

Service users running new mental health unit café

KIM (Kindness in Mind) is a small voluntary organisation, based in North East Wales, that gives mental health support and opportunities to women who experience common mental health concerns and severe and enduring mental illness.

Their hospital project provides innovative schemes of support for female in-patients, creating focus and providing constructive activities that complement existing mental health inputs and creating a vital bridge, for women, between hospital and community services.

KIM's work at Wrexham Maelor Hospital has led to them having the opportunity to run the cafe and shop in the new Heddfan Adult Mental Health Unit on the Hospital site.

Despite having no previous knowledge of catering or retail, the KIM members rose to the challenge and opened the cafe/shop on 1st February. The cafe is staffed by Jodie and Kelly, whose roles are being supported by the Future Jobs Fund, assisted by KIM volunteers. Although they have experienced a few teething troubles the team are learning every day, and welcome feedback from customers as to all aspects of the service.



Catering Assistant Jodie with Rosemary, one of the first KIM volunteers

The café is located alongside the reception. It is open from 10:00am until 3:00pm, Monday to Friday, and currently offer products including homemade soups, sandwiches, paninis, sausage and bacon baps, baked potatoes, sausage rolls and confectionary as well as hot and cold drinks. A next-day ordering service is available if you want to make sure the sandwich of your choice is ready and waiting for you to pick up without delay.

They are also open to suggestions for additions to the range and are currently considering meal deals and salad boxes. To support this they are on the look out for additional equipment, including a coffee machine, catering fridge and potato oven - if anyone might be able to help them with this please get in touch. They have already received support from the family of Pam Wedley, the Macmillan Cancer Information and Resource Facilitator at the Hospital, who collected donations in memory of her brother who had received support from the mental health team.

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SANDS donation will help bereaved parents

SANDS - the Stillbirth and Neonatal Death Society - is to donate two cold cots to the Health Board.

The charity provide support and advice to parents who have lost a baby before or after birth, as well as working to improve the quality of care for bereaved parents and supporting research into the causes of infant deaths. Over the last 18 months their Wrexham and Clwyd branch have been raising funds to buy the cold cots for Wrexham Maelor Hospital and Glan Clwyd Hospital.



Health Board staff and SANDS parents with Darren Pritchard, Chairman of Wrexham & Clwyd SANDS and Claire Gregory, Patron of the St Asaph Diocesan Offering

As bereaved parents, it was their own idea to raise money for something that would make a big difference to the short time that bereaved parents have with their babies. The cots allow parents whose baby is stillborn or dies shortly after birth to keep the baby with them on the ward for longer.

Although cold cots started out as adapted nursery cots, a Liverpool company that makes refrigeration units has worked closely with SANDS and the Manchester Children's Hospital to develop an attractive purpose-built unit which they supply at cost price.

The appeal in North Wales was helped when it was chosen as the adopted charity for 2010 by the St Asaph Diocese of the Church in Wales. They raised £8,000 for SANDS and through various events raised the profile of stillbirth/neonatal death and care of bereaved parents. Three mums stood up in front of several hundred people in St Asaph Cathedral on two occasions and bravely shared their stories, with everyone present being touched by the depth of their loss and their courage in speaking out.

SANDS is very grateful to the churches of St Asaph Diocese, Health Board staff and bereaved parents all of whom have worked very hard fundraising for the cold cot appeal. The generosity of people supporting parents whose baby has died has been amazing and helped to raise awareness of the work of SANDS in supporting bereaved parents.

Health Board Chairman Michael Williams has also announced that the Health Board will purchase a third cot for Ysbyty Gwynedd so that there is the same level of provision for parents across North Wales.

Cough Assist machine donation

A Cough Assist Machine has been presented to the Community High Dependency Team (CHDT) in Caernarfon in memory of a former patient.

The donation was made by the Warburton Trust, which was set up in memory of Graham Warburton. Graham became dependant on a ventilator to breathe after having a cervical spine meningioma removed.



Despite this, Graham lived at home in Caernarfon with his partner Megan (pictured, left, with Graham) for many years with daily support from the CHDT and continued to enjoy life with his family.

