

# Bay Health

Staff newspaper of Swansea Bay University Health Board



## This is why we do what we do



If you've ever wondered what truly motivates our frontline staff to do the amazing jobs they do, take a look at the photo above. Mum Jo Gwinnett is pictured having a big hug with Chemotherapy Day Unit sister Allison Church, watched by delighted health care support worker Carolyn Paddison, after she became the first patient to ring a new milestone bell, which Jo helped provide for the unit. **READ THE FULL STORY: Page 7**

SCAN BARCODE FOR A SELECTION OF BAY HEALTH STORIES ONLINE



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# Robotic system heralds dawn of a new era for Swansea Bay

Swansea Bay has entered the robotic age after the arrival of a remarkable new system which will reduce waiting times and lead to better outcomes for cancer patients.

The Da Vinci robotic-assisted surgical system, which recently arrived at Morriston Hospital, is only the second its kind in Wales (a third was expected to arrive in Newport this summer) and uses robotic arms to carry out procedures to a level of precision far exceeding human capabilities.

The system is controlled remotely by a surgeon, who uses a special 3D scope to view procedures, and is so sophisticated it is capable of peeling the skin from

a grape before stitching it back on. The robot is being used in the first instance to treat prostate cancer patients before it is rolled out for kidney and bladder surgery.

In the longer term, the plan is for a variety of other suitable services to use the £1.6m system to help tackle waiting lists.

Because the equipment is so precise, suitable patients will be able to return home on the day of their procedure as opposed to having to stay in hospital overnight while recovery times will generally be significantly quicker.

Full story: Page 10



Staff get hands-on with our new robot during a recent training day at Morriston Hospital



Dr Richard Evans, Swansea Bay University Health Board's interim chief executive

Welcome to the latest edition of Bay Health, our staff newspaper which shines a light on some brilliant work and innovation whilst also focusing on key priorities for us as a health board.

As this edition arrives across our sites, a key issue for all of us is our finances and in particular, the immediate need to reduce our cost-base.

The first two months of this financial year have seen us blown way off course from where we need to be to hit our financial targets and as many of you will know (perhaps having read my weekly email Midweek Message to all staff) we've been undertaking some urgent work around identifying ways in which we can bring down our current run-rate of expenditure.

This has included an open invitation to health board colleagues to get in touch with suggestions for reducing costs and improving efficiency

while - and this is crucial - being sure to not compromise our work in caring for our communities. I've been absolutely delighted with the response to this invitation, with some fantastic ideas and proposals put forward which we have been working through, with a view to implementing measures that are achievable. You are the experts in the areas you work in and therefore the best people to listen to when it comes to identifying ways in which we can deliver savings in terms of costs and efficiency while at the same time, ensuring we can work towards improving the quality of care and service we provide for our communities.

I know this is a tough ask but it's one you've really embraced and it underscores my belief that by working together and following the principles of our One Bay Way approach, we can achieve our ambition to become a high quality organisation. And do so in a way that is financially sustainable. If, after reading this, any colleague has additional cost saving ideas, please do send them through to me via swanseabaycomms@wales.nhs.uk

On the subject of working together and delivering high quality care and services, this edition is once again packed with articles that provide evidence that so much of your hard work is paying dividends. Take for example the arrival of a first robotic surgical system for Swansea Bay (highlighted on our front page and page 10).

Our teams have worked hard to deliver on bringing this remarkable new technology to Morriston Hospital, which will help cut waiting times for some of our cancer patients while also ensuring

procedures are less invasive, recovery times are shorter and final outcomes are better - all key components of quality. Our use of this new technology is a great example of how we can save time and money in the longer term whilst also delivering improved care.

In a similar vein, you can read on page 5 about how our fracture discharge service is sparing patients lengthy stays in hospital, allowing them to return to the comforts and familiarities of their own homes while targeted care and support is delivered by a multidisciplinary team. So far, this fantastic approach has saved 1,800 hospital bed hours. And because care and support is provided for our patients in their home environment, our teams can provide tailored interventions which support them in maintaining as much independence as possible.

On a very different topic, it would be remiss of me not to acknowledge the findings of the Infected Blood Inquiry, which drew some truly shocking conclusions.

As a health board we were involved in the delivery of care to those requiring blood or blood products during this time, and that some of those patients were subsequently infected. We apologise unreservedly for the pain and suffering this caused not only to the patients, but also their families and carers.

As a Health Board we will continue to support people with bleeding disorders and other people infected through transfusion in any way we are able to. For much more information on this topic, please go to our website at <https://sbuhb.nhs.wales/about-us/infected-blood-inquiry/>

## Awards highlight brilliant care

With the NHS marking its 76th birthday this summer, it seems a fitting time to re-launch presentation events for Swansea Bay's Patient Choice Awards.

The awards offer patients, their families and friends the opportunity to nominate Swansea Bay staff and volunteers for going above and beyond by providing fantastic care and support.

Since opening the nomination process for 2024 in February, the health board has received 379 nominations from patients and service users, families and carers.

Early June saw the first of 12 events scheduled to take place across our sites during June and July, with Neath Port Talbot hospital the focus of three separate presentation ceremonies.

Many nominees and nominators were in attendance as awards were handed out, with more than a few tears shed as stories of wonderful dedication and care were read out to the audience.

"These wonderful nominations allow us to celebrate either a member of our staff, volunteer or a team that, through the eyes and experience of our patients/service users, their relatives and our visitors feel they have made a real difference and have provided outstanding care," said Swansea Bay University Health Board Vice Chair, Steve Spill.

"This is our first Patient Choice Award event to be held

since 2019 when these awards were sadly postponed due to the COVID-19 pandemic.

"It's fantastic that we're able to reinstate these awards in our calendar, not least because receiving praise and heartfelt gratitude from patients, service users, their families and friends means so much."

Among the award winners were staff at the Wales Fertility Institute, with staff nurse Louise Haines picked out for particular praise from patient Beth Williams.

"She was sensitive and gentle through the appointment, but I felt very confident in her ability and knowledge," said Beth.

Stroke Ward C Assistant Practitioner Pria Ratti was



Staff, with their awards and some of the patients who nominated them for Patient Choice Awards during the recent event at Neath Port Talbot hospital

the subject of glowing praise and heartfelt gratitude from Gill Pemberton, who said: "She has an energy which is astounding, I personally witnessed her cheer up the mood of a very low four bed unit with her dancing and kind words, leaving the patients smiling and laughing.

Better than any tablet, she can turn a grey sky blue and bring sunshine and smiles to people's faces with ease.

"My mother's mood visibly lifts when Pria is near."

