

# Bay Health

Staff newspaper of Swansea Bay University Health Board



## A cuppa and a smile... saying a huge thank you to our wonderful volunteers



A smiling face, a listening ear, help when you need it most... our remarkable team of volunteers, around 300 in total, do so much to keep our hospitals and other sites running smoothly. While they can't replace our frontline staff, they do make a huge contribution across our services, making a difference every day to our patients, visitors and staff. That's why during the recent national Volunteers Week, we were keen to showcase their selfless work and to thank them with some special events, including a coffee and cake get-together (above). **FULL STORY: Page 5**

SCAN BARCODE FOR A SELECTION OF BAY HEALTH STORIES ONLINE



Saddle up for Jiffy's ride  
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'Crazy' idea inspires unique procedure  
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# Leading the way with a new regime for heart failure patients



Andrew Lewis, pictured with his youngest son William

Swansea Bay University Health Board is the first health board in Wales to introduce an innovative new form of treatment for heart failure patients.

Working in partnership with Roche Diagnostics, the groundbreaking treatment strategy could potentially benefit around 500 people, or 10 per cent of all heart failure patients in the Swansea and Neath Port Talbot areas.

Traditionally, it can take up to six months or even longer to initiate and optimise therapies for heart failure patients.

However, an international study called STRONG-HF showed that early and quicker increases in doses of medication reduced symptoms and hospital readmissions.

The improved treatment strategy for eligible patients is available at Morriston Hospital, the only site in Wales

and one of just three in the UK to introduce it.

One patient already benefitting from the new approach is Andrew Lewis, who feared heart failure would force him to give up work. He has become the first person in Wales to see his life transformed by the new form of treatment.

"I can't believe the turnaround," said Andrew, who now only has to take five tablets a day.

"I started feeling better straight away. It's amazing what some tablets can do."

Heart failure is a long-term condition where the heart function is impaired and unable to adequately pump blood around the body.

Morriston Hospital-based Dr Parin Shah, a cardiology consultant specialising in heart failure, said: "The medications used are quite powerful.

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# Welcome to our latest edition of Bay Health!

Bay Health showcases positive developments happening across our organisation, whether that be in Primary Care, the selfless support of our dedicated volunteers or groundbreaking research and development.

The behind-the-scenes work of our skilled researchers to develop new treatments, technologies and life-saving drugs often goes on unheralded.

But that doesn't diminish the incredible value of this work and the health board has a proud record in this field, with 150 non-commercial and 40 commercial studies undertaken during 2024-25 alone, with almost 2,600 patients recruited.

Research means improved care, which in turn can lead to reduced demand on NHS resources.

A practical illustration of this can be found on page 7, where you'll find an article explaining the PETNECK2 head and neck cancer trial, which has been running at the Cancer Institute in Singleton Hospital.

You'll also find news of two significant improvements to our renal services - see

opposite page. You can read more about the wonderful work of our small army of volunteers who do so much to support staff and enrich patient experience.

We have our usual focus on Primary Care, with stories about the introduction of a new home testing kit which can save lives and a community mental health and wellbeing service making a difference for children and young people.

There's an update too on the latest fundraising by our Swansea Bay Health Charity, which has a number of fantastic appeals ongoing.

At the time of writing (09/06/2025), we were awaiting the completion of an Independent Review into Maternity and Neonatal Services. Led by the highly-experienced Dr Denise Chaffer, with an oversight panel consisting of some of the UK's leading experts in these fields, the review will be far-reaching.

We'll need to take some time to assess the findings but our next steps will be to ensure we're clear about how we'll engage with families

and service users so that we can develop an improvement plan together.

That doesn't mean we've been waiting for the review's conclusions before making improvements - we've already increased staffing levels and re-opened the home birth service and stand-alone birth centre at Neath Port Talbot Hospital, among other improvement measures. However, we know there is much more work to be done and we would like to firstly put on record our gratitude to the women and families who have shared their experiences of our services.

In some cases, the care we provided was not of the quality it should have been and for a number of women and families, the outcomes have been devastating and life-changing.

We offer our heartfelt and sincere apologies to those women and their families.

It is also important to acknowledge our colleagues in Maternity and Neonatal Services are committed to learning from feedback and to providing the highest standards of care possible.

## Andrew's delight after trying new approach to heart failure treatment

### FROM FRONT PAGE

"They help the heart tremendously, but they affect the patient's blood pressure and their kidney function, which could cause problems in optimising the treatment. Hence the guidance, until recently, was to take a slow approach to optimising the treatment, which could take six months or longer.

"However, STRONG-HF has shown that it is not only safe to optimise medications within six to 10 weeks but provides rapid symptom benefit to patients.

"Not everyone will be eligible for this. Some people may not be able to tolerate such intensive treatment. We knew it would be suitable for relatively few people, but it would benefit them considerably."

Dr Shah said the heart failure nurses were involved in their direct care, helping them through their inpatient journey, supporting them at discharge and educating them about their heart condition.

"And then they are seen in the community by the community heart failure pharmacists or nurses who optimise their treatment in those six to 10 weeks rather than six to 10 months," he added.

Andrew had not been well for several months by the time he arrived in the Emergency Department last November.

"I had swelling of the legs and feet and fluid around my midriff.



Dr Parin Shah has been impressed by the results of STRONG-HF

They found out while I was in ED that I not only had fluid around my lungs but in my lungs," he said.

"I was in hospital for around 10 days, having medication including a diuretic to get rid of the fluids as best they could, to give my heart the chance to work properly again.

"When I came home in early December they asked if I

wanted to go on this fast-track system.

"I said yes, if it makes me feel better quicker and there's no real risk of making me worse."

Andrew had weekly appointments either with Dr Shah or with the pharmacist at Gorseinon Hospital.

He will be undergoing further tests to try to identify the cause of his heart failure.

## Work underway on new dialysis centre



An artist's impression of how the new dialysis centre will look

Work started in early June to create a state-of-the-art dialysis centre at a former Port Talbot factory. Stationary House in Acacia Avenue, Sandfields, will be partly demolished ready for the new unit to be built. It's part of a £70 million investment in South Wales renal services and will help relieve some of the pressure on Morriston Hospital.

Patients will also be able to dialyse closer to home when the new unit opens, which is expected to be in the spring of next year.

It will feature 27 stations with a maximum capacity of 108 patients. It will also have a training area for nurses who teach people to dialyse at home.

Renal services are provided by Swansea Bay University Health Board 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 receive patients from Swansea, Neath Port Talbot and Bridgend - and one each in Aberystwyth, Carmarthen and Haverfordwest.