For Graham, being on a ventilator did not mean that life stopped. He lived for every minute and was always out and about North Wales, going on holidays or enjoying meals out. His carers would often joke they would put a tracking device on his wheelchair as they never knew where he was from one day to the next - his reply was 'I'm not ill, only paralysed'. Graham also ran a club for disabled local people on a weekly basis at the local community hospital.

The Cough Assist machine will be of great benefit to the patients under the care of the CHDT. It will help to prevent or minimise chest infections and hopefully avoid patients needing recurring admissions to hospital

The CHDT supports people with complex conditions, either due to advanced illness or as a result of trauma/injury, that mean they cannot carry out most Activities of Daily Living independently. By providing high quality, safe and clinically effective expert holistic care, the service's ultimate aim is to promote independence and achieve and maintain the best quality of life for adults and their families, allowing them to be cared for in the community setting with the utmost respect and dignity.

Farewell, Judith



Judith Allen, Assistant Directorate General Manager for Surgery and Anaesthetics, will be leaving the Health Board at the end of March after 33 years of service with the NHS.

Judith started her career in the x-ray department at the War Memorial Hospital in Wrexham, moving to the Wrexham Maelor Hospital site when services transferred in 1986. She joined the Surgical Directorate in 2001.

Her friends and colleagues wish her the very best in her new endeavours: she will be sorely missed by the team and all of those who work with her.

Structural Changes and Challenges: the Clinical Nurse Specialists' Away Day



Nesta Wivell, Helen Ingram and Judy Colclough

Since the Health Board was established, four Clinical Nurse Specialist away days have been held. The most recent event, held on 27th January, focused on 'Structural Changes and Challenges', covering issues of interest for CNS's.

The day was hosted and chaired by Helen Ingram, Judy Colclough and Nesta Wivell, the three appointed CNS forum committee members based at Glan Clwyd Hospital, and attracted seventy CNS delegates from across North Wales.

Heather Piggott, Assistant Director of Nursing for Wrexham, representing Jill Galvani, Director of Nursing and Patient Services, gave a talk on 'Specialist Nursing from Present to Future'.

Janet E Davies and Tina Donnelly, Directors of the Royal College of Nurses for England and Wales attended the meeting and gave uplifting and thought provoking talks, supporting the role of Nurse Specialists, encouraging them to publish their good work nationally to raise their profile and to get involved with their national nursing bodies, driving policy development and the production of National Standards.

Local speakers were Lynne Grundy, Head of Professional Nursing & Education, and Yvonne Lush Associate Chief of Staff Nursing for the Cancer CPG.

For the first time we welcomed colleagues from Community Services to our CNS meeting; Elizabeth Grieves and Debbie Pantelidakis, Community Lead Nurses for Denbighshire and Conwy respectively, supported Community Nursing Manager Lynn Prior as she gave an interesting talk.

The event ended with an entertaining quiz.

Feedback from the day was very positive and after discussions it was agreed that the meetings should continue annually, with each CNS forum taking turns to host: Ysbyty Gwynedd will host the next event in 2012. It was also agreed to canvas members as to whether the three current forums should merge into a single, large forum for North Wales.

New members are always welcome to join the CNS forum at Glan Clwyd Hospital; anyone interested should contact a committee member:

Chairperson:	Annwen Williams	annwen.williams@wales.nhs.uk
Vice Chairperson:	Judith Colclough	judith.colclough@wales.nhs.uk
Secretary:	Nesta Wivell	nesta.wivell@wales.nhs.uk

Nurse Specialists from Ysbyty Gwynedd or Wrexham Maelor Hospital who wish to join their local forum should contact sian.hughes-jones@wales.nhs.uk (Ysbyty Gwynedd) or karen.keating@wales.nhs.uk (Wrexham).

Take 5! a day to keep the blues at bay...

In March the Caia Park Health Team in Wrexham will be launching a campaign to promote the emotional wellbeing of the local community.

"Take 5! a day to keep the blues at bay" will run for five months, from March until July and will promote the New Economics Foundation's 5 Ways to Wellbeing: Connect; Be Active; Take Notice; Keep Learning and Give.

Each month will focus on one of these five themes, with free activities available to everyone in the community to promote the actions that people can take to help maintain and improve their feeling of wellbeing.