Meanwhile Neath Port Talbot's Pre assessment team were picked out by a number of nominations, with one comment among many reading: "Made me feel easy and comfortable from start to finish, and explained the process clearly and totally nice and polite."

## Swansea Bay psychologist recognised with MBE



SWANSEA Bay senior psychologist Dr Nistor Becia has been awarded an MBE in the King's Birthday honours list for his outstanding work in the health board's response to supporting refugees from war-torn Ukraine.

Dr Becia (pictured left) was among a team which swung into action to carry out initial physical and mental healthcare assessments shortly after refugees began arriving in Wales - a key priority in light of the traumas experienced by many fleeing the war zone.

Based at Swansea's Welcome Centre for Ukrainians, which was set up a few months after the Russian invasion of February 2022, staff from primary care and mental health services worked alongside a local authority team to help refugees find their feet in Wales and access appropriate support.

Dr Becia, who spent 10 years serving in the Romanian Army before retraining as a psychologist and relocating to Wales, used his background and

expertise, including Ukrainian language skills, to devise a suitable community psychology model which became central to the Welcome Centre's work.

The idea has been to provide early intervention after initial screening. This approach has reduced the number of referrals to mainstream services, which during the initial influx of refugees could have overwhelmed services in Swansea Bay.

Dr Becia, aged 42, has also used his annual leave over the past two years to travel to the Romanian border with Ukraine to train health professionals in mental health first aid. His endeavours have not gone unnoticed but he admits news of his award came as a complete surprise.

"It would never have occurred to me that someone would make the effort to nominate me for an MBE," said Dr Becia.

"When I received the letter, I went through a range of emotions - from shock, excitement to gratitude."

## Kathryn relishing exciting new role

Our new Clinical Director of Midwifery, Kathryn Greaves, has pledged to do all she can to support and nurture staff after joining Swansea Bay from Hywel Dda.

Kathryn - born in Mount Pleasant hospital in Swansea, which shut in 1995 - is delighted to be returning to her roots after an extensive career to date which has seen her take on roles across the South Wales corridor.

Clinical Director of Maternity is a new position for Swansea Bay and Kathryn (pictured right) is excited about being able to put her own stamp on the role.

She describes herself as a 'midwife through and through' and a huge believer in looking after staff while also working closely with the local community.

Meanwhile away from work, Kathryn says one of her biggest passions is Formula One and is an avid fan of Lewis Hamilton.

Kathryn said: "I want to be able to shine a light on our teams and the fantastic work they're doing, acknowledge what we need to do to make things even better and how we can work with our community to do that.

"It's about building trust for the staff, so they know they will be supported but also it's about building trust in the community so that people can be confident they have a fantastic service.

"This position is a new role, so a blank sheet in many ways. You have to be constantly horizon scanning, looking at what the strategic direction is from Welsh Government around maternity services and anticipating what will impact on our services. I see this

role as keeping the health board abreast of what is needed for the service.

"There are probably three areas for health to receive constant assurance, Maternity services are one of these.

"If we don't get it right for their beginnings, it can lead to terrible outcomes for people

"So it's about making maternity services very visible to our population and board so they are completely sighted on where we're at - the quality and safety of the service, how innovative the service is in delivering the population needs - these are the things that our board need to be cognisant of and that's the role of the Clinical Director."

Kathryn, who left Swansea aged five after her father joined the military, says the 'wonderful' support she received from her own midwife inspired her to enter midwifery.

"I had my first baby away from my family and was very much alone," added Kathryn.

"I'd had a very complicated pregnancy and it was in that moment I realised how wonderful my midwife was. It was my relationship with her that really made me want to enter the profession.

"As for getting started with Swansea Bay, I'm hoping to spend a bit of time observing, getting to know the area the staff and its needs and see what the brilliant things that are going on and where the things I've learned elsewhere might be really useful.

"I looked forward to working with the teams and the Health Board and that I will be able to with the team support the services already provided at Swansea Bay."

## Abigail blazes a trail for midwives

Abigail Peprah (pictured below) has become Swansea Bay's first overseas midwife.

Abigail qualified in her home country of Ghana but decided on a new career in Swansea.

Originally she had no plans to move to the UK or even to become a midwife. But she had a change of mind when her sister had a baby and she saw for herself what being a midwife involved.

"It was all lovely and the midwives cared for her very well," she recalled.

In 2016, Abigail, then aged 20, started midwifery training in Ghana. This was a three-year diploma course which involved classroom studies, working on the ward and domiciliary placements.

She graduated in 2019, achieving her Registered Midwifery Certificate from the Nursing and Midwifery Council of Ghana.

Ghana has a National Service Scheme for registered nurses and midwives, among other professions. This required Abigail to work in Ghanaian hospitals for two years, which she did from 2019-2021. After this Abigail had to decide where to go next in order to progress her career. "I wanted to further my knowledge and gain experience in technological advancements within midwifery," she said. Abigail decided on the UK. "It was a long process to get here, lots of exams and long hours of learning," she said.

Abigail arrived in Swansea last July and now works as a midwife on the labour ward in Singleton.

"Everyone has been super nice and welcoming to me," she said.



## Staff recognition



Main image, members of the Immunisation Administration Team, who have been the backbone of the Covid vaccination roll-out since late 2020. Meanwhile, right, associate respiratory physiologist Stacy Smith and her line manager, Helen Hunt (pictured left). Stacy has become an invaluable member of her team after undertaking years of self-funded study



# In the spotlight... brilliant stories of staff dedication

For many Swansea Bay staff, May has been a month to remember as some of the amazing and dedicated work being undertaken across our health board has been recognised during our first Staff Recognition month.

Through a series of In the Spotlight features, highlighted on our staff intranet and on social media channels, we've told some remarkable stories of how colleagues are going the extra mile to help deliver outstanding care for our patients and communities.

We invited you to nominate the individuals and teams who you feel really deserve some recognition and we're delighted that the breadth of different roles and different locations has reflected your commitment and excellence at a time when the NHS is under greater scrutiny and pressure than ever before.

It's been particularly pleasing that a number of 'behind the scenes' roles have been featured - the kind of jobs which when done brilliantly, help make our frontline services shine. For example, we focused on the Immunisation Administration Team, who have been the backbone of the Covid vaccination roll-out since late 2020 and continue working hard to make sure our clinical teams can protect the most vulnerable in our communities from Covid and other



threats, including measles. But before any needles can be put into arms, a huge amount of organisation and co-ordination work must be done behind the scenes to ensure the vaccinations are made available and that those who need them get an appointment.

It's where the 14-strong Immunisation Administration Team come into play. Cath Watts, Head of the Immunisation Service, said: "They do so much work behind the scenes to help the clinical team work more efficiently. For instance, they have taken more than 8,000 calls since the start of the current spring booster programme."