With funding from the NHS Wales Joint Commissioning Committee, several major improvements have already been carried out, such as upgrading the five existing haemodialysis units in South West Wales.

Two of these are at Morriston Hospital, with one each in Aberystwyth, Carmarthen and Haverfordwest. Patients there are already benefiting from new dialysis machines and other facilities and equipment.

However, the health board also recognised a need for additional dialysis units, covering the Neath Port Talbot and Bridgend areas.

The Bridgend unit opened earlier this year. It is run on behalf of Swansea Bay by Fresenius Medical Care, which also runs the three West Wales units.

It will run the Acacia Avenue centre too. Fresenius will recruit the staff, comprising 18 clinical staff such as nurses, dialysis assistants and healthcare assistants, a clinic manager, and administrative and

### £700,000 boost for renal

A £700,000 refurbishment of a specialist ward at Morriston Hospital has delivered a major boost to renal patient care.

Thanks to Welsh Government funding, facilities at Cardigan Ward have been upgraded, allowing dialysis at every bedside for the first time.

The ward cares for patients with chronic kidney disease, acute kidney injuries, and transplant cases.

Many of them will require dialysis while admitted. Most treatments take place in one of Morriston's two dialysis units during the day. However, emergencies and out-of-hours care must often be delivered on the ward.

Previously, only a limited number of dialysis points were available on Cardigan Ward. Often this required patients to be moved, posing logistical challenges and increasing the risk of cross-infection. Following the five-month refurbishment, all 24 beds are now equipped with dialysis access, eliminating the need to transfer patients for emergency treatment.

housekeeping staff. The medical care will continue to be provided by the NHS consultants and pharmacists who currently look after the patients in Morriston, ensuring good continuity of care.

Renal directorate manager Sarah Siddell said: "The start of work on the new dialysis centre in Port Talbot marks a significant step forward for renal care across South West Wales.

"This development is the result of years of careful planning and collaboration, and it reflects our commitment to delivering patient-centred, accessible care.

"We're particularly proud that the centre will also serve as a hub for training in home dialysis, supporting greater independence for patients."

## Major upgrade for Singleton heating

Singleton Hospital's heating and hot water systems have been undergoing a major upgrade.

Existing plant room equipment is being replaced with technology that uses less energy, is more efficient and is easier to maintain.

Estates officer Gareth Morris said the project also benefits the Hospital Sterilisation and Decontamination Unit (HSDU), which cleans equipment used in theatres and in some community services, such as dentists.

"The public, and most staff, don't see these parts of our hospitals, but they are just as important to the delivery of health services as the parts they will come into contact with," said Gareth.

He said work includes swapping new pumps with old and replacing old steam pipework and heat generating equipment - which needed removing, refitting and inspection every two years - with new type steam plate heat exchangers which are far more efficient at heating the hot water.

Gareth added: "As well as the plant, we have been upgrading pipe work, valves and controls."

## A fond farewell to our colleague, Doug Neil

After an incredible journey of over 43 years dedicated to the NHS, one remarkable individual is embarking on a new chapter in life. Doug Neil has served as the Head of Department in Medical Illustration for 37 years.



This milestone is not just a personal achievement but a testament to unwavering commitment and passion for healthcare.

As colleagues and friends reflect on the countless contributions made throughout the years, it's clear Doug has left an indelible mark on all those who have had the privilege to work alongside him. His support, dedication, and unmatched technical knowledge have inspired many and fostered a sense of community within the department and beyond.

## Sian and Elinor set the pace with big runs

Congratulations to respiratory nurse specialist Sian Rowlands, who completed the London Marathon earlier this year in warm and challenging conditions.

Sian was lucky enough to get a ballot entry and took part to show how she has regained her strength following gruelling cancer treatment. Sian, who works at Singleton Hospital, said: "This is me three years after breast cancer treatment, now 48 and menopausal, running my first marathon in London!" Meanwhile a big pat on the back is also in order for Elinor Scruton, an OT specialist in the psychiatry liaison team at Morriston Hospital. Elinor recently completed her first marathon, in Manchester.

## Out and about



Main image: First Minister of Wales, Eluned Morgan, pictured fourth from right with Swansea Bay staff and colleagues from across NHS Wales during Eisteddfod yr Urdd at Margam Park. Meanwhile Mista'r Urdd visits our stand (below right), members of the Swansea Bay team offer advice and far right, some of the arts and crafts work put together by staff and visitors.



# Swansea Bay spreads word as Eisteddfod comes to town

Swansea Bay University Health Board staff were on hand to offer advice and support to families and children about health, wellbeing and arts at the Eisteddfod yr Urdd in Margam Park in May.

NHS bodies from across Wales and Swansea Bay UHB shared a stand at the event to inform and teach children and young people about health and wellbeing in Wales and their local area.

The funding for the stand came from contributors across various NHS bodies and Welsh Government and the Swansea Bay contribution was through external grant funding via the Arts Council for Wales. The Eisteddfod yr Urdd youth festival takes place in various locations around Wales every year - this year it is in Margam Park.

Over the course of the week the festival attracted around 100,000 visitors to the area.

Swansea Bay UHB was there to raise the profile of the Welsh language in the NHS and show the health board's commitment to incorporating it into all services it provides.

During the week, staff at the stand spoke to many children, young people and their families while hosting a range of thought-provoking activities.

### We're loud and proud

Swansea Pride returned in full colour on May 17th and Swansea Bay University Health Board was proud to be there, front and centre, celebrating our LGBTQ+ communities alongside thousands of others.

Members of CALON, our LGBT+ Allies Staff Network, proudly marched in the parade, joined by allies, friends, family, and colleagues from across NHS Wales.

Our Sexual Health Service were also on hand to share information and offer support. Together, Swansea Bay UHB demonstrated how our services and our staff stand proudly for equality, health, and representation.

The School Nursing service, Digital Services, Speech and Language and Vaccination teams were on hand to provide information, demonstrations and activities for children to enjoy and learn.

Swansea Bay's Arts in Health team were also there all week inviting children to participate in art workshops and make their mark on two large art installations.

The first art installation was a large sticker board,

with children invited to write their names on a small sticker and stick it onto the montage board. They then connect it with coloured lines to their personal priorities. This activity was intended to help children think about what they prioritise in life, such as community, family, self, and the planet.

