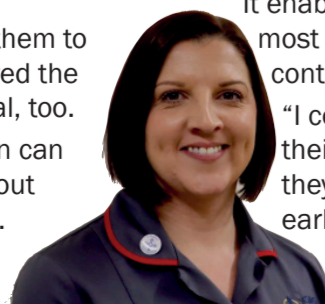
them – which is not only more convenient but also streamlines the work for staff. It has other benefits too.

Community midwife Malen Williams has seen a positive difference to her workload since the new digital referral form was introduced.

"It has been an excellent tool in ensuring prompt contact and support for women finding out they are newly pregnant," she said.

"It enables midwives to prioritise their workload but most importantly, it ensures all women have early contact with their named midwife.

"I contact all women as soon as possible after their referral to introduce myself and ensure they have the appropriate support in place early on. This has benefits such as building the relationship early in the pregnancy, enabling trust to be built and reducing



general uncertainty around who to contact." The digitalisation process started in November 2022, when inefficiencies around the traditional, paper-based booking process were identified.

Community midwives would have to deal with all the paperwork and spend time on the phone, interrupting their care activities.

"There was also feedback that women were sometimes unable to get through to the community midwives," said Rhiannon.

"The old system was very time-consuming, affecting the midwives' day to day work, and was admin heavy. So becoming digital has been a great time-saver."

Rhiannon's work on the project has led to her being awarded the Executive Director of Nursing Award for Excellence in the Leading for Improvement category. She was nominated by Head of Midwifery Catherine Harris.

Here's a new batch of picture-perfect Bay Babies!



Say hello to a new batch of super-cute Swansea Bay arrivals! Here's another selection of Bay Babies from our ongoing gallery, some of whom arrived in the world very recently and others who were born a few months ago. So introducing, from top row, left to right, Ezra, Odin, Siyenna Ayla, Riley. Bottom row, Oscar, Nyla Rae, Mariyah Jean and last but definitely not least, Colton.

New research trial helping mums-to-be kick the habit

Pregnant women are being recruited to a research trial that uses nicotine replacement in different ways to help them kick the habit.

SNAP-3 is open to mums-to-be who are less than 25 weeks pregnant and who smoke five or more cigarettes a day.

It is a national study, conducted by the University of Nottingham, and led in Swansea Bay by the health board's specialist research midwives.

Nicotine Replacement Therapy (NRT), such as nicotine patches used with behavioural support, has been shown to be effective in helping people to quit smoking. But there is less evidence of it being effective in pregnancy.

Pregnant women who agree to take part in SNAP-3 are offered nicotine patches along with new behavioural support intervention, to help prepare them to use the replacement therapy more effectively.

The study is designed to run alongside existing smoking cessation services – such as Help Me Quit in Swansea Bay, which will be launching a maternity-specific service later this spring.

Nationally, the study wants to recruit 1,430 patients. Swansea Bay began recruiting its first mums-to-be towards the end of last year.

Research midwife Joelle Morgan said: "We are hoping to identify women at booking or at their dating scan so

that we can support them early on in the pregnancy.

"The recruitment process is very straightforward. It's usually all over the telephone. It takes about 20 minutes, and they get emailed a link to a consent form to complete on their device.

"They are asked a couple of questions about their smoking behaviours and habits. After that they are

randomly allocated either to the usual care provided by Help Me Quit or the Snap 3 study intervention, which is a slightly different way of using the nicotine replacement therapy. That intervention is anywhere between one and four weeks, depending on what the woman feels she needs. Their care is taken over by Help Me Quit from that point onwards."

There are numerous benefits to stopping smoking during pregnancy, such as reducing the risk of complications or low birth weight, while increasing the chance of a healthier pregnancy and healthier baby.

Babies are less likely to be born too early, with all the breathing, feeding and health problems that go with premature birth.

It can also help the baby later in life. Children whose parents smoke are more likely to develop asthma and other illnesses that may need hospital treatment. Recruitment to the trial started locally in October, with around a dozen women agreeing to take part. Joelle

said reaction varied considerably. Some women were so well motivated to quit that they had already stopped smoking before the research midwives spoke to them. Others wanted no input at all.

