

PTHB Charity Newsletter June 2021

Official NHS Charity (reg no. 1057902) of the Powys Teaching Health Board. **PTHB Charity** was established with a simple goal: to improve the health and wellbeing of Powys.

Welcome to our first newsletter!

Welcome to the first in our series of monthly updates to share the latest news from PTHB Charity.

PTHB Charity is the registered charity for the whole of the Powys Teaching Health Board and we look after all donations that are made to PTHB staff, services, and hospitals. We distribute those donations through our different grant schemes (such as the **COVID Response Fund**) which are open to applications from PTHB staff members, charities and other local organisations.

All of our projects aim to enhance or improve the health and wellbeing of NHS staff, patients and the community above and beyond what can be provided through core funding.

In each edition of the newsletter you can expect to learn about the projects we're supporting, new funding opportunities as well as the amazing fundraisers that make it all possible.

We hope you enjoy!

Abe Sampson

Charity Manager



Celebrate our amazing NHS

Powys' local NHS Charity is inviting everyone to brew a national thank you and help raise money for the NHS.



We're calling on everyone to join in on the nation's biggest tea break on Monday 5 July and help recognise the incredible NHS staff, who have gone above and beyond during the COVID-19 pandemic.

Together, we'll pour out our love, thanks, joy and reflection, and help raise funds to support our NHS champions through this year's Big Tea event on the NHS' birthday.

We'll be sharing regular updates on the celebrations on [Facebook](#) & [Twitter](#).

Will you say a big thank you with a Big Tea this July?

If you would like to host your own Big Tea this year head over to [NHS Charities Together](#) website to get your fundraising kit.

If you would like to donate to the PTHB campaign, please visit our [Just Giving Page](#).

Pour out your love!

Pause, reflect, and connect with our randomised tea break

With the challenging conditions of the pandemic, we've lost many of those simple opportunities to spontaneously connect with our PTHB colleagues as we adjust to a new normal. As part of our Big Tea activities, we are looking to create some new opportunities to reconnect, virtually and in-person.

We are hosting a randomised tea break which is open to all PTHB staff members as part of the celebrations for the NHS' 73rd Birthday.

If you would like to take part, send us an email at shania.jones@wales.nhs.uk. More details below.

Take part in the PTHB Randomised Tea Break during July 2021

It's the NHS Birthday on 5 July 2021, and across the country people will be taking part in the NHS Big Tea.

Here in the Health Board this is a perfect opportunity to pause, reflect and connect.

So, we are inviting colleagues in PTHB to take part in our first ever Randomised Tea Break.

What's Involved?

- Step One: Email us at shania.jones@wales.nhs.uk by 25 June to let us know you'd like to take part. All we need is your name, job title and email address.
- Step Two: In the week beginning 28 June we will connect you at random with someone else taking part in our Randomised Tea Break.
- Step Three: Get in touch with each other to arrange a time during July to meet for 15 minutes for a virtual cup of tea. This could be via Teams or telephone - or you might work close enough for a socially distanced cuppa in person.
- Step Four: How you use your time is up to you. At a time when we have few opportunities to bump into new colleagues in the corridor or canteen, this is your chance to connect with someone new, or reconnect with someone you already know.
- Step Five: Pause, reflect, connect and sup & slurp with your colleague.

This event has been organised by the PTHB Charity
pthb.nhs.wales/find/charity



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Powys projects in the spotlight

In partnership with [PAVO](#), PTHB Charity recently established a three-year [Small Health Grants](#) programme. The aim of the scheme is to support a series of small, community-led projects that promote health and well-being across Powys.

Here are some of the highlights from the first round of projects, delivered over the past 18 months:

Dal Dy Dir was a 12-week development project which focused on working with young volunteers with disabilities to help promote healthy eating by setting up community cooking sessions and building of vegetable and fruit beds. This project gave the participants confidence in their abilities which lead to two individuals finding meaningful full-time jobs. It also increased PAVO's volunteer base as many family members wanted to support the project.

The Presteigne Festival was a singing and craft session in a non-medical environment for individuals at risk of isolation. There were 10 sessions held monthly which aimed to reduce isolation or aid in post-hospital stay recoveries. This project was partnered with East Radnorshire Day Centre and the Bleddfa Centre. Participants enjoyed the activities provided with hope of continued sessions in the future. These sessions provided a supportive and sociable environment which individuals could learn a new skill and try potential new hobbies.

The scheme also helped to fund new equipment and venue hire for a new **Leg Club** in the Rhayader area. This club aimed to offer medical leg care and provide socialising activities for residents. It was supported by Community Nurses and volunteers, many people within the local community opted to join the leg club as an alternative to making an appointment at their local GP surgery. There are over 40 members and the leg club has been a big benefit to the local community in Rhayader as well as surrounding areas.

For information on future funding rounds, keep an eye on the [PAVO website](#).



COVID response fund.

COVID response funding still available

Don't miss out on the opportunity to apply for funding to improve staff and patient wellbeing in response to COVID-19. PTHB Charity's COVID Response Fund is still open to applications for its final funding round.

For more details on how to apply, email the Charity Manager at abe.sampson@wales.nhs.uk

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.

Follow PTHB Charity on Social Media:

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

Want to get in touch?

If you have a suggestion for our newsletter or just want to discuss the Charity, then send us an email at shania.jones@wales.nhs.uk