The second art installation was a wellbeing sculpture that children have built at the stand. The sculpture was made from hundreds of coloured wool strings. Each colour of the wool represented five wellbeing activities, playing and outside space, healthy eating, sleep, family and friends and finally, sports. Children were then asked to wrap each colour around the sculpture with their most important wellbeing activity at the top.

One child put food as the most important as they love Sunday roast dinners, while another child ranked playing as their most important activity because they love playing the 'stuck in the mud' game.

Angharad Higgins, Head of Quality and Safety at Swansea Bay said: "It has been great so far, the children have been really engaged in the activities.

"It has been great to hear their thoughts and why they have chosen which wellbeing activity as most important to them."

## Focus on our volunteers

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### Why our amazing volunteers are so special...

You will see them in our busy Emergency Department, serving cuppas in tea bars and greeting visitors at our front doors – our invaluable volunteers are fundamental to our health board becoming a high-quality organisation.

We have around 300 volunteers supporting staff and patients across our hospitals and community sites, giving their time and effort to help our services and in early June, a number of special events were organised to acknowledge the amazing and invaluable work of our volunteers during UK-wide Volunteers Week.

Volunteers help in a range of roles such as

Emergency Department, ward activities, befrienders, mealtime companions, audiology hearing aid repairs, meet and greet, patient transport, medication delivery, peer support mentoring, gardening, patient feedback and on our tea bars.

For younger volunteers we also have our wonderful BAYouth volunteer board (ages 14-25).

Health board volunteer co-ordinator Julie Griffiths, said: "Volunteers Week gives us the timely opportunity to not only celebrate our volunteers but shine a light on the wonderful work they do and say a heartfelt thank you. They are all selfless and

inspirational people who give their time freely to support our patients, visitors and staff. By doing that, they are helping us deliver the best possible care to our patients. We value their efforts and commitment so much."

Feeling inspired to become a volunteer in SBUHB? Phone 01792 703290, email [volunteercentre@wales.nhs.uk](mailto:volunteercentre@wales.nhs.uk) or visit <https://sbuhb.nhs.wales/work-for-us/volunteering/>

Below, we feature one of a number of stories published during Volunteers Week which epitomised the generosity and dedication of our volunteers.

## Being greeted with a cuppa and a smile makes all the difference

A hot drink and a friendly chat with a volunteer can help to put people arriving in hospital for cancer treatment at ease.

The radiotherapy department at Singleton Hospital in Swansea is home to a tea bar, where patients and staff can access hot drinks and snacks.

It is manned by a team of volunteers, who are on hand for a chat with patients and their families, friends and carers.

Ann Humphrey, from Swansea, made the decision to start volunteering 11 years ago, after she lost her husband.

"I wanted to give something back because I had lost my husband, and both of my parents had passed away in Singleton Hospital," she said.

"Being in the radiotherapy department, I enjoy when the patients come through their treatment, and they come into the tea bar to tell us, 'we have finished'.

"It is very satisfying to volunteer here, and you get to make friends with the people you work with. And, of course, you're helping people."

Ann Griffiths, from Swansea, has volunteered at Singleton Hospital for the last 14 years.

More recently she has helped to run the radiotherapy tea bar, as well as playing the piano on the dementia ward and helping on the hospital's front desk.

"Some patients can be a bit nervous coming in for their appointments but as soon as you start to talk to them, they become calmer," she said.

"The patients are so appreciative of being able to come in and have a cup of tea, especially as some of them come from as far as Milford Haven or Machynlleth.

"I get a sense of satisfaction helping people and calming them and just having a bit of banter with them."

Teresa Lewis, from Swansea, began volunteering at Singleton Hospital in 2019 and initially visited the wards selling items from the trolley but now helps to run the tea bar for three hours a week.

"We serve teas and coffees and sell jigsaws and books to help raise funds for the Swansea Bay Health Charity, as well as keeping the areas clean and tidy," she said.



Teresa Lewis, above, is just one of the tea bar volunteers. She is joined by others who play an invaluable role, including Ann Humphrey and Ann Griffiths (below)

"We don't just meet the patients, we meet their partners, carers and families, and we also get to know the staff too.

"If I can put a smile on someone's face, at the end of the day I feel like I've done something good."

Julia Griffiths, volunteer coordinator for the health board's volunteer service, said: "Our volunteers in the radiotherapy tea bar are a dedicated and passionate group of people who support patients and visitors during some of the most difficult times in their lives.

"Some of our patients have to travel quite a distance when coming for treatment and it makes all the difference to them when they are greeted by a familiar face with a cuppa and a smile at the ready."



# Mum's 'crazy' idea inspires unique surgical procedure

They reckon it takes a village to raise a child – and the same could be said when it comes to carrying out ground-breaking surgery.

Consultant plastic, reconstructive and breast surgeon Reza Arya undertook what is believed to be a world-first breast reconstruction procedure on Nicola Purdie at Swansea's Singleton Hospital.

And while the operation was a complete success, it was far from a solo effort, with Mr Arya keen to recognise the support of his colleagues – while Nicola has a special thanks for her clinical nurse specialist.

The married mum of two had cancer of the right breast in 2020 shortly after having her first baby.

Nicola had a bilateral mastectomy, or removal of both breasts, with immediate reconstruction using tissue from her stomach.

This is known as a DIEP – deep inferior epigastric perforator – flap.

The flap needs a strong blood supply, or else it will not survive. So the tissue carries its original blood vessels, which are then "plumbed" to the vessels in the chest wall using microsurgery.

All seemed well. But in 2024, while Nicola was pregnant again, the cancer returned in the skin of the reconstructed right breast.

The only option seemed to be to cut out the cancerous breast and resurface the skin defect using muscle and skin from her back.

But from a relative's unpleasant experience of this procedure, Nicola knew it was the last thing she wanted while raising two young children.

Instead, she came up with what she calls her crazy idea – removing the cancerous right breast and reconstructing it with the healthy DIEP flap breast from the left side.

Consultant plastic, reconstructive and breast surgeon Reza Arya is one of just a handful of experts in the UK who performs both cancer removal and microsurgical reconstruction of the breast.

In all his experience, he had not heard of a complete DIEP re-transplant having been attempted and did not know if it was possible.

But after long discussions with Nicola and conversations with other experts across the country, he finally concluded it was not such a crazy idea but could be the perfect solution to Nicola's unique situation.

And Nicola's faith in Mr Arya was justified. The seven-hour operation, to transfer the whole of the left breast flap and breast skin across her chest for a full reconstruction of the right, was a resounding success. Subsequently, tests on the surgical specimen showed a complete pathological response, indicating no residual cancer.