Research midwife Sharon Jones said: "That just demonstrates how difficult it is, even though there is support available. It's complex. Women will report different factors and lifestyle issues that feed into their habit. They recognise a lot of them, but how they break those habits is very difficult.

"There's the standard Help Me Quit support available but engagement with that has not been as good as we would like. And so it's really finding interventions and strategies that are more effective and will hopefully achieve the goal of quitting and the health benefits that come with it."

Susan O'Rourke, service development manager for smoking cessation and self-management programmes, said Help Me Quit was open to all pregnant women.

"We are also currently recruiting for Help Me Quit maternity stop smoking advisors, with the new service being introduced within the maternity department from the end of April," she said.

"The advisors will work closely with midwives and maternity care assistants to raise awareness of the maternity smoking cessation service and its referral pathways and provide advice and support on discussing cessation with pregnant smokers."

Swansea Bay's specialist public health midwife, Emma Richards, described the SNAP-3 study as a great collaboration between the research midwives and Help Me Quit.

"We will move this forward with the development of the maternity smoking cessation service," she added.



Joelle Morgan (left), with Sharon Jones

Why it's good to talk and new Men's Health Forum can help

It is evident that there is an ongoing, increasing and predominantly silent crisis in the health and wellbeing of men. Here, MATHEW TIDBALL, AHP Lead for Occupational Health and Staff Wellbeing tells us about the recently launched Health Board Men's Health Forum.

Men die an average of five years earlier than women and are at higher risk of developing many serious diseases, including heart disease, lung cancer, and HIV. Men also face unique health problems that don't affect women, like prostate cancer. With these factors in mind, we launched a dedicated employee Men's Health Forum in January.

This work follows the successful introduction of menopause sessions and cafes during recent years.

Mental health conversations appear particularly challenging for men to have. Historically men have been pushed to deal with their emotions themselves and not seek outside help and support.

With suicide being the biggest killer of men under 45, there needs to be an extended effort to create inclusive spaces for them to encourage openness about their mental health and emotions.

This network will aim to ensure that men are not excluded from health conversations with an emphasis on reaching out for help being seen as a sign of strength instead of weakness. It is hoped that this initiative will encourage men to be more aware of the particular health issues that affect them and provide space for education, discussion and support.



We know that early identification/intervention is important for patients and we want to support staff to adopt the same approach towards their health so that it becomes more normal for men to discuss the issues that affect their health and wellbeing.

To join the Men's Health Forum webinars and/or support group please use the bookings links below and scroll through calendar to select your preferred date and time: To view all upcoming Men's Health Forum events please visit our SharePoint page at https://nhs.wales365.sharepoint.com/sites/SBU_OccHealth and going to our events page.

If you would like any further information or are interested in becoming a Men's Health Champion please contact sbu.ohwbtraining@wales.nhs.uk.

Men's Health Webinar/ Virtual support group

Date/Time Activity

16th April, 12.30pm-1pm	Men's Health Webinar
17th May, 12.00pm - 1pm	Virtual support group
13th June, 12.30pm-1pm	Men's Health Webinar
16th July, 12.00pm - 1pm	Virtual support group
18th Sept, 12pm - 1pm	Virtual support group
18th Oct, 12.30pm - 1pm	Men's Health Webinar
14th Nov, 12pm-1pm	Virtual support group
12th Dec, 12.30pm - 1pm	Men's Health Webinar

Brain Injury Service is cream of the crop for Andrew

A former carpenter is rebuilding his life after a serious accident by getting hands-on at a community farm near Morriston Hospital.

Andrew Ray, 63, suffered major injuries after a fall last year and attended University Hospital of Wales for intensive care treatment before transferring to Neath Port Talbot Hospital's Neurorehabilitation Unit.

His treatment now comes under the Brain Injury Service at Morriston Hospital, where part of his rehabilitation is provided at a nearby farm on land owned by the health board.

The service not only looks at helping its patients on a physical, mental and psychological level, but also by reintegrating them into a social circle. For Andrew, regular trips to a farm which produces fruit and vegetables have proved integral to his recovery.

While some green-fingered patients have been helping

plant seeds for future crops, Andrew has been busy using his hands to build structures around the farm.

While the accident affected his memory, he hasn't forgotten how to put his carpentry skills to full use.



