



YSBYTY YSTRAD FAWR Bulletin - January 2010

Healthy Hearts for Construction Workforce



The Project Board has supported and agreed plans to implement a cardiovascular health assessments project on the construction workforce, with the healthy hearts team starting screening on site two days a week from the 3rd week of January 2010.

More than 350 workers on the site are being offered basic health assessments in a bid to promote healthier hearts. Starting at the end of January, the health assessments project will be undertaken by Caerphilly Local Public Health Team in partnership with BAM Construct UK, the company responsible for building Ysbyty Ystrad Fawr.

The predominantly male construction and engineering workforce will be able to refer themselves for an appointment at the clinics, which will run two days a week on site, with nurses from the borough's Healthy Hearts team providing cardiovascular and lifestyle assessment.

Looking at lifestyle factors such as smoking, diet, drinking and exercise and measuring blood pressure, weight, Body Mass Index (BMI) and waist circumference, the health assessments project will identify individuals who may be at risk of long term health related conditions and provide advice on changes that can be made for a healthier lifestyle.

Depending on the results, nurses can refer people to local projects, including smoking

cessation groups and gyms, and, in extreme cases, will advise them to visit their GP or Practice Nurse for follow-up. 'Healthier option' posters are displayed in the canteen and coffee areas.



Pictured above Simon Davies, ABHB (left) and Andrew Cavil, BAM (right) with the Healthy Hearts occupational nurses.

Site Update

During the last few weeks construction progress has been slow due to the Christmas holiday period and extremely adverse weather being experienced.



This has resulted in the construction programme being behind on the external building envelope, which has had a consequential impact on some internal works. The delay is being reviewed and monitored over the next few weeks with a view to mitigating the delay effects by rescheduling some construction activities.

CAERPHILLY COUNTY BOROUGH HOSPITAL & COMMUNITY SERVICES PROJECT

Temporary heating has been installed throughout some construction zones to enable progress of the internal works.



Voice FM Internet Radio Station



www.voicefm.co.uk is the home of the official radio station for the Caerphilly County Borough - Voice FM - giving you with the best mix of music and chat, 24 hours a day, every day of the year! What's more, they're Community NOT Commercial. Community radio is a fresh alternative to Commercial radio - more music, less ads and it has real local identity. Community Radio also means that you can become directly involved in the station - as a presenter or behind the scenes as a volunteer. So, welcome to what truly is your radio station!

Listen every Monday to hear broadcasts about the progress of Ysbyty Ystrad Fawr and health promotions news from Aneurin Bevan Health Board.

Single Ensuite Bedroom Mock Up Video Online

For those who were not able to attend to view the single ensuite bedroom mock up at Ystrad Mynach, you can now view a video online by on the following link:

<http://www.clinicalfuturesgwent.wales.nhs.uk/yyf.aspx>

Key Project Milestones



External Envelope Cladding (building watertight)

- Zone A Complete
- Zone B Complete
- Zone C Complete
- Zone D Complete
- Zone E & Main Entrance February 2010

Hospital Go Live

Autumn 2011



BAM Construction will always endeavour to minimise any disruption that our construction works may cause amongst our neighbours. However, if you have genuine concerns with the regard to what is happening at the site, please come to the site offices and speak to the site team or phone BAM on 01443 863940.

AS ALWAYS YOUR VIEWS ARE IMPORTANT TO THE PROJECT TEAM

IF YOU HAVE ANY QUESTIONS OR WANT TO GIVE FEEDBACK ON THE PROJECT PLEASE DO NOT HESITATE TO CONTACT US

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