And although Nicola has been left with a flat left breast, this is only temporary. Once she has completed radiotherapy the breast can be reconstructed using an implant.

Before committing to the procedure, Mr Arya had

## World-first op after cancer return for Nicola



From left to right, breast care clinical nurse specialist Andrea Jones, patient Nicola Purdie and surgeon Reza Arya

several discussions with Nicola and with numerous experts across the country. But, he said, nobody was sure, describing it as uncharted waters.

"We didn't know if a re-transferred DIEP flap and the overlying breast skin would survive as one unit," he said. "We didn't know if the vessels were still running, whether the flap needed to be detached to be transferred and if so whether the vessels could withstand the microsurgery again."

With Mr Arya concluding the procedure could go ahead, and Nicola in full agreement, extensive surgical planning followed, with Mr Arya highlighting the support he had from colleagues.

"Nicola came up to Morriston and I asked one of our plastic surgeons, Hywel Dafydd, to have a look," said Mr Arya.

"He did the Doppler ultrasound to see if the vessels were actually still there and blood flowing through it. We did that scan again just before surgery, while Nicola was asleep.

"Pawel Pietrzak, one of the consultants here, is good with ultrasounds. He came to theatre to do that.

"He also scrubbed and assisted me for part of the operation." Mr Arya paid tribute to the contributions made by anaesthetist Tracey Wall, theatre team leads Sarah Thomas and Lisa Nation, scrub nurse Jason Davies and all the theatre staff. That day went

as smoothly as any other normal day because we planned and planned and planned," he said.

"It was very rehearsed for at least two weeks beforehand and it all went absolutely smoothly.

"A lot of credit should be given to my colleagues." Nicola, who is aged 38 and from Swansea, also praised her breast care clinical nurse specialist, Andrea Jones.

"Andrea has been with me since 2020, so to have the consistency of her care has been really incredible," she said.

"Andrea has become a friend. From a card through the door when the baby was delivered, I knew she would always have my back and have a laugh and a smile.

"It is the most awful experience and to try and make light of it and to try to think of silver linings is so important.

"Andrea's care has been incredible. She's always at the end of the phone.

"Always returns the call. And when I had my surgery she came to see me.

"She says it's her job, but she could quite easily have wangled out of that one.

"The chance to have informal conversations about whether this was the right decision for me has been so needed."

## New approach to caring for head and neck cancer patients

A new way of providing follow-up care for people recovering from head and neck cancer is being trialled in Swansea Bay.

Traditionally patients would be seen in regular clinics for five years after being treated, using up NHS resources and often involving long journeys.

Now, though, some have the chance to be in charge of their own health by deciding when they want their clinic appointments.

They are being educated about the symptoms of recurring cancer and if they have concerns they are guaranteed an urgent appointment.

The Cancer Institute at Swansea's Singleton Hospital is one of a number of UK centres taking part in a trial called PETNECK2.

So far, 26 people being treated within Swansea Bay for head and neck cancer have been recruited, with more expected to follow before the trial closes around this time next year.

One of them is 64-year-old Merv Williams from Pontardawe, who praised the "fantastic" treatment he had received following his cancer diagnosis in the summer of 2023.

"Joining the trial means I'm being proactive in my own healthcare," said Mr Williams, who is originally from London. "Plus it helps others. If there are positives to come from this trial, I'd be wrong not to do it."

Martin Rolles, consultant clinical oncologist at Singleton Hospital, said patients were randomised into two separate approaches.

"Half of them go on our standard follow-up, which is where we see them every few months for five years," he said.

"Half of them, if they're clear of cancer and clinically well 12 months after the end of their treatment, have a PET scan. If that's negative, then instead of being followed up in clinic, it goes to patient-led follow up.

"This means they have some education and they're then not seen routinely but they can phone up and access us directly at any stage if there is any concern.



Main image, Martin Rolles with research nurses Nia Viney, Funmi Kayode-Stephen and Emma Tretthewy. Inset, below, Mr Williams pictured using the trial app

"The reason this is important is because we use a lot of resources to see patients every few months



for five years. And it's a lot of time and effort for our patients, especially for those who are coming from a long distance. We treat patients from across West Wales, so some of them have a two-hour journey to clinic."

Dr Rolles explained that, if the cancer was going to return, it would most likely do so during the first 12 months after treatment.

The rate of new cancers and recurrent disease after that, he said, was low and most patients were getting on well.

"There are probably around 300 head and neck cancer patients a year in South West Wales, around 200 of which have chemotherapy or radiotherapy," he said.

"They are complex cases that require a lot of resource. So there's 200 patients a year but we're following them up for five years so there are actually many more patients in the system."

## Medical students gain insight into clinical trials



Pictured are just a few of the many Swansea Bay staff involved in clinical trials

Medical students are being given a unique insight into clinical trials that can transform the way patients are being treated.

They are being offered placements with clinical trial teams to give them direct exposure to this vitally important work.

Swansea Bay has an army of often unsung heroes working behind the scenes to find the new treatments and life-saving drugs of tomorrow.

The health board has a strong record in this field and is proud to highlight its brilliant researchers today, International Clinical Trials Day.

During 2024-25 alone, the health board's research portfolio listed 158 non-commercial studies, recruiting 2,538 patients, along with 40 commercial studies, with 153 patients recruited.

Some of the trials which have been publicised over the

last year include:

- Morriston Hospital participating in BACHb, a UK-wide trial to find the best treatment for poorly babies who need help with their breathing.
- Singleton Hospital's Cancer Institute's involvement with an international trial, Stampede, helping to revolutionise prostate cancer treatment. It will be involved in Stampede2 later this year.
- COLOSPECT, sponsored by Swansea Bay and funded by a Cancer Research Wales grant, which looks at the benefits of the addition of a simple blood test to the current screening for bowel cancer.
- CheckMate 067, again involving the Cancer Institute, which was a game-changer in treating metastatic melanoma – skin cancer which had spread around the body.
- Swansea Bay and Swansea University are also working on a blood test that could lead to the earlier detection and treatment of lung cancer.

## We All Belong

### Cae Felin visit a blooming marvel for Men's Health Forum

Did you know that Swansea Bay University Health Board has been working to give male staff a platform to tackle mental health and boost wellbeing?

Our Men's Health Forum has been set up to provide a response to the ongoing, increasing and predominantly silent crisis in the health and wellbeing of men.

The work follows the successful introduction of menopause sessions and cafés during recent years. Service feedback has indicated the need for additional proactive support for diverse groups of men working within the organisation.