Pictured, from left, Brain Injury Service administration co-ordinator Suzanna Charles, Andrew Ray, Consultant Clinical Psychologist Zoe Fisher and rehabilitation coach Anthony Watson

Andrew said: "My memory is not great following my accident, but I'm good with my hands and prefer to do everything manually rather than use power tools.

"I've had the chance to do that at the farm and other workshops we are involved in within the Brain Injury Service. At the farm I've built some boxes for fruit to grow in, along with a few other things, which has been great for me."

Andrew is originally from Brighton but moved to Swansea with his wife, who died from a heart attack a year before his accident. He is now building up his confidence and skills around the house thanks to the Brain Injury Service and the camaraderie created within the group.

"The Brain Injury Service has drastically helped. It takes time to rebuild yourself. "Being part of a group really helps because it's given me confidence to be around people and to contribute. The camaraderie has been great - I love being in the company of others as I find it very lonely at home." Consultant clinical psychologist Zoe Fisher has been among the Brain Injury Service staff who have helped Andrew's rehabilitation. Taking patients to the farm, run by not-for-profit organisation Cae Felin Community Supported Agriculture (CSA), is one of many holistic approaches offered as part of their recovery.

Zoe said: "Our unique approach maximises the brain's natural capacity for growth, particularly in the earlier stages of recovery through engaging, hands-on agricultural activities. These not only stimulate cognitive functions and emotional resilience but also foster physical health through nature-based exercise.

"Beyond the physical and cognitive benefits, our program places a strong emphasis on psychological support and social reintegration, creating a nurturing community where individuals can connect, share, and grow together."

Hub's success after adopting virtual wards approach

People are being supported with their mental health issues as part of a new initiative inspired by the virtual ward service.

The Cwmtawe Local Cluster Collaborative (LCC) now has a multi-agency team working together to manage patients' care by supporting people with mental health issues.

After starting in Strawberry Place Surgery in Morriston, the mental health virtual ward has built on support available within the surgery through its mental health hub.

It brings together professionals such as well-being practitioners, complex needs workers, social prescribers with practice and cluster staff, as well as colleagues from other mental health and community services.

The multi-agency team confidentially discusses how to plan and manage each anonymised patient's care to ensure they receive the support they need.

Nicola Baxter, Strawberry Place Surgery practice



The cluster team, who have launched a mental health initiative to help patients

manager and the cluster's commissioning development manager, said: "The cluster has a mental health and well-being hub based at the surgery.

"We have counselling services, play therapy, a social prescriber, a complex needs worker and mental health and well-being practitioners working from there. The cluster has invested in mental health and our hub has been very successful.

"The team meets every two weeks and currently supports Strawberry Place Surgery patients.

"We work together to try and engage with the patients and signpost them to the right place."

The team meets to track the progress of each patient's care discussed, while keeping their details anonymous to reflect confidentiality.

Debra Morgan, Cwmtawe LCC's business development and implementation manager, said: "Looking at the success of the existing Cwmtawe virtual ward, essentially we have replicated this model to develop a multi-agency team that works together to support patients with issues related to mental health. It's been incredibly helpful for the staff working across the cluster with responsibility for mental health to get together to discuss individual cases and to work out the best way forward for patients depending on their particular needs.

"It helps to make sure we are on the right track and that we've done everything possible to support our patients. It also helps us ensure there's a holistic approach to supporting each patient to make sure nobody slips through the net."

FIT Jacks shaping up to be a great way to boost health and wellbeing

People across Swansea Bay have kicked off the new year by taking steps to boost their health and wellbeing with the help of Swansea City AFC Foundation.

FIT Jacks is a free 12-week health and wellbeing programme run by the Swansea City AFC Foundation.

It combines fitness sessions with information about making healthier choices to improve your lifestyle and overall health.

Previously, it had been held at the Swansea.com Stadium but this year has been expanded into communities throughout the city.

It has now been delivered across four of Swansea Bay's Local Cluster Collaboratives (LCCs) - City Health, Cwmtawe, Llchwyr and Penderi - making it even easier for people to access the sessions in their communities.

GPs at the practices within the four LCCs were able to refer patients to the programme, with there also being an option to self-refer.