Meanwhile another team of staff went above and beyond to gain a new insight into their patients' lives by spending two days eating pureed food.

Head and neck clinical nurse specialists Sharon Kincaid and Hayley Davies, along with speech and language therapists Jemma Pullen and Eluned Llewellyn Morgan, and Macmillan nutrition clinical nurse specialist Llynos Webster, wanted to find out

what it's like to live with dysphagia, or problems with swallowing.

"I think the experience has really made all of us appreciate the effort patients and their families put into living on a pureed diet," said Hayley Davies.

We also shone our spotlight on Professor Adrian Evans, who had retired after an outstanding career, having been the founding father of an internationally renowned research centre at Morriston Hospital which has helped make a real difference in the development of emergency medicine for our patients and ultimately, patients across the globe. The hard work and dedication of all our nurses and midwives was also highlighted, helping to mark International Day of the Midwife and International Nurses Day.

Meanwhile Specialist Occupational Therapist Chris May, a member of our eating disorder team, was picked out for particular praise after saving a patient's life. The patient in question wrote her a heartfelt letter thanking her for listening to and supporting both her and her family at a time when she felt she'd hit rock bottom. The letter read: "Thanks to you, I'm planning a future I didn't believe I had one before I met you....I can finally walk out of the house and no longer feel like the walls are closing in on me and the whole wide world is staring."

And then there's Stacy Smith, an associate respiratory physiologist, who has put in years of self-funded home study to pursue her career ambitions and has now become an indispensable part of her team.

But don't worry if you've made a nomination which we haven't highlighted as yet, because we'll be doing much more to recognise staff and volunteers this year, including running more In the Spotlight features in September to coincide with the LOV Awards.

We'll be promoting this closer to the time.

## Primary and community

### Fracture discharge service saves 1,800 bed days in hospital

Hundreds of fracture patients have had their hospital stays reduced or have avoided admission altogether thanks to a service where community and secondary care staff work together.

Older people normally facing a long spell in hospital after fracturing a bone can now leave hospital much earlier, as targeted support is offered to them in their own homes.

The Fracture Discharge Service is delivered by multidisciplinary teams from the virtual wards, Older Persons Assessment Service (OPAS), Trauma and Orthopaedics and the Early Supported Discharge (ESD) who work together.

The introduction of the Fracture Discharge Service has saved more than 1,800 bed days in hospital to date.

This has translated to 381 patients either having their hospital stay reduced or avoided completely.

Patients with certain fractures are identified on arrival

at the hospital and advised to return home the same day, with support at home arranged instead.

Sarah Beynon, Cwmtawe Local Cluster Collaborative's virtual ward clinical manager, said: "Initially we started looking at the cohort of patients we could support upon discharge, which were patients who had sustained a fragility fracture, such as a fractured humerus or other fractures. We also looked to identify patients admitted to hospital following a fractured neck of femur that may be suitable to be discharged earlier through the Fracture Discharge Service pathway."

"We can support these patients and provide wraparound care with the virtual ward team once they have been discharged.

"The ESD team works under the umbrella of the virtual ward with the Fracture Discharge Service pathway and provide therapy-led rehabilitation to patients. Our virtual ward in-reach team identify patients admitted to a hospital bed and those who have been assessed in the Emergency Department

who would be suitable to be referred to the virtual ward, via the Fracture Discharge Service."

Once the virtual ward has received the referral and it has been triaged, the relevant staff members are contacted based on the patient's ongoing care and rehabilitation needs.

They then arrange to visit the patient in their own home to assess them and how they are managing with their fracture. The service also helps to free up hospital beds for other patients being admitted.

Alex Gigg, clinical lead occupational therapist who oversees the virtual wards' occupational therapy team, said: "We can work with the presenting limitations of each person's condition and use their individuality to look at ways of helping them adjust tasks to enable as much independence as possible to be retained at home.

"Physiotherapists have been recruited into the virtual wards, particularly to support the fracture discharge service, which has been key to its success.

"Physiotherapy is another key part of a patient's recovery."



Greg Williams, with colleague Karly Harvey, who is operational clinical lead nurse for wound care services



## Patients benefit from new approach to wound care

Swansea Bay's wound care service has been rewarded for working alongside microbiologists to help prescribe antibiotics more effectively.

Staff worked with Public Health Wales microbiologists to use a wound scanning app to help determine when antibiotics are needed to treat an infected wound.

The health board previously became the first in Wales to use the app which scans and measures wounds so staff can monitor them virtually.

Developed by technology company Healthy.io, the Minuteful for Wound app logs each image on a digital portal so staff can see how they are healing.

It enables wounds to be assessed more accurately while also saving time for nurses who may not need to visit the patient's home for monitoring. In recent months, microbiologists have been able to use the app to view images of patients' wounds to assess

whether antibiotics should be prescribed. The team can then compare the images, alongside the bacteria sample that is grown in the laboratory.

Greg Williams, a clinical liaison biomedical scientist for Public Health Wales based in Swansea Bay, said: "Our aim was to reduce the amount of unnecessary swabs taken. I noticed the wound care service were using the Minuteful for Wound app and I thought it would be really helpful if we could also see the wounds ourselves, so we were granted permission."

Being able to see images of the wounds has not only benefited Greg's team but also patients who are able to receive more appropriate treatment.

In addition, by introducing the app the service has also made a really positive impact on reducing paper usage, so much so that the service has just won an award at the Welsh Sustainability Awards.



## Doctor's order helps get people in shape

People in the Afan Valley are following doctor's orders and hitting the gym as a way of helping their medical conditions.

The GP Exercise Referral Scheme allows doctors to refer their patients with various medical conditions, physical and mental, to an instructor who supports them to improve their health and wellbeing.

The scheme is funded by the Afan Local Cluster Collaborative (LCC), with sessions held at Gwynfi Miners Community Hall in Blaengwynfi.

GPs complete a medical assessment to make referrals to the scheme and patients are later contacted by the instructor so an induction can be arranged.

During the session, the instructor asks further about the patient's medical condition so an exercise programme can be tailored to help them best achieve their goals.

Leigh Owen, instructor at Gwynfi Miners Community Hall, said: "Initially it's about understanding people's ability and their mobility.

"Then I alter the different exercises to suit their ability, as well as their medical conditions.

"We mainly help people with their back pain, diabetes, joint pain and blood pressure.

"Everyone enjoys the sessions."

## High-spec MRI scans boosts radiotherapy

People having cancer treatment in Swansea are now benefiting from far more targeted radiotherapy – made possible by charitable donations.