The Men's Health group recently visited the Cae Felin Community Supported Agriculture project next to Morriston Hospital.

Cae Felin, a not-for-profit organisation, is based on land owned by the health board, with staff and the public giving up their time to grow crops and plant trees along with creating a space for nature and wildlife to flourish.

Mathew Tidball, Allied Health Professions Lead for Occupational Health and Staff Wellbeing, said: "We know that early identification and 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.

"As a group, we've previously visited Cae Felin and it was a big success in terms of the attendance



The Men's Health group during their visit to Cae Felin Community Supported Agriculture near Morriston Hospital

and what each colleague took from it. This visit proved the same. It was an opportunity to be outdoors, do something practical and chat about whatever staff wanted to discuss.

"It's hoped 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." Attendees were given a talk about the site by Will Beasley, a consultant upper gastrointestinal surgeon in Morriston Hospital and a director and grower at Cae Felin.

Then they helped plant crops and flowers before taking a break and chatting over a hot drink overlooking the seven acres.

## We All Belong... our commitment to accessibility and acceptance

Swansea Bay University Health Board has committed to improvements in service accessibility and acceptance for all.

We have set out what we want to achieve in We All Belong, a three-year Strategic Equality Plan based on the views of over 4,500 people, including patients and our staff, on their healthcare experiences.

We are committed to recognising everyone, whether patient, family member or colleague as an individual and helping them to access and feel they belong in our services and our workplace.

But you told us we have more work to do in this area, so our plan sets out the positive steps we are taking in response.

But why does this matter?

You told us that sometimes your differences made it more difficult to access healthcare or to fulfil your potential in our workplace, which can result in poorer physical and mental health.

And this does not just affect a minority. Most people have what is known as a protected characteristic under the Equality Act 2010. The nine protected characteristics are: age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex and sexual orientation.

Joanne Abbott-Davies, Swansea Bay's Assistant Director of Insight, Charity and Engagement, said: "A recent staff survey showed only 69 per cent of staff in Swansea Bay found the health board compassionate and inclusive and only 59 per cent thought the organisation respects individual differences.

"We All Belong is about starting to change that and making sure that we can all live as our authentic selves in an organisation which is compassionate and supportive, while celebrating that which makes every one of us different and unique."

When speaking to the public, patients, families and our staff, we heard how they felt there were barriers to them accessing services because of their protected characteristic(s) and they were made to feel different within our services. Upon hearing this feedback, we are determined to make every single person feel that they belong in all our services - whether as a service user, family member supporting them, or as a member of staff. This also applies to services we commission from other organisations for our population.

The health board is proud of its diverse workforce and champions the experience and skills of its multicultural staff. Indeed, healthcare studies show patients generally fare better when care is provided by more diverse teams.

Through our Strategic Equality Plan, the health board

has prioritised eight areas to concentrate on in 2025-26:

**Embedding equality considerations in all we do.**

**Addressing those things which will provide benefits across multiple protected characteristic groups**

**Anti-Racist Action Plan**

**Accessibility Standards**

**LGBTQ+ Action Plan**

**Women's Health Plan**

**Disability Action Plan**

**Pregnancy and Maternity**

Joanne added: "The Strategic Equality Plan will be delivered across the health board over the next three years, and we are all responsible for making sure that our commitment to equality, diversity and belonging is at the heart of everything we do.

"To support this we have organised our priorities into three categories - Strategic / Organisational Priority; General Priorities and Protected Characteristic Specific Priorities.

"It won't be a magic fix, but we can start to make a difference so that Swansea Bay is somewhere we all want to work and where we can make a positive difference to the lives of our patients, our colleagues and ourselves."

## Safe for summer

June 2025 ISSUE 15



Staff at one of the busiest emergency departments' in Wales are reminding people to enjoy the sunshine safely.

From sunburn to lawnmower accidents and cyclists coming a cropper, to barbecue burns, avoidable accidents tend to increase at this time of year.

Swansea Bay University Health Board recently launched a Safe for Summer campaign and Senior ED Charge Nurse, Tristan Taylor, has issued a plea for people to be aware of any possible dangers.

He said: "I love enjoying the sunshine as much as anyone but, unfortunately, every summer we see an increase in people coming to us having had an accident while out and about in sunny weather.

"We see quite a few DIY or garden-related accidents, with people falling off ladders or running over their feet with lawnmowers, as well as pedal and motorbike accidents at this time of year.

"Burns are another problem, whether they be from not using sunscreen in the sun or having an accident while barbecuing.

"The last thing we want to do is lecture people on how to go about their business but we do want them to enjoy themselves and remain safe."

Tristan added: "Last year, sadly, we saw an increase in drownings, so please swim safely and follow the advice such as avoiding swimming in reservoirs and look for beaches patrolled by lifeguards."

## How to stay safe when having fun in the sun

We've enjoyed plenty of dry weather so far this summer, so it's likely we've all had lots of opportunity to soak up some rays, or spend time outdoors working in the garden.

But while the last thing we'd wish to do is put a dampener on anyone's fun, it is really important not to overdo it and to protect ourselves against the dangers of over-exposure to the sun.

Skin cancer cases are currently on the rise and represent one of the biggest types of cancer being treated by health boards like Swansea Bay.

However, this really doesn't need to be the case and if you take some simple precautions, there's no reason why you can't still enjoy the sunshine.

Hannah Davies, pictured, a Macmillan skin cancer clinical nurse specialist with Swansea Bay, is an expert in the field of staying safe in the sun and has the following advice on how to look after yourself while also enjoying the summer months.

She said: "Solar ultraviolet radiation is known to be carcinogenic (to cause cancer) to humans and can pass through clouds, glass, and clothing.

"There are many misconceptions about sun exposure. For example, there is a belief that people with darker skin tones don't need to wear sunscreen. This isn't

correct, which is why giving people the facts about exposure to the sun as we enter the summer is really important.

"But the last thing I'd want to do is stop anyone enjoying themselves and making the most of the nice

weather. It's just about being aware of how to protect yourself whilst you're enjoying it.

"So my tips are to apply sunscreen around 20 minutes before going out in the sun to make sure you've got that really important 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 when you can, don't forget to wear protective clothing, hats and sunglasses, and apply a minimum of factor 30 broad-spectrum sunscreen.

Hannah's sharing SKCIN's top tips for staying safe in the sun over the coming months, which are:

- 1. SLIP on a t-shirt**
- 2. SLAP on SPF 30+ broad spectrum UVA sunscreen**
- 3. SLAP on a broad brimmed hat**
- 4. SLIDE on quality sunglasses**
- 5. SHADE from the sun whenever possible.**



### A new home for phlebotomy service

Morriston Hospital's outpatient phlebotomy service has been given a new permanent home.