The expansion was made possible by a funding boost from Swansea Council, through the UK Government's Shared Prosperity Fund. The programme covers a variety of topics aimed at improving health and wellbeing and encourages those taking part to identify goals they would like to achieve.

Lindsay White, health and wellbeing officer at Swansea City AFC Foundation, said: "The sessions are partly made up of exercise at the beginning and then education afterwards.

"At the beginning of the programme we do measurements of blood pressure, height and waist and we also do questionnaires related to physical activity, mental wellbeing and knowing your risk of diabetes.

"Over the 12 weeks we deliver a set structure but



Participants being put through their paces during a FIT Jacks class at Morriston Memorial Hall

there is scope to tailor it to meet people's needs. We talk about the habits and behaviours they would like to change and they set their own goals every week which can be related to nutrition, movement or self-care."

Sessions have been held in Morriston Memorial Hall, Aeon Baptist Chapel in Morriston, New Lodge in Gorseinon, Venue No.1 in Fforestfach and the Swansea.com Stadium.

Gemma Harris-Jenkins is just one of the people to have benefited from the programme being introduced in the community.

"I really like it and my fitness level has become higher since joining," she said.

"I have started doing 10,000 steps a day as a result and I've even joined the Foundation's walking football

team after finding out about it. The classes are really close for me to get to and it's great that there have been options in the daytime."

Jenny McDonnell has also enjoyed taking part in the programme.

"I have high blood pressure but it dropped down to a normal level within the first four weeks, alongside taking my medication," she said.

"I feel driven to come here and it really helps that it's based in the community."

Dr Sowndarya Shivaraj, Penderi LCC lead, said: "The FIT Jacks programme is an excellent opportunity for our population to improve their health and wellbeing. "It helps to learn about making better choices to improve health and take control of your health and wellbeing."

Nutrition and Hydration

Food for thought as more menu choice goes down well

Neath Port Talbot Hospital's catering department is casting aside the tired hospital food clichés to offer nutritious fayre that aids patients' recovery.

More variety and choice is on the menu, with dishes designed to deliver the nutrition patients need to get well. A new menu which was introduced last year has been key, rotating once a fortnight instead of once a week, so long-term patients have more choice.

All patients are encouraged to give feedback on their meals, and nursing and housekeeping staff are also volunteer taste-testers to ensure new dishes get the thumbs up before being served.

The moves are in line with the health board's quality priority around nutrition and hydration.

Catherine Jones, Neath Port Talbot Hospital's support services manager, and her team of caterers are determined to ensure patients are offered tasty and nutritious fayre.

She said: "We're trying to change people's

perceptions. We're aiming to give patients more choice, within our resources."

Catherine believes standards are relatively high, with a good variety of meals on offer.

She said: "I think our standards are pretty good but there's always room for improvement.

"Obviously, we have limited resources to work with, and within those resources there's a lot of work that goes on behind the scenes that people don't see.

"For me it's about raising the profile of hospital food. Food is an important aspect of our lives – we are what we eat. That applies to patients within the hospital setting as well."

A great deal of work has gone into devising a new



Neath Port Talbot Hospital's support services manager, Catherine Jones

fortnightly menu to offer a wider choice.

Catherine said: "The new two-week menu was introduced last year. To date, it has been a success..

"For breakfast it's usually cereals and toast with fresh fruit and orange juice on offer. Those who are under nourished are also offered a cooked breakfast.

"For lunch and supper, a minimum of three to four choices are offered with a variety of snacks in between. In addition,

in the evening outside of our usual operating hours, the nursing staff will offer hot drinks and snacks."

To date, the reviews have, on the whole, been favourable.



Why keeping patients nourished and hydrated has to be one of our top priorities

Nutrition and hydration play a crucial part in any patient's recovery. Did you know that the lengths of stay for malnourished patients are 30 per cent longer? It might also surprise you to learn that as many as one in three patients are considered malnourished or at risk of it, and early identification and treatment is key. Swansea Bay University Health Board is launching a new Quality Priority on Nutrition and Hydration that will positively affect patient outcomes.

Nutritional status not only affects the length of hospital stay, but also rehabilitation outcomes, hospital admissions, re-admissions and clinical outcomes.