The Caia Park Health Team have worked with the Community Development Team and Queensway Sports Stadium to develop a range of events and activities that people can get involved with, including an introduction to family history, confidence building, ladies only fitness sessions, self-defence, salsa, relaxation, meditation, photography, jewellery making, aromatherapy, flower arranging and massage.



A guide, with information on the five ways to wellbeing and the details of all planned activities, is being sent to every house in the Caia Park community.

To launch the Campaign the Caia Park Health Team have worked in partnership with MIND Cymru to offer Mental Health First Aid training for those working in the community, including district nurses, health visitors, midwives, practice nurses, tenancy support staff, parent advisors, family support staff, and project workers.

Everyone attending the training has signed up as a supporter of Take 5! and will be sent letters and posters each month to help them promote the campaign to their client group and suggest what they can do for themselves.

The team have also presented to the Central Wrexham Integrated Community Health Care Team to demonstrate the evidence for the links between physical and mental health and to show how considering mental health needs is also relevant to health staff who are predominantly concerned with addressing physical health issues.

With this in mind the Team have worked with a local mental health service to deliver an additional days training on a mental health toolkit for primary care health staff, developed by the Charlie Waller Memorial Trust.

The Team are keen to promote the *Take 5* message to the community, and the role everyone has within their working practice to consider the emotional wellbeing of their client group. Anyone wanting more information on the campaign or activities is welcome to email claire.woodcock2@wales.nhs.uk.

Glan Clwyd staff visit Hossana Hospital

Driving at speed through rural Ethiopia. Warm sunshine streaming in through the windows. Swerving to avoid goats, donkeys and cattle, and listening to pounding Ethiopian reggae on the 4WD radio. This was the beginning of an extraordinary week for four staff from Glan Clwyd Hospital on a visit to its link hospital in Ethiopia, Hossana hospital.

Ethiopia Link was set up in 2006 as part of an initiative for every hospital in the UK to have a partner hospital in the developing world. The link aims to develop long term friendship and co-operation between staff in the two hospitals.

As well as finding out about the different problems we both face, Ethiopia Link helps Hossana hospital with staff training, provision of much needed medical equipment, and with joint infrastructure projects.



Outpatients at Hossana hospital

The visit proved to be very much a two-way education process. The staff from Glan Clwyd were met by a huge array of very sick patients being managed on a shoestring. Wards were crowded with patients suffering from such conditions as tuberculosis, malaria, HIV/AIDS, severe malnutrition, obstructed labour, gas gangrene, untreated fractures, hyena bites, massive endemic goitres and surgical emergencies not often seen in the UK.



During the visit, the Glan Clwyd staff helped train an elite group of "barefoot doctors" on placement in Hossana, with a three day course in emergency surgery, obstetrics and paediatrics using interactive teaching, hands on practical training and simulation exercises (pictured left). Classes were interrupted a number of times by real emergencies in the labour ward, when Phil Banfield was called to help with obstructed deliveries and Rhian Smith to help resuscitate very sick newborn infants.

As well as delivering the training course, there was an official opening (complete with ribbons to be cut and a local TV crew) of two new incinerators funded by Ethiopia Link (pictured right). These replace the unsanitary practice of digging open large pits in the hospital grounds for clinical waste, sharps and placentas, which posed a significant infection hazard.



Over the last year Ethiopia Link's main project has been raising funds to restore the water supply and repair the broken sewage system at the hospital. Plans were complicated by a 5.6 Richter earthquake in Hossana in December 2010, causing some structural damage to the four storey hospital and other buildings in the town.

But generous support from staff at Glan Clwyd and Betsi Cadwaladr University Health Board for fund-raising events, plus support from Rotary, Inner Wheel, church groups, and individual donations from well-wishers, means the majority of funds for the £40,000 work have been raised. So on this visit, following a meeting with Hossana hospital management and WaterAid, plans drawn up have been officially accepted and the work is going out to tender very shortly. It should be possible to complete the work before the next rainy season in July.

Thanks are due to the Welsh Assembly Government and the Department for International Development for financial support with flights, and to Fukuda Denshi and Vitalair for provision of crucial medical equipment. No funds are drawn from the NHS for this project, but members of the Link are grateful to BCUHB for support of the link and colleagues for covering clinical duties.