Previously located on the right hand side, as you walked through the main doors, it can now be found to the left, opposite WH Smiths.

The service provides routine blood test appointments and same day (urgent) blood tests when required - these must be booked by the GP, hospital consultant or healthcare provider.

It is hoped the relocation, carried out under Swansea Bay's Capital Planning programme, will help facilitate a speedier service.

Katy Stableford, Assistant Divisional Manager for Clinical Support Services, Pathology, in Morriston Hospital, thanked the public for their patience.

She said: "Our service users have been very patient since the pandemic and our staff have been excellent at moving and adapting to different spaces on the hospital site. It is lovely to be in our new permanent home which is so much more convenient for the users of the service."

### New system to limit unnecessary procedure

Morriston Hospital's Emergency Department is taking action to limit the number of patients undergoing a routine, but uncomfortable, procedure - if it can be avoided.

A new traffic light system for using cannulas has been given the green light. These devices are inserted into a vein, usually in the back of a hand or arm, to take samples or supply liquids.

The new system follows a review within the department which identified almost a third of its patients were cannulated unnecessarily over a 24-hour period.

A poster has been designed to help clinicians make clearer and informed decisions in the fast-paced and pressurised environment of the ED. Stopping unnecessary cannulation will also reduce the risk of infections and inflammation from the procedure. Georgia Appolloni, Foundation Doctor, is leading the project. She said: "We are trying to eradicate the 'just in case' approach as the results showed that almost a third of patients were cannulated unnecessarily."

### Volunteers hit right note for Ty Olwen

The efforts of volunteers who braved Swansea Bay's waves have proved music to the ears of patients at Ty Olwen Hospice.

Six volunteers raised £2,000 to purchase an electric piano by committing to ten dips in Caswell Bay.

Volunteer Aly Loring organised the fundraising challenge at Ty Olwen, which delivers specialist palliative and end of life care.

Aly added: "The efforts of the volunteers in doing the challenge was amazing, and that was matched by the money raised - the money will be used for something else to help the patient experience in Ty Olwen."

# Rebecca's mealtime mission

A ward hostess is on a mission to provide patients who have swallowing difficulties with tasty, nutritious meals after seeing her elderly nan struggle to eat.

Rebecca Holt, who manages a meals service for patients on Morrision Hospital's Gower Ward, has put together a range of leaflets, an information board and a guidebook for colleagues, patients and their families to help them adapt to living with dysphagia, or difficulties with swallowing.

Around one in 25 people worldwide will experience dysphagia during their lifetime, with conditions like Parkinson's Disease, Multiple Sclerosis and Dementia commonly associated with swallowing difficulties.

But other people may have dysphagia as a result of a medical procedure like a tracheotomy and with time, should be able to fully recover their ability to swallow normally.

Whatever the cause, swallowing difficulties create real distress and discomfort for many people and making the right modifications to how meals and drinks are prepared and presented, including the correct thickness and texture, is essential.

Rebecca has worked closely with speech and language therapists (SLTs), who assess individual needs and then recommend a food texture or thickness for people with dysphagia. This has helped to ensure the resources she put together in her spare time are as accurate and informative as possible.

And after positive feedback on the impact of her work from patients, families and colleagues, Rebecca is hoping that her learning resources can now be rolled out more widely across the health board.



Rebecca, holding one of the guidebooks she has put together with her swallowing difficulties information board in the background

She said: "I love seeing the progression in the patients. It's so nice to see them happy and enjoying something with flavours they enjoy but can eat and manage comfortably.

"I feel really passionate about this, partly because my nan had dementia and as is often the case, it was

hard for her to swallow. I remember asking at her nursing home what she'd eaten on one particular day and they told me 10 packets of Quavers crisps.

"It breaks your heart. But of course, there are ways to prepare good food for people who find it hard to chew and to swallow and who find some textures difficult to manage." The IDDSI, or International Dysphagia Diet Standardisation Initiative, is a globally recognised framework which offers clear descriptions of texture modified foods and thickened drinks to help tailor meals to the specific requirements of what a patient can safely tolerate.

Difficulty with swallowing can lead to choking and aspiration of food (when it enters the airway, potentially causing infection), so it is essential guidelines on texture are followed precisely.

Rebecca's work is helping to improve awareness and understanding of dysphagia and importantly, how to approach modifications to ensure patients are able to eat the foods which will help them recover and to increase their energy levels.

Rebecca added: "My role as ward hostess is to manage pretty much everything to do with food, such as ordering and making sure there are enough things like snacks available. It can be hard because sometimes people really don't want to eat.

"But it's clearly so important for them to get the nutrition they need, it has a massive bearing on recovery.

"We know patients need to get up and moving as soon as possible after procedures and treatment, they often need to get out of bed for physiotherapy. But if you're struggling to eat and get the nutrition you need it's going to be harder to get up and about. It's fundamental."

"During the session, the MS Society had a stand and were asking about activities that we always wished we had taken up."

Anita joked that she had always wanted to learn how to surf but is now doing exactly that after being signposted to adaptive lessons.

She added: "They told me about the surf school in Pembrokeshire which provided adaptive lessons.

"They arranged a session for me, and it was well organised and gave me an amazing opportunity.

"I had a glorious time and thoroughly enjoyed it. I'm going to have more sessions."

The 'living well with MS' sessions were introduced to help existing patients up to date with the latest information about the condition.

Dr Owen Pearson, consultant neurologist at Morrision Hospital, said: "We have been running the newly diagnosed sessions for many years but MS is a constantly evolving area. mWe were conscious that patients with existing MS were being left behind in their information needs."

## Educational sessions help to inform and inspire people living with MS

People with a lifelong neurological condition have been inspired to return to work and try new hobbies thanks to educational sessions run by a specialist team.

The sessions are for people with multiple sclerosis (MS) and provide a chance to understand more about the condition and its management.

There are two types of sessions – one for people with a new diagnosis and another for more established patients, called 'living well with MS'.

The newly diagnosed information sessions are delivered as part of a collaborative project between Morrision Hospital's specialist MS team, the MS Society and Swansea University.

Staff provide information, advice and support to MS patients and their families and carers at and around the time of their diagnosis.

As well as educating patients about the condition, the sessions also provide the opportunity to meet and get to know the MS team.