The average cost associated with a malnourished patient is more than double to that of a non-malnourished patient. Malnutrition in acute hospitals is often unrecognised and unmanaged in 70% of cases. This leads to an increase of clinical complications, increased length of hospital stay and mortality.

We're also focusing on hydration, because ensuring patients are taking in adequate levels of fluids is key to preventing dehydration. Dehydration can be the underlying cause of many common conditions that can complicate a hospital stay, including constipation, falls, infections and pressure ulcers, as well as some

Making sure a patient is adequately nourished and well-hydrated are crucial for their recovery and wellbeing – Jayne Whitney, our Quality Priority Lead for Nutrition and Hydration talks about an important upcoming campaign



life-threatening conditions, such as acute kidney injury, cardiac disease and venous thromboembolism (blood clot).

Taking an accurate patient weight is essential for safe and effective care. It helps us assess and monitor a patient's nutritional status and is also important for accurate medication prescribing and fluid balance.

Despite its importance national evidence suggests only 13.5-55% of patients are weighed throughout an inpatient stay.

Over the coming months our first phase of quality improvement will focus on three key areas: - monitoring patients' weights, hydration intake and meeting the all-Wales catering standards.

We'll be increasing education and knowledge by launching campaigns across the health board. Our

first campaign Don't Wait to Weigh will highlight the evidence and research about the poor outcomes for patient care if we rely on estimating weight or document inaccurate weights of patients on admission. We will also be raising the profile of our catering departments and cascading patient menu choices, allergen options, specialised diets and snack provision.

I have seen first-hand the challenges faced by our dedicated catering departments who are committed to ensuring our patients receive three nutritional meals daily, plus beverages and snacks, all within a budget of £5.97 per patient.

I've also observed some exemplars of good practice and solution-focused approaches such as weighted pat slides in Ward W, Morriston Hospital which has increased compliance of weighing patients by 40 per cent. Additionally Ward W is piloting a coloured jug lid system that makes it visually easier for staff to identify those who require a closer monitoring on hydration intake.

We'll be dedicating a week in May to Nutrition and Hydration, including a learning symposium and opportunities for the public to have tasters of snacks across the main hospital site.

Watch out for more information on the intranet.

Sustainability

April / May 2024 ISSUE 09

Green light for new ways to help our environmental credentials

Primary care staff are introducing greener ways of working throughout their Swansea Bay practices.

GP practices, pharmacies, opticians and dental practices have been striving to become more environmentally friendly by making changes to the way they work.

Public Health Wales nationally launched the Greener Primary Care Wales Framework and Award Scheme to encourage primary care staff to introduce greener ways of working to their practices.

It is the first of its kind in Wales and is made up of a suite of both clinical and non-clinical 'green' actions, with accompanying information and resources to help with implementation.

Practices can choose which actions to complete, with one point achieved for each they manage to do.

As the number of actions completed increases, so does the level of award achieved – ranging from bronze to silver and then gold.

So far, 15 practices across Swansea Bay have signed up to the framework with a number of them having already achieved silver and bronze awards.

Oliver Newman, Greener Primary Care Champion and Assistant Divisional Manager for Pharmacy and Medicines Management said: "Many of the actions are likely to already be standard practice, such as switching off all equipment at the end of the day or using energy efficient lighting.

"A specific action could be switching to more carbon friendly inhalers in pharmacies for instance.

"There are 50 actions in total, with eight needed to be completed to achieve a bronze award."

So far, The Dental Lounge Glynneath and Talbot Road Dental Practice, both in Neath Port Talbot, have received bronze awards for their efforts.



Dr Richard Thomas, a GP at Kingsway Surgery in Swansea is a big advocate of more environmentally-friendly policies

Gower Opticians has received silver awards for the steps it has taken, and Kingsway Surgery, in Swansea, has achieved a gold award.

Dr Richard Thomas, a GP at Kingsway Surgery, said: "As a surgery we have introduced things such as using more sustainable paper, so our hand towels are brown paper and aren't bleached.

"We also use the same for the paper coverings on our examination couches.

"Throughout the surgery we have also looked at our PPE use, we make sure we don't use gloves unnecessarily, and we hardly use any at all now.