All patients undergo CT scans as part of the radiotherapy planning process. For many tumours, these CT images are combined with MRI scans to delineate between healthy and diseased tissue.

The MRI scans used in the South West Wales Cancer Centre in the city's Singleton Hospital are those obtained during the diagnostic process.

As they can be several weeks old by the time radiotherapy planning starts, the tumour could have changed when the treatment begins.

Another drawback is that patients are not scanned in the same position as radiotherapy treatment. Combined, these factors could mean inaccuracies which reduce the quality and effectiveness of the radiotherapy.

Now a partnership between the cancer centre and Swansea University means patients can have CT and MRI scans in one visit. This provides the most accurate picture possible for the therapy planning.

Although it will be used for several types of cancers, it will initially be for patients with brain tumours.

The collaboration has been made possible by an award of £73,000 from the South West Wales Cancer Fund, the official charity of the South West Wales Cancer Centre (SWWCC).

This will pay for sessions on a very high-spec MRI scanner owned by Swansea University and located in the ILS2 building on the Singleton campus. Up to 300 patients will benefit over the next two years.

Consultant oncologist Dr Owen Nicholas leads the multidisciplinary team from the health board and university.

"We always need a CT scan because that is how we plan the radiotherapy and calculate the dose," he said.

"But MRI scanners are much better for looking at soft tissue organs. It means we can target tumours more accurately and avoid healthy areas that we want to avoid."



Pictured left to right: Helen Streater, radiotherapy radiographer CT lead; Dr Jonathan Phillips, lead MRI physicist; Dr Prashant Bhat, specialist grade clinical oncologist; Maria Yanez-Lopez, MRI physicist; Stuart Foyle, radiotherapy radiographer QI lead; Dr Owen Nicholas, consultant clinical oncologist; Anthony Rees, Swansea University MRI lead research radiographer; Dr Jennifer Kahon, consultant clinical oncologist

## Swansea leads way with tattoo-free radiotherapy



Pictured with Gaynor Laugharne (far right) are (l-r): consultant oncologist Dr Dina Barakat; breast lead radiographer Punya Nair; CT manager Helen Streater; clinical scientist Becky Slinger; and SGRT and imaging lead radiographer Sophie Jenkins.

Patients having radiotherapy for breast cancer can now do so without a permanent reminder of their treatment for the first time in Wales.

The South West Wales Cancer Centre at Swansea's Singleton Hospital has developed advanced techniques to the point where tattoos used to ensure patients are in the correct position are no longer needed. Treatment outcomes are the same, but it means a huge psychological boost. Studies have shown that 78 per cent of UK people receiving radiotherapy would prefer not to have a tattoo or permanent mark.

Some opt to pay for laser tattoo removal after treatment, or to have the radiotherapy tattoos disguised with a different one.

Now the SWWCC has become one of just a handful of UK centres and the first in Wales to offer tattoo-less radiotherapy. Although initially offered to breast cancer patients, the team aims to expand this to other tumour sites.

Previously, patients were tattooed with three dots when they had their CT scan during the treatment planning stage. These were then lined up on the linear accelerator, or Linac, which delivers the radiotherapy, to ensure the dose was accurately targeted. However, new technology is making that redundant.

All four of the centre's linear accelerators can deliver what is known as Surface Guided Radiotherapy or SGRT. This uses body contour mapping, obtained during the CT scan, using a system called Sentinel.

SGRT means that if the patient changes position during radiotherapy treatment, the radiographers are alerted and the linac automatically stops, preventing damage to healthy tissue surrounding the tumour.

It's this same pinpoint accuracy that has eliminated the need for tattoos.

Sophie Jenkins, SGRT and imaging lead at the cancer centre, said: "All radiotherapy patients have tattoos.

"The majority just accept it's something that needs to be done. We do have patients who we speak to afterwards that have retattooed over them to cover them, but we were having a group of patients that refused point blank to have tattoos.

"This led to us developing a trial lasting around six months, looking at how we could use SGRT to its full capability and remove the use of tattoos altogether."

As the centre has extensive experience of using SGRT for breast cancer radiotherapy, this was the first tumour site selected for the trial. Around 60 patients participated.

Gaynor Laugharne, from Gowerton, is one of the first to benefit from the tattoo-free breakthrough.

Before having her planning CT scan and radiotherapy, she was concerned she would have a permanent reminder of her cancer treatment. But, she said, she was really happy to find out that would not be necessary.

"It's absolutely brilliant," Gaynor added. "Knowing I won't have to explain what the permanent marks are to anyone has made a real difference to how I feel about the treatment and my future."

Sophie said the trial outcome had been very successful, with the data showing comparable results to radiotherapy with tattoos.

"And obviously it takes away the fact that these patients have got to have a permanent reminder of their cancer treatment. Unless they get it laser-removed, it is with them forever," she said.

## Grateful Laura raises £6,000 after winning battle

Family and friends rallied around a Swansea mother wanting to thank hospital staff who cared for her during the darkest days of her life.

They were joined by West End singing star Ria Jones and raised more than £6,000, which mother-of-four Laura Vavoulas (pictured with close friend Bonita Richards (right)) has now donated to the Chemotherapy Day Unit (CDU) at the South West Wales Cancer Centre.

Laura was diagnosed with triple negative breast cancer, a particularly aggressive form of the disease in the autumn of 2022. She was aged 34 at the time, with her children aged between five and 14.

"That day I felt like my whole world had ended," said Laura, who has thankfully been given the all-clear after long and gruelling treatment.

"I went into panic over my four children. I thought I was going to die, and I asked the doctor that question exactly. To be told there are no definite answers, no guarantees, is the most terrifying feeling. I just couldn't take it all in."

Following her diagnosis, Laura underwent six months of chemotherapy at the CDU, part of the South West



Wales Cancer Centre at Swansea's Singleton Hospital, followed by surgery and radiotherapy.

The chemotherapy was, she said, far from plain sailing, with side effects including cellulitis, abscesses, poor liver function, sickness and fatigue.

"The treatment was awful. It was the scariest thing I had ever done, and I hated going," she said.

"But the nurses at the CDU were amazing.

"They helped me feel at ease. They were so attentive and lovely, and I felt that, in this dark time, I had made friends for life."

She had originally hoped to donate £2,500 to the CDU but in the end, Laura, her friend Bonita Richards and other fundraising friends from Duvant Workingmen's Club, attended Singleton Hospital to donate £6,320.70 to the South West Wales Cancer Fund.

## Swansea mum's thank you to cancer centre team rings true

A mum's thanks for the way "amazing" staff at Swansea's cancer centre have cared for her will ring out loud and clear for many years to come.