The living well with MS sessions are similar and allow

staff to discuss advances in treatments, research, symptom management and any support patients feel they need.

They also provide an opportunity for people to speak to others with similar experiences to them.

Anita Hicks, from Cresselly in Pembrokeshire, attended a session after being diagnosed with the condition 20 years ago.

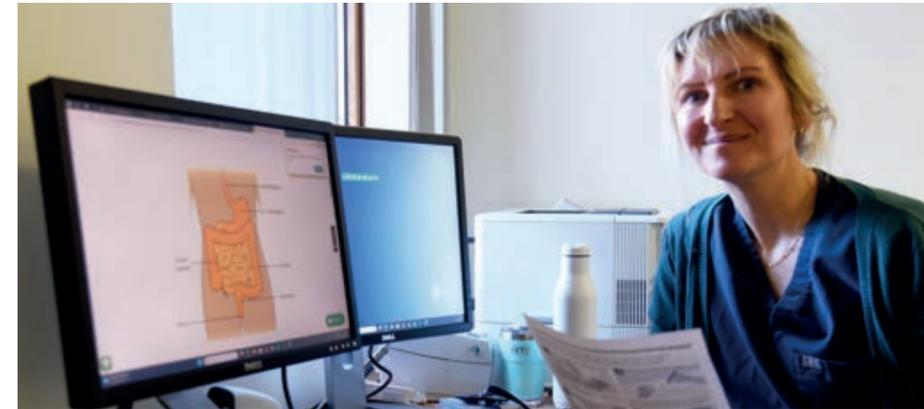
She continued to work part-time as a nurse until her recent retirement in September.

"Before I was diagnosed, I was really tired and had tingling in my legs," the 66-year-old said.

"I went to the doctors and had some tests and a CT scan and eventually I was told it was MS, and I was transferred to the team in Morrision.

"I am a part-time wheelchair user, and MS affects my mobility and general wellbeing.

"The MS team asked me to come along to one of the 'living well with MS' sessions, so my husband and I went and found it thought provoking and extremely useful.



Dr Gemma Eccles, Swansea Bay's primary care cancer clinical lead

## GPs urging patients to take up home test

People with potential bowel cancer symptoms are being urged to take a quick test at home which could help rule out the disease much sooner.

Patients experiencing symptoms which could be seen as a sign of the disease will be asked by their GP to complete a stool test, which will arrive at their home by post. Known as a Faecal Immunochemical Test (FIT test), patients can complete the test in the comfort of their own home before sending it off in the post.

The simple test checks for blood in the poo and helps to screen patients who may be at risk of bowel cancer.

Dr Gemma Eccles (pictured), Swansea Bay's primary care cancer clinical lead, said: "Under national guidance, patients with a symptom that could be related to bowel cancer should complete a FIT test before being referred to secondary care.

"Of course, there are some symptoms that don't need a FIT test before a referral can be made, for example, if a mass has been found by a GP.

"The test acts as a way of screening and triaging

patients to help determine if they are at low risk, if they need to be seen more urgently or not at all.

"The test is exactly the same as the bowel screening test, which goes out to people aged between 50 and 74, except it is for people with symptoms.

"We as GPs request the test for them and it is sent to their home in the post."

Despite initially seeking help from their GP practice for their symptoms, a number of people do not end up completing the FIT test.

Gemma stressed the importance of doing the test and how not completing it could lead to a potential delay in diagnosis.

"These tests have been used nationally for bowel cancer screening for years and there has been a lot of research into why some people don't do it," she said.

"But we are using them for people who have gone to their GP because they are worried about a symptom, yet some still don't do the test. Not doing the test can delay a potential diagnosis."

## Mental health boost for children and young adults

An innovative community-based service is helping to boost children and young adults' mental health and wellbeing.

The community psychology service sees psychologists work with dedicated community partners to develop a psychological understanding of needs and factors impacting on the mental health and wellbeing of people living in each area.

It was introduced last year to help provide prevention and early intervention to meet psychological needs early, work with partners to improve community resilience and intervene with wider factors that impact mental health and wellbeing.

After initially being launched in the Cwmtawe Local Cluster Collaborative (LCC), it has since extended

to the Bay Health LCC which covers areas including Sketty, Uplands, Killay, Mumbles, Gower and the university campus. The community psychology service consulted with 76 parents who live within the health board area regarding their perinatal needs.

The findings resulted in the development of a new parent and infant emotional wellbeing group which will be introduced in the community, as another way of providing

early and preventative support to families in the area.

Community psychologist within Bay Health LCC, Dr Laura Davies, said: "We asked new parents directly what they thought they needed and would help them.

"Based on that feedback we are going to run a parent and infant emotional wellbeing group."



Sharon Miller, Associate Services Group Director for primary and community services, Dr Laura Davies, community psychologist for Bay Health LCC, and Dr Nicola Jones, Bay Health LCC lead

## Mosque link-up's a real bonus for diabetes screening

A new screening project has been helping to identify and support people at risk of developing a chronic condition.

Over the last year, staff from the City Health Local Cluster Collaborative (LCC) have been working closely with Swansea Mosque to help identify people who are either pre-diabetic or have undiagnosed diabetes.

A team from SA1 Medical Centre, in St Thomas, have been using a point of care finger prick test to provide an instant average blood sugar level reading, known as a Hba1c.

Following the screening, all information, with the individual's agreement, is shared with their GP, so the relevant follow-up can take place.

Caroline Ashwood, an advanced nurse practitioner at SA1 Medical Centre, said: "We work on the same floor as the paediatric diabetes team, and they use the testing process for their consultations.

"It was this that gave us the idea and allowed the assertive outreach to take place.

"Swansea Mosque is based within our LCC, and it is one of the largest in the UK with around 10,000 members, so this was a great opportunity to bridge health inequalities.

"The team at Swansea Mosque were equally proactive in working together. They set up the online booking system and supported us on the screening days we have already carried out.

"Three screening days have taken place and approximately 140 individuals have been screened for diabetes, blood pressure, weight and atrial fibrillation."

Around a fifth of the people screened so far have been identified as pre-diabetic, with a further three being diagnosed as diabetic, which they were unaware of.

Dr Wynn Burke along with Dr Eleri Howells, Dr Pam Brown – all GPs at SA1 Medical Centre – and Caroline have worked voluntarily on the project.

Dr Burke said: "Our practice population includes a significant Asian community who are known to be at higher risk of diabetes from a much younger age. We do a lot of diabetes screening in high-risk individuals as part of our normal practice. However, the percentage of our practice population with a diagnosis of Type 2 Diabetes remains below the expected ratio, therefore we sought to reach out and bridge potential health inequalities.

