



Official NHS Charity (reg no. 1057902) for the Powys Teaching Health Board. **PTHB Charity** was established to support PTHB staff and patients and to improve the health and wellbeing of Powys.

We're looking for feedback!

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As the Summer draws to a close, we hope you've had the chance to take a break and enjoy the sunshine. The Charity team has used the past few months to plan ahead and we have been studiously working with our stakeholders to build a new PTHB Charity strategy. Our goal is to ensure it reflects the expectations of our audiences (that's **you**) and we need your help to make sure we're on track. [Head over to our new Sharepoint site](#) (more on that below) to take a look at our ideas for the Charity over the next few years and have your say on what should be included.

There's lots to look forward to over the next month, including the wonderful Diolch Powys staff celebration event taking place on the 16th September. PTHB Charity is delighted to have been able to support the event with additional funding and we hope you've applied for an invite (if not you can do so here). We hope to see you there!

Abe Sampson

Charity Manager

BOOKS ABOUT CANCER

@ PTHBCharity

Thanks to a grant from Powys Teaching Health Board's Charitable Fund, Powys Libraries have purchased four sets of around 50 books about cancer which are recommended by Macmillan Cancer Support professionals.

The four sets will be available across all libraries but kept in Y Lanfa (Welshpool), Newtown, y Gaer (Brecon), and Llandrindod Wells.

If you or a loved one are living with cancer you can borrow any of the books by...

- going online and reserving the title/s you'd like to read
- order and collect service (particularly useful if shielding)
- asking your local branch librarian about the books on offer



Rhaglen Gwella'r Daith Cancer ym Mhowys..... Improving the Cancer Journey in Powys programme



"This accessible, humorous book discusses and clarifies the difference between compassion and empathy accompanied by clear examples. If I had read this book when my husband was suffering with terminal cancer, I think I would have had more tools, used better language to reach him, maybe been braver and had more confidence to talk to about what was happening to him. I encourage all carers to read this invaluable book."

Ry's book - "There's No Good Card for This: What to say and do when life is scary, awful, and unfair to people you love" by Kelsey Crowe, PhD and Emily Mc Dowell



Reserve a book online

All the books listed can be reserved using the online Library Catalogue. Go to en.powys.gov.uk/libcat and search. Once you've found the book you want to read, you can select 'Place Hold' to reserve it and if it isn't already in your local branch, we can deliver it there for you to collect.

Order and Collect

If you aren't able to use the online catalogue but want to request a book, you can call the Library Line on 01874 612394 to order one of the Books About Cancer alongside any other books that might interest you. You can request up to 10 books at a time, per card.

Please note: If you are receiving treatment, feel vulnerable or shielding please let us know when you call and we will work with partner organisations to arrange a safe delivery of the book/s to your doorstep.

Not a library member?

It's easy to join. Go into your local branch with some form of ID (bank card or driving licence) or complete the online form by going to: en.powys.gov.uk/libcat and then click the Join Online button.

"Mae'r llyfr doniol hwn, sydd â nawys agos atoch, yn trafod ac yn egluro'r gwahaniaeth rhwng bod yn ddrugarog ac empathi gydag enghreifftiau clir i'w disgrifio. Petawn wedi darllen y llyfr hwn pan oedd fy ngŵr yn dioddef gyda chanser terfynol, fe fyddwn wedi cael mwy o ddulliau cefnogi, wedi defnyddio iaith well i'w gyrraedd, wedi bod yn ddewrach o bosibl ac wedi cael mwy o hyder i siarad am yr hyn oedd yn digwydd iddo. Rwyf yn annog pob gofalwr i ddarllen y llyfr amhrisiadwy hwy."

Llyfr Ry - "There's No Good Card for This: What to say and do when life is scary, awful, and unfair to people you love" by Kelsey Crowe, PhD and Emily Mc Dowell



Archebwch a chadwch llyfr ar-lein

Gellir archebu a chadw'n holl llyfrau a restrir gan ddefnyddio'r Catalog Llyfrgelloedd ar-lein. Eiddychwch ar cy.powys.gov.uk/cattilyfr Unwaith eich bod wedi canfod y llyfr rydych eisiau ei ddarllen, gallwch ddeffis "Cadw'r Llyfr" i'w archebu a'i roi o'r neilltu ar eich cyfer. Os nad yw eisiau yn eich cangen leol, gallwch ei ddiostbarthu yno i'w casglu gennych chi.