Jo Gwinnett was diagnosed with stage three invasive lobular breast cancer in June 2023. She underwent surgery followed by a five-month course of chemotherapy at the South West Wales Cancer Centre.

To show her gratitude to staff, Jo, pictured left, from Waunarlwydd, arranged for a special bell to be delivered to the Chemotherapy Day Unit (CDU) within the Singleton Hospital centre.

Many cancer hospitals have bells for people to ring when they reach the end of their treatment. But Jo, whose own treatment is far from over, provided something a little bit different.

Called the Milestone Bell, it is for any patient to ring whenever they feel they have reached an important moment for them.

Jo rang it when she finally finished her chemo, an emotional moment for her, her family, friends and staff who were all present to see it.

"For me, ringing the bell is a celebration to mark finishing five months of my chemotherapy and to put that part of my journey behind me," said Jo, who has been married to Simon for 23 years. The couple are parents to daughter Morgan, aged 25, and 21-year-old son Thomas.

"I know I'm not out of the woods yet but it's an important milestone to mark and I will move on with positivity and hope." The idea came about after CDU staff put up a notice asking patients what they would like to see in the unit, which is being redeveloped after moving from another part of Singleton last year.

"Someone suggested a bell," said Jo. "And then I met



Jo Gwinnett rings the bell she arranged for a charity to provide for Swansea Bay's Cancer Day Unit

somebody who said she was finishing treatment and didn't have a bell to ring.

"So I decided to start the ball rolling. I asked if they wanted one and everyone said yes." Jo contacted End of Treatment Bells, a charity she found on Facebook. It supplied the bell, along with a plaque featuring an inspirational poem, which now has pride of place within the unit.

Jo, who donated to the charity in return, is facing further treatment including radiotherapy, therapy drugs, and six-monthly infusions. She said the chemotherapy had been rough but everyone at the CDU had been amazing. "I want to thank all the wonderful staff who cared for me," she added. If this story has inspired you to raise funds for your local NHS then Swansea Bay Health Charity would love to hear from you. Use the QR code inset, above.



## Charity back where it started for donation

A charity formed after three neighbours had cancer diagnoses has ended where it started with a donation to the South West Wales Cancer Centre.

It was in 2004 that the newly formed Apel Canser Ail Gyfle, Second Chance Cancer Appeal, made its first presentation, a cheque for £2,500, to the SWWCC, located at Swansea's Singleton Hospital.

And charity representatives have returned there 20 years later to make their final presentation, for £3,700, before winding up. Ail Gyfle was formed after Catherine Millin, Huw Williams and Mansel Thomas, who lived within yards of each other in Meinciau Road, Mynyddgarreg, each had a cancer diagnosis.

## Measles on rise, so get your MMR

As cases of measles increase across the UK, Swansea Bay University Health Board is encouraging children, teenagers and adults who have not had two doses of the Measles, Mumps and Rubella (MMR) vaccine to arrange vaccination with their GP as soon as possible. Measles can make children and adults very unwell, and some people who are infected will suffer life-changing complications.

People in certain at-risk groups, including babies and young children, pregnant women, and people with weakened immunity, are at increased risk of complications from measles.

The MMR vaccine is safe and effective, and protects against measles, mumps and rubella (German measles). These diseases are highly infectious and can very easily spread between people who are not vaccinated. The NHS offers the first MMR dose at 12 months old, and the second dose at 3 years and 4 months, ensuring children are fully protected before starting school. Children, teenagers and adults born after 1970 who have not been vaccinated, or who have had only one dose of MMR, are considered unprotected.

The MMR vaccine is available through your GP, free on the NHS. Contact your GP to arrange your vaccination, or if you are not sure if you or your child have had two doses of MMR.

You can also contact Swansea Bay UHB's Immunisation Team on 01792 200492, to check which doses you or your child needs.

You can find out more about the MMR vaccine by following this link to the Public Health Wales website - <https://phw.nhs.wales/topics/immunisation-and-vaccines/mmr/>.

It's never too late to catch up! Meanwhile all visitors to our hospitals are reminded to stay away if they are feeling unwell and to ensure they wash their hands after visits. In addition, we would urge anyone bringing food items into wards for loved ones to ensure items are ideally sealed in a Tupperware box for storage.

## Sun's fun but stay safe by following summer advice



A Swansea Bay skin cancer nurse is urging people to enjoy the sun safely this summer.

Hannah Davies (pictured above), is a Macmillan skin cancer clinical nurse specialist with Swansea Bay. She has spoken out after seeing an increase in cases year on year. She is not advocating people stay out of the sun altogether but strongly advises them to take precautions to protect themselves first. Hannah said: "Skin cancer is on the rise. It's on a trajectory that is set to continue with the numbers going up each year. It's a big issue within Swansea Bay and the whole of Wales.

"Therefore it's important to raise awareness and get information out there so people are aware of what to look for. It's about being mindful about the dangers, knowing about safe exposure, being careful about not letting yourself burn.

"If somebody has one blistering sunburn during childhood, that can more than double their chance of getting melanoma later in life.

"I've seen so many people with bright red shoulders, and blisters. So it's about knowing that something, which is so easily preventable, can have a big impact."

Hannah outlined her top tips for staying safe in

the sun. She said: "Applying sunscreen around 20 minutes before going out in the sun to make sure you've got that protection on board.

"Regularly reapply sunscreen if you are in the water or sweating a lot, and aim to avoid the sun at the peak times - between 11am and 3pm when the UV rays are at their highest.

"Try to seek shade where possible, wear protective clothing, hats and sunglasses, and apply a minimum of factor 30 broad-spectrum sunscreen."

Meanwhile specialists in trauma surgery are calling on the public to be cautious if using the good weather to catch up on DIY and gardening jobs.

They are worried an increase in injuries caused by power tools and lawnmowers could put unnecessary pressure on the NHS during an already busy time.

Common injuries include severed fingers and toes and even hands and feet. These often occur when people cut the lawn while wearing flip flops or soft sandals and attempt to adjust equipment without unplugging it. Unsafe ladders can also lead to falls and broken bones, while barbecues can cause burns.

Even deckchairs have been known to sever fingers. So enjoy the sun - but stay safe.

## Electronic prescribing system is a big plus for patients

Our Hospital Electronic Prescribing and Medicines Administration system, or HEPMA for short, is now live across 75 clinical areas with more than 10,000 active users. To date, in the region of 1.3 million items have been prescribed and 10 million items charted digitally.

It has effectively replaced paper medication charts across secondary care settings with a highly accessible digital alternative.