A simultaneous visit of a combined eye and surgical team from HM Stanley and Wrexham Maelor Hospital to Yirga Alem hospital, also in Southern Ethiopia, took place in early February also, under the same initiative.

Regular meetings of the link group are held every two months in Glan Clwyd Hospital, all welcome - further details on 01745 534808.

Launch of All Wales Code of Conduct for Healthcare Support Workers

Three Healthcare Support Workers (HCSWs) from the Health Board attended the recent launch of the All Wales Code of Conduct for Healthcare Support Workers and Code of Practice for NHS Wales Employers.

The codes have been developed for HCSWs, their managers and the public, to define the standards expected from HCSWs on a day to day basis. The Codes will enable service users and members of the public to understand how a HCSW should work and behave towards them and how NHS employers should be supporting HCSWs



Mandy Jones, Naomi Cooke, and Deirdre Thomas

From 1st February all new HCSWs are bound by the terms of the new Codes, while all existing HCSWs should also be aware of the standards set by the Codes

The Codes apply to staff with direct or indirect clinical roles under the supervision of a healthcare professional, those with a direct service provision role to patients and members of the public, those who deal with personal identifiable patient data, those responsible for maintaining premises or equipment used by patients and those involved in the preparation and delivery of goods and services for service users.

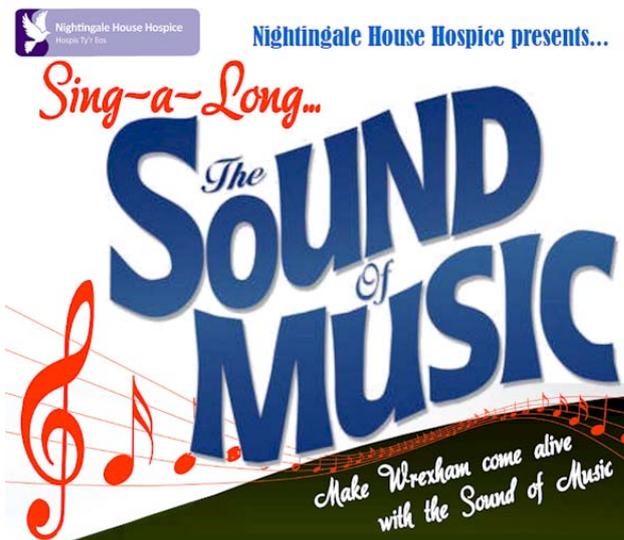
Copies of the Codes can be found on the NLIH website:
<http://www.wales.nhs.uk/sitesplus/829/page/36094>

Helping our local hospices

Across North Wales the health services are supported by the vital work of a number of hospices who all rely on fundraising activities to generate the income they need to keep running and we will publish details of selected forthcoming events in future editions of Talk About.

On Thursday 10th March, Nightingale House are staging a sing-along showing of the Sound of Music in the Catrin Finch Centre at Glyndwr University Wrexham, starting at 7:00pm. Members of the audience are encouraged to get into the spirit of the night with themed outfits and refreshments will be available.

Tickets, priced £7.50 each, can be ordered from the Hospice Fundraising Office on 01978 314292.



St Kentigern's Spring Fayre takes place at the Hospice on Saturday 19th March between 10:00am and 12:00 noon. Stalls include books, bric a brac, cakes and many more so come along to grab a bargain or just enjoy a cuppa; entrance 50p.

St Kentigern's are also staging a Mums and Families walk (2 or 4 miles) along the North Wales Coast on Saturday 2nd April, starting from the Beach cafe in Pensarn and walking along the scenic cycle path towards Llanddulas and back.

Registration forms and further details are available from the hospice Fundraising Team on 01745 536022, registration is £10 for adults and £7.50 for children.

Send us your news...

If you have any good news where you are working why not share it across the Health Board? Whether it is a successful new initiative, an award or recognition for a colleague, a service development or some other achievement, we'd love to hear about it.

Contributions can be sent to andrew.scotson@wales.nhs.uk

There's no need to write loads - anything from a couple of paragraphs to perhaps 250 words is plenty - and pictures are always welcome.