"In our kitchen we have bags for recycling paper, cardboard, glass, cans and plastics, rather than just a

black bag, and we also buy Fairtrade tea and coffee. "Our nurses are involved in inhaler switches, where we are trying to move towards using dry powder inhalers which have a much lower carbon footprint compared to others."

It is hoped the scheme will continue to build on the health board's commitment to becoming as sustainable as possible throughout its services and sites, with more practices encouraged to sign up to the framework.

Dr Thomas added: "I think it is important as healthcare professionals to act on this framework and we should recognise that as well as having benefits to the environment, it has health benefits for people."

Sue's helping lead Swansea Bay to a sustainable future

Consultant Sue West-Jones is combining her passion for the environment with her job to help deliver more sustainable healthcare in Swansea Bay.

Working in Morriston Hospital's Emergency Department (ED), Sue is one of three staff to be appointed as the health board's new Sustainable Clinical Leads.

This means that as well as fulfilling her responsibilities in a busy and demanding ED, Sue also strives to embed sustainability not only in her own department, but across the health board to meet climate change objectives.

Sue (pictured right) will work closely with colleagues and staff groups to encourage, promote and develop ideas to help deliver more sustainable healthcare and, where possible, also save the health board money.

She said: "For most of my life, my second



thought of every day has been the planet. I haven't always got it right, of course, but there is not a single day that has passed that I haven't thought about the environment.

"Our new sustainable roles are a resource for all staff who work in clinical areas to offer ideas and seek support for sustainable change.

"We will be raising awareness, offering education and hope that each and every action we take will accumulate into a wave of positive green change.

"This is Plan A because there is no Planet B."

Sue is joined in the new Sustainable Clinical Lead role by Consultant Anaesthetist Elana Owen and Alexandra Strong, Manager of the Jill Rowe Neurology Ambulatory Unit.

They will initially focus on making their departments more sustainable and environmentally friendly before branching out to other Swansea Bay services.

Sue said: "All areas of healthcare offer the opportunity to work more sustainably. Working more sustainably means we can all take actions on waste and explore lower carbon alternatives.

"Emergency medicine is particularly challenging in the current climate, but creating a 'Green ED' is a brilliant opportunity for the team to save money and carbon, and improve patient care.

"Swansea Bay can be a leader in change. The next leader will hopefully be the NHS, and then the rest of the UK."

What's on

Dates for your diary



April 4

Steps to well-being - strategies for stress
9.30-10.30am, via Teams.
The Occupational Health and Staff Wellbeing service has developed a range of sessions which we invite you to join. These are open to all staff, students and volunteers. To book, refer to the SBUHB intranet Upcoming Events section or email SBU.OHWBTraining@wales.nhs.uk

April 9

Virtual Menopause Cafe
3-4pm. Menopause Cafes are inclusive events, open to all SBU staff interested in the menopause: all genders and all ages. Come and join us to discuss all things menopause. There is no agenda. It is a safe environment to chat with colleagues for support. If you have any issues or queries, please email sbu.ohwbtraining@wales.nhs.uk

April 11

Community of Practice for Quality Improvement
9.30-12pm, Morriston Education Centre. Please complete the booking form to attend this event - <https://forms.office.com/e/5Qp5bUs9bQ>

April 15

Screening for nutritional risk
10.30-2pm - Malnutrition Universal Screening Tool (MUST) Training. Please use the following link to book on to your preferred session: <https://forms.office.com/Pages/ResponsePage.aspx?PageId=65085VC4u>
If you have any queries please contact SBU. SwanseaCRTDietetics@wales.nhs.uk

wales.nhs.uk

April 16

Men's Health Webinar - time for your MOT
12.30-1pm, via Teams. Please join us for an information and advice session. This session is intended to highlight health issues that affect men disproportionately.

April 17

HCSW/Carer continence and catheter management in the community
9am-12pm - Port Talbot Resource Centre. This training is a face to face study session: To book onto this session please contact the department on the email address below and provide name, area of work and email contact.
SBU.
CommunityHealthyBladderandBowelService@wales.nhs.uk

April 18

Counter Terrorism Awareness Session
9.30- 11.30am: Lecture Theatre 1, Morriston Education Centre.

