



# Cardiff & Vale enhancing biodiversity

Cardiff and Vale University Health Board is working to increase biodiversity and address the climate and nature crises through their estate, while also improving the mental health and well-being of their staff, patients and community. From developing innovative spaces like Our Health Meadow - Ein Dôl Iechyd at its University Hospital Llandough site where they are collaborating with partners to establish an ecological community health park that will enhance biodiversity and help reconnect people with nature; to their Critical Care units planting trees to offset carbon emissions and clinicians reducing emissions through the supply chain; to organising a Green Health conference to encourage others to take part in this work, they are finding new and bold ways to address the challenges facing our current and future generations and contribute to the vision of the Well-being of Future Generations Act.

# Contributes to:



# The Future Generations Commissioner's advice:

The [Future Generations Report 2020](#) recommends that public bodies:

- Prioritise opportunities to work in partnership on primary and secondary preventative activities.
- Consider their role in a national wellness system.
- Use their land holdings to maximise its biodiversity value.
- Increase awareness and understanding of the natural environment amongst their staff.

The Commissioner's feedback to Cardiff and Vale University Health Board from her monitoring of progress noted:

- "We are keen to see how you are working with partners to address the broader determinants around health and well-being."
- "It would be helpful to understand more about your thinking about the natural environment in terms of how you can be a great place to work."



# Our Health Meadow - A Sanctuary for nature and people

- A collaboration between Cardiff and Vale University Health Board and Cardiff & Vale Health Charity
- Turned the grounds of University Hospital Llandough into a green space for well-being;
- Collaborating with a number of partners to create an accessible green space for staff, patients and the community;
- Natural Resources Wales provided bird and bat boxes;
- Activities in the gardens, such as garden and art therapy, food events and music concerts;
- Space will be used by service users to grow food to be used in meals at the hospital;
- There will be volunteering for patients to help rehabilitate and strengthen their skills as part of the recovery pathway;
- Planting memorial trees for staff that have passed away;
- Working with schools to reconnect children with nature and contribute to eco literacy.

**“The first time I went in to the garden I was overwhelmed with tears and a sense of relief and excitement that there was somewhere to go other than the ward.”**



Source: Cardiff & Vale UHB

## The Well-being project

- Introduced a bee hotel and bee-hives on the roof of the hospital to enhance biodiversity and increase eco-literacy among staff and visiting people;



- So far, the project has been a massive success and more staff will be trained;
- Plans to introduce more bee hives at the Meadow and potentially in other hospitals.



Source: Cardiff & Vale UHB



# Our Health Meadow - Community involvement and payback

- Cardiff & Vale Health Charity, together with Down to Earth, carried out extensive involvement to ensure that the views of the community are reflected in the project.
- The local community has also been involved through volunteering so that people can feel ownership of the Health Meadow, together with NHS staff and patients;
- People from across Cardiff and the Vale have attended as part of Corporate social responsibility.



Source: Down to Earth

- The Charity is also in collaboration with Wales Probation Services, providing young offenders with the alternative of working in nature either in teams or on an individual placement;
- Responsible for creating an entrance to the site, construction of a new gate and clearing unwanted vegetation and green waste;
- This will teach the young people green skills, help them reconnect with nature and improve their mental health.



## A Sustainable Healthcare approach

- A core group of clinicians began building links between like-minded colleagues and the Health Board's corporate departments like waste, estates, energy to ensure an **integrated** approach to decarbonisation;
- Switching to cheaper anesthetics with a lower carbon footprint;
- **Collaborating** with the Medical Faculty to bring sustainable healthcare into schools and promote **long-term** eco literacy;
- Identified gaps between the amount of nitrous oxide the health board buys and uses, and currently looking at practical measures to eliminate the gaps, meanwhile investigating lower carbon alternatives and gas capture technologies to **prevent** waste;
- Now recruiting a Sustainability Manager to work on their Sustainable Development Management Plan;
- **Collaborating** with colleagues across Wales on a Green Network to grow this work and share good practice.



## Green Health Wales Iechyd Gwyrdd Cymru



Source: Cardiff & Vale UHB

**~90%** reduction of the  
**environmental**  
**impact of anaesthetic gases at**  
**Cardiff and the Vale University**  
**Health Board**

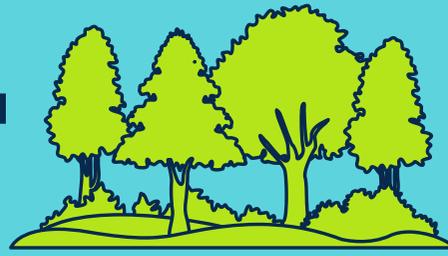


# Roots of Hope - Gwreiddiau Gobaith

- The Critical Care Unit wanted to have a positive project during the COVID-19 pandemic and began planting trees to offset their emissions;
- **Collaboration** with the Stump Up For Trees charity;
- The trees are to commemorate all the patients and their families the unit cared for during the pandemic;
- Trees were planted on farmland given by a farmer, John Morris.