The system reached a new milestone earlier this year and is now accessible across all adult inpatient medical and surgical wards in scope at Morriston,

Singleton, Gorseonion and Neath Port Talbot. HEPMA has also been successfully rolled out across all mental health sites. The one remaining area of implementation for HEPMA is for Learning Disabilities and subject to a software upgrade, that should be up and running by August.

HEPMA ticks so many of the boxes - the system saves time locating or re-writing lost medication charts, it has streamlined patient admission and discharge, in addition to reducing prescribing and administration errors. And in its simplest terms, HEPMA is even saving the health board money on our stationary bills. It is

delivering really positive improvements to patient experience and our quality of care.

What's more, Swansea Bay is leading from the front with HEPMA - our teams devised and implemented it and there is now a process under way to roll it out across Wales.

"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 every day," said Swansea Bay's Assistant Director of Digital Transformation, Deirdre Roberts.

## New era for Rapid Diagnosis Centre



Members of the Rapid Diagnosis Centre team. Front row: Assistant divisional manager Sarah Dawtry, health care support workers Julie Williams and Slobhan Evans, clinical nurse specialist Jessica Bowden. Back row: Clinical nurse specialist Susan Blackmore, coordination manager Helen Gray and Dr Heather Cowie GPWSI (GP with special interest)

It's all change for a ground-breaking centre that celebrates its seventh anniversary in June.

GPs with concerns about patients who do not have the traditional red flag signs of cancer can refer them to the Rapid Diagnosis Centre (RDC) at Neath Port Talbot hospital.

They are usually seen within a week, investigated and given the results or next steps all in one morning. If the patient is found to have cancer they are referred to the relevant specialist team for assessment without unnecessary delay. Some patients are found to have non-cancer conditions and also signposted to the appropriate team. Others are assured all is okay.

Recently the RDC has expanded to include new clinics and services following a successful two-year pilot funded to the tune of £700,000 by Welsh not-for-profit organisation Moondance Cancer Initiative.

But the centre has also lost its clinical lead, Briton Ferry GP Heather Wilkes, who has decided to retire.

Dr Wilkes was instrumental in setting up the RDC, being part of an all-Wales team that went to Denmark to look at their work. It led to funding being agreed for two RDCs, one in NPTH and the other in Cwm Taf.

Since then, the NPTH centre's success has led to it becoming the template for a roll-out of RDCs across Wales - which Dr Wilkes also led. Looking back at the early days of the RDC, she said: "I hoped it would be

successful but to become the first country where we had a national RDC based on the one in Neath Port Talbot, I never dreamt that would happen.

"Wales is the first UK nation to have complete national coverage, and it started here.

"I am proud of what we have achieved. But the best thing has been developing the team and seeing what we can achieve together, and the difference it has made to the people who come here."

Dr Martin Bevan, Singleton and Neath Port Talbot Group Medical Director, has also been closely involved with the RDC from the start.

"I can remember being approached by Dr Wilkes and asked if we could use NPTH as the base for the proposed Rapid Diagnosis Clinic," he said.

"After Heather explained to me the visit to Denmark and the great work that was being done there, I thought it sounded like a superb project so was more than willing to assist.

"Dr Geraint Jeremiah and I initially provided the physician support to the clinic.

"I was very impressed with the excellent clinical care it provided.

"I cannot emphasise enough how much this wouldn't have happened without Dr Wilkes and her drive and vision, which has resulted in a fantastic service that is now celebrating its seventh birthday."

## Sue's got 'feelgood' factor as MS Service celebrates big day

A woman diagnosed with Multiple Sclerosis (MS) almost 40 years ago is on a life-improving drug for the first time ever in her illness and is part of a new world-leading clinical trial of another.

Sue Davies, 66, said that she has the "feelgood factor" thanks to "amazing" research.

She is one of thousands of patients to benefit from Morriston Hospital's MS Service, which is celebrating its 20th anniversary.

Since its inception in 2004 with just three staff members to prescribe the first treatments for relapsing remitting MS, the most common form of the disease, the regional unit for patients in south west and mid Wales has been at the forefront of improving patients' lives.

Over the years the workforce quadrupled and the unit has developed a number of outreach clinics from

Bridgend to Aberystwyth. The team has progressed into clinical trials and the development of a holistic service, which educates, counsels and keeps patients active. Nowadays patients have earlier access to multiple disease modifying treatments, which slow progression.

The most commonly used drug, ocrelizumab, was trialled in Morriston before being made available across the world.

Sue, who was diagnosed in 1987 after an episode where she found herself unable to walk up a hill at Oakwood Theme Park, praised Consultant Neurologist Owen Pearson for "fighting for change".

"When you think we are in Wales, not in London, it's incredible what they have managed to achieve," she said.

MS is a lifelong condition caused by the immune

system attacking the myelin, the protective layer around nerve fibres. This stops the electrical signals from the brain running along the nerves to parts of the body. Sue, from Narberth, has secondary progressive MS, which can develop later in the disease and for which, until very recently, there was no treatment.

Now she is taking a drug called fampridine, which was used in clinical trials at Morriston Hospital.

These trials led to Wales becoming the first UK nation to approve the drug, which helps the nerves carry the electrical signals from the brain to the limbs. It can improve walking speed as a result.

Along with other patients with advanced disease, she has also been recruited to a trial which is the first in the world to include people in wheelchairs.

It's testing whether disease-modifying drugs given to patients in the earlier stages can also help those who have already suffered disability.



Paul and Jordan Lee (pictured right) collect their award, presented by TV star Eamonn Holmes, at the AHA Awards

## Lee glee as father and daughter team triumph

Swansea Bay father and daughter team Paul and Jordan Lee have won a prestigious UK-wide award for their work in creating an e-learning course and handbook being adopted across the NHS.

Paul, SBUHB's Head of Medical Equipment Management Services (MEMS) and Jordan, who has no formal medical training, have been jointly awarded the Advancing Healthcare Award for Best Collaboration across Clinical, Academia and Industry, sponsored by the Institute of Physics and Engineering in Medicine.

The accolade is the duo's reward after working largely in their spare time on the course and handbook which provide key learning in the safe handling and use of medical gases used in healthcare. The training has been added to the National E-Learning for Health Portal, an award-winning website with more than two million registered users providing online training for health and social care staff across the UK, which is leading to benefits for patients while also significantly enhancing staff health and safety.

The duo (above) decided to put their heads together and create the online training and workbook due in part to Paul's experiences while working as a UK-wide patient safety lead in 2017.

"I was investigating accidental deaths with medical devices and one death was around the use of a medical oxygen cylinder because someone didn't know how to switch it on," said Paul.

"Because of their design, staff have not known how to use them properly, and cylinders have been involved in a number of patient fatalities and hundreds of near misses."