"This has been a positive experience and greatly welcomed by everyone in the mosque."

Rhys Jenkins, City Health LCC lead, said: "City Health LCC is proud to be able to support the delivery of this project.

"We are driven to reduce health inequalities for our diverse population. We hope to build further on this excellent project."

## What's on

### Dates for your diary

June 25

**Inoculation Injury Awareness**  
10.30-11am on Teams.  
This session is open to all employees and managers and will provide you with information surrounding the risks of inoculation injuries, actions to be taken in the event of an inoculation injury, and the next steps following the incident. For more details, please email SBU. [OHWBTraining@wales.nhs.uk](mailto:OHWBTraining@wales.nhs.uk)

June 25

**Menopause Cafe, Singleton Hospital**  
2-3pm  
Chapel, Singleton Hospital. Menopause Cafes are inclusive events, open to all SBU staff interested in the menopause: all genders and all ages welcome. There is no agenda. It is a safe environment to chat with colleagues for support. Contact [sbu.ohwbtraining@wales.nhs.uk](mailto:sbu.ohwbtraining@wales.nhs.uk) regarding booking your place.

June 30

**Fundamentals of tissue viability (adult RGN, RMN event)**  
9-5pm, Singleton Hospital. To provide staff opportunities to benefit from shared experiences and to challenge, improve and confirm existing practice. Book your place via Eventbrite ... <https://www.eventbrite.co.uk/e/fundamentals-of-tissue-viability-swaneasa-bay-uhb-adult-rgnrmn-event-tickets-0285052209?aff=oddtcreator>

July 9

**Muddy steps to wellbeing**  
Cae Felin, Rhydypany Rd, Swansea SA6 6NX  
9.30-11am.  
This is an outdoor session based at the Cae Felin site near Morriston hospital. The session aims to support Swansea Bay staff members, students and volunteers to develop outdoor-based mindfulness techniques that can be used in day-to-day life. If you have any queries, please email SBU. [OHWBTraining@wales.nhs.uk](mailto:OHWBTraining@wales.nhs.uk)

July 10

**Fraud Awareness**  
12.30-1.30pm, Neath Port Talbot Hospital lecture hall. To secure your place at this event, please book by using the following web address: <https://forms.office.com/Pages/ResponsePage>.

July 15

**Counter Terrorism Training course**  
10-12pm, boardroom, SBUHB Baglan HQ. Course is aimed at delivering action counter terrorism (ACT), 'face to face', to specific groups, (Strategic, tactical and Operational) of identified health board personnel.

July 16

**Loggist training**  
1-4pm. Millennium Room, SBUHB Baglan HQ

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

## Truck pull is back!

Fancy a real challenge... all in a good cause? Think you've got what it takes to pull a truck?

If yes is the answer to the above questions, why not join in the fun at our Swansea Bay Health Charity AT Morgan's of Swansea Truck Pull event in September.

We're currently looking for teams to take part in this fantastic event which last year raised close to £5,000 to support vital health board charity projects which improves the lives and experiences of both our patients and staff.

You'll need a team of four, willing to have a go at pulling a truck for 15 metres. But if that sounds too much like hard work, why not come along anyway and cheer on the teams?

There are open and all-female team events and prizes on offer for the teams which complete the pull in the fastest times. There'll also be raffle draws, food stalls and lots of family fun.

All proceeds from the event will go towards our Swansea Bay Health Charity's Going the Extra Mile for Cancer Appeal, which is raising much-needed funds to help make a real difference to the lives of our patients at the South West Wales Cancer Centre. The event takes place at the Shell Oil Terminal, Elba Crescent, Swansea, on September 7th. To take part or find out more, use this web address: <https://swanseabayhealthcharity.enthuse.com/cf/at-morgan-s-swanea-truck-pull>

## Charity and events



Some of last year's riders, pictured about to cross the finishing line. Meanwhile Lord Mayor of Swansea, Councillor Cheryl Philpott, is pictured below (centre), with Swansea Bay Health Charity support manager Lewis Bradley (left)

## Still time to saddle up for Jiffy's big bike ride

We're edging closer to this year's Jiffy's Cancer 50 Challenge bike ride, but there's still time to sign up and get some miles in your legs ahead of this fantastic event.

The Cancer 50 Challenge ride covers 50 miles between Cardiff and Swansea, raising funds for two fantastic causes - Velindre Cancer Centre in Cardiff and our own South West Wales Cancer Centre at Singleton Hospital.

Welsh rugby legend Jonathan 'Jiffy' Davies leads the event, which this year takes place on August 17th (starting from Cardiff City Stadium and ending at Bracelet Bay), with the ride now in its fifth year.

In 2024, more than 340 riders saddled up for the annual Jiffy Cancer 50 Challenge raising more than £40,000 for cancer services in South Wales and led by Welsh rugby icon Jonathan 'Jiffy' Davies, this year's ride will be the fifth in a row. Last year smashed the £250,000 mark, but we're inviting you to help us take things to the next level for Jiffy's Cancer 50 Challenge 2025! Are you in?

In 2024, over 300 cyclists took part - the largest number so far - raising a total of £40,000 and last year also saw the event race through the £250,000 barrier for fundraising since the event's launch.

So if you'd like to saddle up and raise some much-

needed cash for two brilliant causes go to our enthuse page online here: <https://swanseabayhealthcharity.enthuse.com/cf/jiffy-s-cancer-50-challenge-2025>

Meanwhile Swansea Bay Health Charity's efforts to raise funds to help support local cancer care have received another significant boost. Lord Mayor of Swansea, Councillor Cheryl Philpott, has made our Going the Extra Mile for Cancer appeal her chosen charity during her one-year term of office.



The appeal aims to raise £200,000 to support patients and staff at the South West Wales Cancer Centre.

Run by Swansea Bay University Health Board, the SWWCC provides a range of life-saving NHS treatments such as radiotherapy, chemotherapy, and immunotherapy.

Councillor Philpott, who has represented the Sketty Ward since 2004, explained why she chose Going the Extra Mile for Cancer as her charity.

"It's because cancer does not discriminate, not by postcode, gender, age or religious belief," she

said.

"I'm certain most of us know someone who has been affected by it or know families who have lost loved ones."

Swansea Bay Health Charity, the health board's official charity, launched the appeal last September to coincide with the SWWCC's 20th anniversary.



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: <https://swanseabayhealthcharity.com> (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)