# 1000

**trees were planted  
in March in  
Crickhowell**



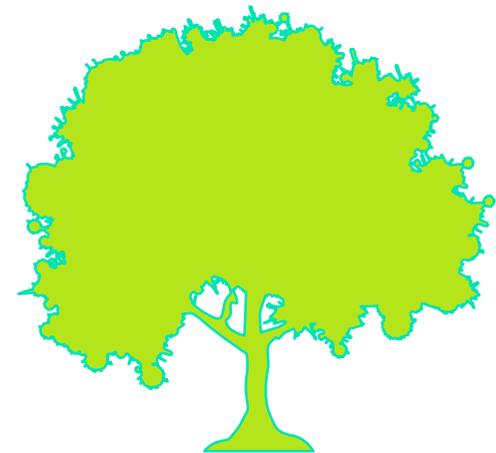
- The project was funded by staff, patients, families and people who wanted to help and the unit hopes to grow it in the future;
- Staff hope that this is just the beginning and in the **long-term** they wish to calculate the unit's carbon footprint and become carbon-neutral and even carbon-positive;
- The whole unit was **involved** in naming the woods in Crickhowell and the name that was chosen is Roots of Hope - Gwreiddiau Gobaith, which will be translated in the native languages of all staff members.



Source: Cardiff & the Vale UHB



Source: BBC Wales



# Increasing green space across the Health Board

## Horatio's garden

- Uses green space to help with the healing process or provide distraction to those receiving care;
- Located at University Hospital Llandough's Welsh Spinal Cord Injury Rehabilitation Centre under the 'Rookwood Scheme';
- Driven by donations and is supported from people across Wales, including a past patient;
- Working with of award-winning Welsh designer Sarah Price.

## CRI - Urban Garden

- Most recently the health board were successful in their application for an urban garden package from Keep Wales Tidy;
- The award will be used to create a green space within the grounds of Cardiff Royal Infirmary;
- The package will include a number of wildflower, climbing and fern plants, a bug hotel, tools etc;
- On trend with global initiatives to green towns and cities within the health board's footprint.

## St David's Hospital Garden

- Connecting patients and staff with the outdoors;
- Located at St David's Hospital, outside Elizabeth Ward;
- The updating of this area was to provide a placid environment for both patient and visitors.

## Hafan-Y-Coed Garden

- Hafan-Y-Coed adult mental health unit are shortly due to create a garden for patients to enjoy;
- The area of the 'Cwtch Garden' designed to house a mural which will be created by items that have been donated.

## No Mow May

- Came about as a result of a dry May in 2020, which had an adverse impact on plant life and affected wildlife, such as butterflies, moths and bees;
- The health board stopped cutting grassed areas during May to support early season pollination.



# Approach

## Challenge

Improving the mental health of staff and patients; reconnecting people with nature; enhancing biodiversity; preventing rather than treating ill health.

### Prevention

- Focus on good health and well-being
- Improving mental and physical health
- Visits from schools to enable children to learn more about health and well-being
- Preventing waste

➤ **Contributes to A Healthier and More Equal Wales**

### Collaboration

- The Charity managing Our Health Meadow is collaborating with Natural Resources Wales, Down to Earth, the Probation service, local schools and others
- Collaborating with other public bodies and sustainable healthcare groups in Wales
- Working with charities to plant trees

➤ **Potential to contribute to all 7 goals**

## What next?

- Plan to add a building at the Meadow and bring along organisations specialising in mindfulness and well-being to do sessions with locals, staff and potentially patients.
- Planning to add more bee hives, as well as replicate the well-being project in other hospitals.
- Bringing in a sustainability manager on board to work on a strategy.
- Urban garden to be developed at Cardiff Royal Infirmary following a successful bid with Keep Wales Tidy.
- Providing well-being in nature days for staff on Our Health Meadow site, facilitated by Down to Earth.
- Committed to increase the planting of trees within Health Board estate to link with the Queens Green Canopy project.

### Long Term

- Addressing long-term challenges like climate change, biodiversity loss and poor health
  - Improving eco-literacy through work with Medical Faculty and local schools
- **Contributes to Prosperous, Healthier, Resilient, and A Wales of Cohesive Communities**

### Involvement

- Community has been very involved with the meadow project from the very start
- Many local residents volunteer at the health meadow
- Involvement from staff and patients
- Involvement exercise done by Down to Earth to inform the vision for the site

➤ **Contributes to Cohesive Communities and Healthier Wales**

### Integration

- Contributing to multiple goals and objectives (see page 2)
- Integrated effort between departments
- The future Sustainable Development Management plan to integrate all of this work

➤ **Potential to contribute to all 7 goals**