April 25

Skills Day - qualified staff
9am-5pm. Takes place in the main training room, Port Talbot Resource Centre. To book onto this event, contact your team lead.

May 14-15

WARRN training
May 14 - 9.30am - May 15 - 10.30am.
To book a place please email - Liz.Mann@Wales.nhs.uk

For more events for your diary, log on to the events listings on the SBUHB Intranet.



Elusen Iechyd Bae Abertawe
Swansea Bay Health Charity

Swansea Bay Health Charity's identity has been given a positive, fun and engaging refresh to mark a new era.

The star is a symbol of hope but is also a nod to a starfish, to represent the beautiful Swansea Bay coastline. The colours surrounding the star represent the diverse community coming together to support and contribute to the funds and projects that enhance patient and staff wellbeing. You'll probably be seeing lots more of our colourful new logo as our Health Charity has some high-profile fundraising plans in development (see our story, right).

Charity and events

Health board fundraisers getting stuck in to refurbishment projects



Well-known entertainer Mal Pope, pictured outside the Cwtsh Clos houses at Singleton Hospital and pictured inset, the new Swansea Bay Health Board Charity hub, also at Singleton Hospital

The last few weeks have proved a busy time for our Swansea Bay University Health Board charity - but charity staff are only too happy to talk with the public and potential donors about fundraising.

The charity's key fundraising campaign for 2024 is Cwtsh Clos, which aims to raise £160,000 to cover the cost of refurbishing five houses on the Singleton Hospital site which provide much-needed accommodation for families whose babies are receiving care in the Neonatal Intensive Care Unit.

The well-used properties, acquired in 2016, are now showing their age so the upgrade is needed.

The campaign is being closely supported by ever-popular Swansea entertainer Mal Pope, among others, whose family has been supported recently by NICU. Launched to coincide with St Valentine's Day last month, Cwtsh Clos has got off to a fantastic start with pledges made already totalling more than £32,000.

But this is only the start and if you, your family or friends would like to get involved and do your bit to support this brilliant campaign, please email the charity team at Swanseabay.healthcharity@wales.nhs.uk or refer to our charity website: Neonatal Intensive Care Unit - Cwtsh Clos Fund - Swansea Bay University Health Board (nhs.wales)

Meanwhile our charity team have also been rolling up their sleeves for another refurbishment project - this time getting a new Swansea Bay Health Charity hub ready prior to its official opening at Singleton Hospital. The hub will be a one-stop shop for charity information and updates and plans are in the pipeline for it to be regularly staffed. The Singleton hub opened on the March 21st, with a bake sale the following day for the South West Wales Cancer Centre Fund.

Looking ahead, the charity hopes to extend the hub at Singleton while also opening a charity hub at

each of our hospital sites. "We've been decorating and brightening the hub space up with pictures and furniture," said Charity support manager, Lewis Bradley.

"The intention is for this to be a focal point for our activities and to help raise our profile with staff, patients and visitors at Singleton."

For more information about our health board charity and its fundraising projects, refer to the web address below and look out for regular updates in future editions of Bay Health.

If this story has inspired you to raise funds for your local NHS then Swansea Bay Health Charity would love to hear from you.

Email the charity team at: swanseabay.healthcharity@wales.nhs.uk

Swansea Bay Health Charity (registered charity number 1122805) is the official charity of Swansea Bay University Health Board.

It plays a vital role in raising money for projects and activities that support patients, whilst it also supports a range of projects to improve the working conditions and support available to staff.

Nearly all wards and departments have their own fund, which all come under the Swansea Bay Health Charity umbrella.

So if someone wants to give something back for the care they or a loved one has received, the charity ensures the funds raised will go directly there.

The charity does not replace NHS funding but uses generations donations received from patients, their families, staff and local communities to provide above and beyond what they NHS can provide.

To find out more, follow this link to the Swansea Bay Health Charity website.



Have an idea to raise money to support staff and patients in Swansea Bay?

Contact the Swansea Bay University Health Board charity via our website: sbuhb.nhs.wales/swansea-bay-health-charity/
(Registered charity number 1122805)

Bay Health 

Staff newspaper of Swansea Bay University Health Board

Contact Editorial: communications.department@wales.nhs.uk