Archebu a chasglu

Os nad ydych yn gallu defnyddio'r catalog ar-lein ond eich bod eisiau gofyn am lyfr, gallwch ffonio'r Linell Llyfrgelloedd ar 01874 612394 i archebu un o'r Llyfrau am Ganser ochr yn ochr â llyfrau eraill a all fod o ddiddordeb i chi.

Sylwch: Os ydych chi'n derbyn triniaeth, yn teimlo'n fregus neu'n gwarchod, rhodwch wybod pan fyddwch yn galw ac fe wnawn weithio gyda'n sefydliadau partner i drefnu i ddiolch â'r llyfrau i gareg y drws.

Ddim yn aelod o'r llyfrgell?

Mae'n hawdd i ymuno. Ewch i'r gangen leol gyda rhyw fath o ID (cerdyn banc neu drwydded ym) neu lenwi ffurflen ar-lein trwy fynd i cy.powys.gov.uk/cattilyfr ac yna clicio'r botwm Ymuno ar-lein.

LLYFRAU AM GANSER

@ PTHB

Diolch i grant oddi wrth Gronfa Elusennol Bwrdd Iechyd Addysgu Powys, mae Llyfrgelloedd Powys wedi prynu pedwar set o tua 50 o lyfrau am ganser a argymhellir gan weithwyr cefnogi proffesiynol Macmillan Cancer.

Bydd y pedwar set ar gael ar draws yr holl lyfrgelloedd ond fe fyddant yn cael eu cadw yn Y Lanfa (Y Traillwg), Y Drenewydd, y Gaer (Aberhonddu), a Llandrindod.

Os ydych chi'n byw gyda chanser neu'n caru rhyf sy'n byw gyda chanser, gallwch fenthyca unrhyf un o'r llyfrau trwy ...

- fynd ar-lein a chadw'r teitl/au yr hoffech eu darllen
- gwasanaeth archebu a chasglu (arbenig o ddefnyddiol os ydych yn gwarchod eich hunan)
- gofyn i'ch llyfrgellydd cangen lleol am y llyfrau sydd ar gynnig



Rhaglen Gwella'r Daith Cancer ym Mhowys..... Improving the Cancer Journey in Powys pro



ICJ - Books about living with cancer

Last year, our Charity partnered with the Improving the Cancer Journey in Powys programme (a collaboration between Macmillan, Powys County Council and Powys Teaching Health Board) to deliver extra support for residents who have been diagnosed with cancer.

The project saw the purchase of quality assured books about cancer itself and the experience of living with cancer for our residents. The guidance in the books will provide support for those who are diagnosed with cancer, their carers, families and friends. These books are housed at 18 different libraries across Powys and are currently available on request.

A recently published article in the Abergavenny Chronicle highlighted the importance of these books and how they can be accessed.

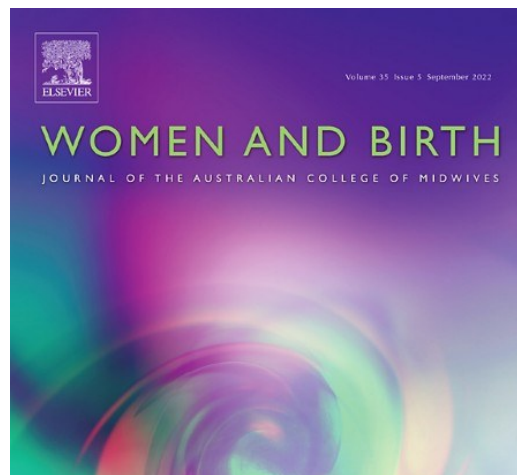
More details about the ICJ in Powys programme and about how to access a holistic needs assessment following a cancer diagnosis can be found at: <https://www.powysrpb.org/icjpowys>

Let us know if you've seen the books at your local library.





Liz Glyn-Jones stepped into the role of Research Midwife in 2021, which is a PTHB Charity funded two-year part-time post for with the aim of helping to build research capacity and capability within Powys.



She has been doing an excellent job in post and we are delighted to share her recently published article, ***Red flags for episiotomy in a midwife-led birth: Using co-production with midwives to capture clinical experience.***

This article aims to study was to explore experienced midwives' decision-making processes in their assessments for episiotomy during birth.