# Rise of the robot! New arrival to cut waiting times



A new state-of-the-art surgical robot at Morriston Hospital is expected to significantly reduce waiting times for prostate cancer patients.

Once the new cutting-edge kit is fully bedded in, selected bladder and kidney cancer patients will also be treated using the robotic system.

Only the second of its kind in Wales, it uses four arms, controlled by a surgeon using a separate console, to carry out surgery to a degree of precision far exceeding human capabilities.

Manufactured by a company called Intuitive, the da Vinci Xi robotic-assisted surgical system, to give its full name, is so dextrous it can peel the skin off a grape and stitch it back on again.

The system consists of three elements. The first is a patient cart, effectively the 'business end' and includes the arms, which hold a highly sophisticated camera and an array of surgical instruments.

The second is the surgeon console, through which surgeons control the instruments while viewing the patient's anatomy on a high definition screen.

Finally there is a vision cart, which includes a high-definition screen and is the system's 'nerve centre'. It cost around £1.6 million at a time of unprecedented pressures on NHS budgets.

But it will have an immediate impact by tripling operational capacity for robotic procedures, reducing cancer waiting times for patient in Swansea Bay and Hywel Dda health boards.

Once fully operational, besides being extended to bladder and kidney surgeries, other suitable Swansea Bay services will also receive training and access to the system in the longer term.

Previously, Swansea Bay booked time slots to use Wales' first robotic system at Cardiff's University Hospital of Wales. Now the money spent on that is helping to pay for Morriston's.

While using Cardiff's system has been a big positive with procedures being less invasive and less likely to involve complications, it has been far from ideal for patients.

They have had to travel to the capital while their loved ones have often had to book overnight accommodation due to the travel involved.

Surgeons and theatre staff from Swansea have also had to spend time travelling along the M4. Now, having a robotic system at Morriston will do away with all that wasted time.

Swansea Bay urology consultant Matthew Jeffries said: "We are so pleased to have the robot in



The patient cart of Swansea Bay's new £1.6m robotic system. Pictured inset, staff get to grips with their remarkable new arrival

Swansea Bay. The instruments have far more movement than the human wrist, which is essential for suturing and operating near vital structures.

"The procedures are done through smaller incisions, allowing patients to recover more quickly and have shorter hospital stays.

"We've used the Da Vinci robot in Cardiff for nearly 10 years, sharing the system with surgeons from Cardiff and Newport.

"We've been operating on patients who live as far away as Aberystwyth because we've covered the Hywel Dda area for these procedures for some time. So I think to have a robot in Swansea is absolutely huge for the communities we serve.

"The other benefit involves capacity. Having our own will significantly increase the number of cases we can perform, reducing the times patients have to wait for surgery.

"And we'll be able to expand the service we offer beyond prostate cancer operations. We'll be able to carry out both bladder and kidney cancer operations on selected patients."

## Poster spells it out

While cutting-edge technology is playing a key role, it's important that we reassure patients by demystifying the hospital experience.

That's why our Cardiac Intensive Therapy Unit, a potentially unnerving environment for anyone unfamiliar with its bewildering array of machinery, has unveiled a colourful interpretive poster on the wall, setting out everything in an easily understood way. Michelle Porter, the Cardiac ITU senior sister, explained: "We wanted to give them information so that they could visualise the equipment attached to their relative, without making it scary."



Pictured, from back: Andrew Jones, specialist registrar in cardiothoracic surgery; Ross Phillips, Cardiac ITU matron; Matthew Paratheppathickal, staff nurse; Dr Sameena Ahmed, consultant cardiac anaesthetist and clinical lead for Cardiac ITU; Precious Ralloos, staff nurse; and Michelle Porter, Cardiac ITU senior sister.

## Mental health

# Peter's the driving force behind new Shed project

Peter Harris is no stranger to solitude - having spent his working life hauling loads as a lorry driver up and down the country - but on retirement he is heading in a different direction.

The 75-year-old (pictured below) is the driving force behind Swansea's newest Men's Shed - a health and well-being movement aimed at alleviating loneliness. Called The Shed at the Pavilion, and based in Birchgrove, the venue hosts a weekly meeting for men and women, usually in their 50s and over, to enjoy woodwork and crafts or just have a cup of tea and a chat.

It is hoped meetings can increase to three times a week, with organisers actively looking to recruit new members.

Peter said: "A Men's Shed is an organisation which started in Australia back in the mid-90s. It's gone all over the world.

"They were originally set up to combat loneliness and aid mental health problems in people of

a certain age - men and women - who have retired or are unemployed and haven't got a focus in life. The plan has been in my mind for about five years and then I retired from being a truck driver a couple of years ago and thought, this is what I want to do.

"I built myself a shed in my back garden, and filled it up with tools. Of course, being a truck driver you are on your own all day - but after six months of being on my own all day in the shed I thought, 'I want more than this'.

"So then the Men's Shed started to come to fruition. I joined Men's Shed Cymru, which is the organisation for Men's Sheds in Wales, and got a lot of input from them."

The first step was to find suitable premises.

Peter added: "We were looking for a Men's Shed in the Llansamlet area - there's nothing on the east side of Swansea - and councillors Alyson Anthony and Matthew Jones said that the former OAP pavilion in Birchgrove was empty, so



did I want to have a look at it?

"It proved to be perfect, if in need of fixing up.

"We signed the lease in February but it needed fixing up first. We have been busy painting but we desperately need the services of an electrician."

The other current item on the wish list is new members, male or female.

Peter said: "We only meet on Tuesdays, from noon to 3 or 4 o'clock, at this moment in time but we're planning to do at least three days a week.

"We've got a membership of around 25 to 30 at the moment, with just as many men as women. Predominantly, they're 50 plus and I think the oldest member is 84.

"Because a lot of our members are ladies, instead of calling it the Men's Shed, we've just called it The Shed at the Pavilion.

"If someone wants to join they can go to our Facebook page, Llansamlet Men's Shed, or they can give me a call on 07305636801."

# New Sanctuary Service offers key support in steel town

An out of out of hours Sanctuary Service - offering respite to people with low level mental health needs - has recently opened in Port Talbot.

The service, based in The Forge Centre near Port Talbot's town centre, is being provided by mental health charity Adferiad (formerly Hafal) in collaboration with Swansea Bay University Health Board.

The service aims to provide practical, therapeutic and holistic person-centred support to people experiencing low level mental health crisis.

Staff are on hand to provide guidance and early interventions that aim to keep people well outside of traditional service operating hours, and offer an alternative, non-clinical space.

Open from 6pm to 2am, 7 days a week, 365 days a year, The Sanctuary Service aims to help tackle stress and/or anxiety, low mood, financial worries as well as being a refuge for those suffering from domestic violence or deteriorating mental health as a result of a range of factors.

