

Communications Bulletin

Welcome to the weekly communications update

In this issue:

Cwm Taf Morgannwg University Health Board has successfully appointed a new Chief Executive

Paul Mears will join the UHB in September and brings a wealth of experience to the role, having previously been CEO of Yeovil District Hospital NHS Foundation Trust, the Chief Operating Officer at Torbay Hospital and Director of Operations of Torbay Care Trust. Read more [here](#).



Director of Corporate Governance and Board Secretary

We've also announced the appointment of George Galletly as our Director of Corporate Governance and Board Secretary. For more info go to our [staff Facebook page](#).

CTM Teams briefing

Thank you to members of staff who joined our first staff briefing via Teams last week. You can find the recording on [SharePoint](#) or on the [staff Facebook group](#).

Working from home

Staff wellbeing and safety remains a key priority for us. Staff who can fulfil their roles by working at home, or flexibly, are still encouraged to do so. If you have questions or queries about this, please speak to your line manager.

CTM in the media

["Coronavirus: How Merthyr is above Leicester as Covid-19 hotspot"](#)

CTM values and behaviours

Over 1400 staff members participated in a staff survey relating to CTM's values and behaviours. The survey responses are currently being analysed. [Read more here](#).

Changes to lockdown regulations

Keep Wales Safe



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Outdoor visitor attractions open, if stay local is lifted

Self-contained accommodation open *

Pubs, bars, cafes and restaurants to open outside *

* Subject to outcome of the next review of the coronavirus regulations on 9 July



Diogelu Cymru gyda'n gilydd
Together we'll keep Wales safe

This week marks another easing of lockdown restrictions in Wales as the five mile travel rule is no longer in place and two households can now join together to form a social bubble. While this will be welcome news for many of us who need to travel further to see our loved ones, please continue to think about measures such as social distancing and good hand hygiene to continue to reduce the spread of the virus.

Test Trace Protect

If you test positive for COVID 19, you will be asked for details for people you have come into contact with 48 hours before the onset of Coronavirus symptoms to seven days after. Staff FAQs are [available here](#).

Testing: CTM staff

As a member of staff you, and all members of your household, can request a COVID test at one of our test centres if you are suffering any symptoms of Coronavirus. Find more [info here](#).

To book a test contact: **01656 752993**

Antibody Testing

Welsh Government is taking a phased approach to antibody testing for healthcare staff in Wales. This is already underway in CTM, and as this testing is rolled out further, information will be shared on how to access the test. [Read more here](#).

Live Fear Free

Live Fear Free can provide help and advice to:

- Anyone experiencing domestic abuse;
- Anyone who knows someone who needs help. For example, a friend, a family member or colleague;
- Practitioners seeking professional help.

All conversations are confidential and are taken by staff that are highly experienced and fully trained.

Find more info, [here](#).



Live Fear Free Helpline
0808 80 10 800

Kindness at CTM

Have you been affected by an act of kindness at work? How did it affect you? Please get in touch with the communications team at CTT_news@wales.nhs.uk including your name, contact details and photos.



Celebrating Diversity across CTM

CTM has a LGBT network called Ffrindiau which regularly holds education and social events.

The dedicated email for guidance and support is CTT_Diversitystreet@wales.nhs.uk

CTM is also currently developing a Trans Toolkit, ready to launch in late August, to help our staff better understand Trans patients.

Notify ICT of any planned move

Please ensure that any requests to relocate ICT equipment are logged with the ICT department. Contact ICT Help Desk:

- **Phone** : (From within sites on extension 28393) or mobile phone on **01685 728393**
- **Email** : CTT_SERVICEDESK@WALES.NHS.UK
- **Web-portal** : Follow the link to "[ICT Help Desk](#)" on the intranet home page

Latest Statistics

SharePoint Hits

Since Launch - 481,384

June 26th to July 2nd - 16,599

Top 5 performing sections this week

- Latest Staff Message - 9,269
- Performance and Information - 640
- ICT - 476
- COVID Clinical Hub – 416
- Health & Safety – 397

Internet Hits

- News section - 2068
- Main COVID19 page -849
- Wellbeing Hub – 250
- Community Support Hub - 106

Social Media

- Facebook (CTM corporate page) - 97.5k reach this week
- Staff Facebook group - 7,431 members +17 Members this week
- Twitter – 13,000 followers +2400 since March 25th

Wellbeing Support



VIVUP - Employee Assistance programme

There is a dedicated Employee Assistance Programme called VIVUP. The 24/7 helpline ensures that help is available to all of our employees. VIVUP provides a range of information and practical support for problems at work and home including:

**Anxiety | Bereavement | Stress | Depression | Workplace Issues | Trauma | Relationships
| Finances | Family Difficulties**

To access VIVUP, call **03303 800658**

Staff Wellbeing Portal

[Click here](#) to access the full range of support services available including:

- Recommended free apps;
- Wellbeing blogs on a range of COVID related topics
- CTM mindfulness
- Access to a number of other useful resources



Other support helplines (free)

1. Welsh Government Mental Health Support:
Call **0800 058 2738** or email HHPCOVID19@cf.ac.uk
2. NHS staff helpline: Call **0300 131 700** or text FRONTLINE to **85458** for support 24/7 via text.

Wellbeing blog

Staff wellbeing remains a priority for all of us, and there are a range of tools and resources to help with this. Dr Clare Wright, Clinical Psychologist for CTM and Wellbeing Lead, has published her [latest blog](#) to the [wellbeing portal](#) Life after Lockdown – Keeping Things Simple. This is one 16 blogs now available, covering a range of COVID-related topics, including returning to the workplace, coping with COVID fatigue and staying sane during COVID.

Media interviews

A polite reminder to staff that our policy for media enquiries is that they should be passed on to the communications team as soon as the approach is made. The team will then discuss the request with the journalist. Many staff are being approached directly via social media and if this happens please contact the communications team prior to agreeing anything with the reporter. The team can be contacted at CTT_news@wales.nhs.uk. Thank you.

Key Communication Contacts

Interim Head	Interim Assistant Head	
Julia Sumner	Natasha Weeks	
Julia.Sumner@wales.nhs.uk	Natasha.Weeks2@wales.nhs.uk	
POW	PCH	RGH
Debbie Owen	Sharon Draper	Alex Harden
Debbie.Owen2@wales.nhs.uk	Sharon.Draper@wales.nhs.uk	Alex.Harden@wales.nhs.uk
Community Sites	Primary Care	
Rebecca Lees	Andrea Law	
Rebecca.Lees@wales.nhs.uk	Andrea.Law@wales.nhs.uk	

Extended Contacts List

Area	Contact
Field Hospital	Alex Harden
Test Trace Protect / staff testing	Alex Harden / Julia Sumner
Primary Care	Andrea Law
CTM social media	Sharon Draper
A&E Communications	Sharon Draper
Donations	Debbie Owen
Wellbeing / CTM values and behaviours	Natasha Weeks / Rebecca Lees
Workforce & OD	Natasha Weeks
SharePoint	Karl Carpenter
External CTM website	Teri Doyle
#WeAreHereForYou	Andrea Law
#KindnessMatters	Rebecca Lees