To read the full article please click the link:

https://authors.elsevier.com/c/1fXZX_qZQprtuk

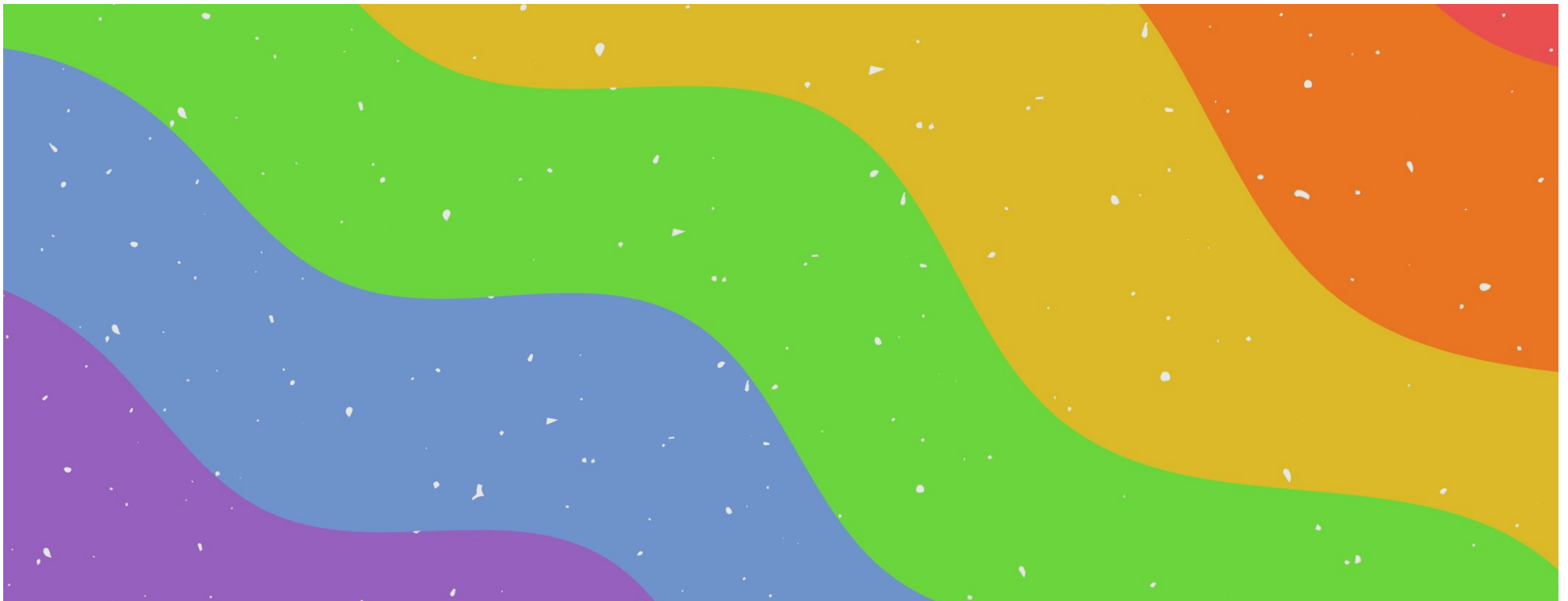
Find us on SharePoint

We are excited to announce that the Charity microsite is now live on SharePoint!

Our SharePoint site has been designed for all PTHB staff members and will let you keep up-to-date with the latest funding opportunities, Charity news, and events.

If you require any information or have an enquiry regarding the Charity you should be able to find everything you need on SharePoint.

https://nhswales365.sharepoint.com/sites/POW_comm_PTHB_Charity



How to donate to PTHB Charity....

There are three ways that people can make a donation:

1. **In person** by calling in to the Administration Department of your local hospital. If you do this, you can give cash or a cheque and a member of staff will provide an official receipt.
2. **By posting a cheque** to Powys Teaching Health Board Charitable Fund, Finance Department, Bronllys Hospital, Bronllys, Brecon, Powys, LD3 0LY. All cheques should be returned along with a completed donation form, which can be found on Powys Teaching Health Board's [website](#).
3. **Donating online** through the dedicated [Just Giving Page](#) or using the platform to fundraise on our behalf.

Don't forget to stay in touch...

Follow the Charity through our social media channels:

[Facebook](#) | [Twitter](#)

Never miss our newsletter again! You can now sign up to our monthly newsletter and we will send you a copy as soon as it is published.

To sign up email PTHB.Charity@wales.nhs.uk