Dermot Nolan, SBHB's Joint Service Group Director for Mental Health and Learning Disabilities, said: "This has taken time planning the further expansion of the existing Sanctuary Service model that we had in place for the whole geographical area of SBUHB, which had one hub location in Swansea.

"We are now going to be able to provide a second hub for the same service provision within the Neath Port Talbot area, which will make it easier and more accessible for the all the population.

"This is an important part of the overall service model for the emotional and well-being needs of the population across the West Glamorgan Region." Hannah Thomas, Assistant Directorate Manager for SBUHB's Adult Mental Health Directorate, explained



(From left to right) Hannah Thomas, Assistant Directorate Manager for SBUHB's Adult Mental Health Directorate, Chloe Farnham, Adferiad's Crisis Intervention and Involvement Strategic Lead, Lisa Midwinter, a Senior Support Worker or Team Leader, Dermot Nolan, SBHB's Joint Service Group Director for Mental Health and Learning Disabilities, and Nadine Jones, service manager

that the Sanctuary is not a drop-in service. She said: "Unfortunately, people are unable to self-present to the service, however they are able to self-refer through making contact via the phone. The Sanctuary Service will then triage service users and provide them with

intervention as they see appropriate. They may invite the service user to the Sanctuary for face-to-face support or this may be conducted via the phone. People can access the Sanctuary by contacting 01792 399676."

## What's on

### Dates for your diary



June 28th

#### Steps to Wellbeing - Working with Worries

9.30am - 10.30am (on MS Teams).

The aim of the 'Steps to Wellbeing' sessions is to work with you to share useful, applicable, and evidence-based techniques, to promote being healthy in work. If you have any queries please email SBU. [OHWBTraining@wales.nhs.uk](mailto:OHWBTraining@wales.nhs.uk)

July 1st-7th

#### Insulin Safety Week

July 4th

#### SBUHB Occupational Health Skin Surveillance Training

9.30am - 10.30am (on MS Teams).

This training is for staff who have been identified as Skin Surveillance Responsible Persons within their area.

The aim is to identify any staff who develop Dermatitis which is associated with work-related exposure to any chemical or biological irritant or sensitising agent and provide appropriate follow up actions to the individual. Email [sbu.ohwbtraining@wales.nhs.uk](mailto:sbu.ohwbtraining@wales.nhs.uk) for additional information.

July 8th

#### Blood Transfusion Assessor Workshop

Singleton Hospital, 9am-3.30pm.

A full day workshop for those who wish to become Blood Transfusion assessors for their clinical area.

For more information about the workshop and how to book your place, please visit our bulletin:

[Blood Transfusion Assessor Workshop \(sharepoint.com\)](https://www.sharepoint.com/BloodTransfusionAssessorWorkshop)

July 15th

#### Steps to Wellbeing - Working with worries.

12.30pm - 1.30pm (on MS Teams)

Please email SBU. [OHWBTraining@wales.nhs.uk](mailto:OHWBTraining@wales.nhs.uk) for further details.

July 16th

#### Mens Health Virtual Support Group

12pm - 1pm (on MS Teams)

This is an opportunity to come together with other men working within the organisation. The support group will be informal and will provide space for discussion, advice and support. There will also be the opportunity for resource sharing and signposting. Please email SBU. [OHWBTraining@wales.nhs.uk](mailto:OHWBTraining@wales.nhs.uk) if you have any queries.

July 19th

#### REACT Mental Health and Suicide Prevention Training Level 1

12.30pm - 3.30pm (on MS Teams)

Please contact [Jayne.Whitney@wales.nhs.uk](mailto:Jayne.Whitney@wales.nhs.uk) or [SBUTRIMTeam@wales.nhs.uk](mailto:SBUTRIMTeam@wales.nhs.uk)

July 25th

#### Skills Day - qualified staff (District Nursing Service).

9am - 5pm (The Chapel, Singleton Hospital)

To book onto this Skills Day, please contact your cluster admin.

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

## Charity and events

# Jiffy's bike ride saddling up to be bigger than ever



For entry details and more information regarding Jiffy's Cancer 50 Challenge, scan the QR code above

A cycling challenge championed by a Welsh rugby legend promises to be bigger than ever when it hits the road for the fourth time this summer.

Jiffy's Cancer 50 Challenge, spearheaded by former rugby union and rugby league star Jonathan "Jiffy" Davies, has raised many thousands of pounds for the cancer centres at Velindre and Singleton hospitals.

Last year an amazing 600 cyclists took part – the biggest turn-out yet for the hugely popular event.

And the hope is that this record will be broken again for the 2024 event, which will take place on Sunday, August 18th. At the time of going to press, in excess of 100 cyclists had already signed up for the ride.

Entries are now open for the 50-mile ride, which will set out from Cardiff City Stadium and finish at the Lighthouse restaurant in Swansea's Bracelet Bay.

Jiffy said: "I'm delighted that my Cancer 50 bike ride is back for another year!

"This event, and the charities it supports, are very close to my heart.

"Join me for this great ride connecting these two

incredible cancer hospitals in our collective effort of tackling cancer in South and West Wales."

Last year's third annual challenge raised £55,963.75, divided equally between the two charities.

The hope is that the 2024 challenge will take the total raised over four years past the £250,000 mark.

For the first time, Velindre and the Swansea Bay Health Charity are managing the event directly to ensure as much as possible is raised.

The challenge is being facilitated by Amigos Events Management, a Carmarthenshire-based, not-for-profit organisation with a strong track record in running similar charity events.

Meanwhile, building and civil engineering company Scott and contract electronic manufacturer Philtronics Limited are on board as event sponsors.

Cyclists will pay a £100 entry fee, which includes a cycle shirt with an eye-catching new design, a goody bag and medal.

All participants are encouraged to raise as much as possible for the charities.

## Cwtsh Clos campaign

Our campaign to raise £160,000 to carry out refurbishment work on accommodation for parents whose babies are being cared for in our Neonatal Intensive Care Unit is going from strength to strength.

Called Cwtsh Clos, the five houses have provided a much-needed home from home on the Singleton Hospital site for parents who need to be close to their little ones but live a distance away. Julie Montanari knows better than most how important it is for families to have a refuge to rest and gather their thoughts. She spent years in and out of hospitals, far from home, after her son, Leon, was born with a heart condition that meant he needed a transplant before his first birthday.

Julie has now agreed to sponsor the Swansea Bay Health Charity's Cwtsh Clos campaign. To find out more about the campaign, scan the QR code above.



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/](https://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](mailto:communications.department@wales.nhs.uk)