



# PTHB Charity Newsletter July 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.

## A year to remember

*Earlier this month marked the 73rd Birthday of the NHS and this year, it feels more important than ever.*

*It has been both a chance for us to reflect on the most challenging of years and to show thanks to our heroic staff who have been at the heart of the nation's response to the pandemic. It goes without saying that we are incredibly proud of the way that staff and volunteers across Powys have risen to the occasion.*

*In the past twelve months PTHB Charity has been able to fund 95 new projects for a total of over half a million pounds (£528,000), an amazing total that would not have been possible without the support and dedication of our health board colleagues to bring those projects to fruition as well as an impactful national fundraising campaign by NHS Charities Together. The outpouring of generosity and gratitude from our communities has allowed the Charity to deliver a more effective and impactful response to support our staff and patients during the pandemic.*

*Many of our staff have accessed the COVID response fund this year (which you may know as the 'Captain Tom fund') but we have many more funding streams available and we of course encourage all those with brilliant ideas of their own to pitch them to the Charity. Our hope is that we can do even more this year and I am looking forward to seeing these amazing projects come to fruition.*

Vivienne Harpwood

**PTHB Charity Chair**



A quick look at some of the projects PTHB Charity has supported in the last 12 months.



## 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:

**Singing for Fun** was funded to provide group activities to improve members' vocal, mental and general health. This project was targeted individuals who have neurological conditions due to stroke, dementia or other conditions. The project helped the participants gain strength in their airways, improve speech and memories, as well as encouraging socialisation between attendees.

Another project that received funding was a weekly pop-up outdoor play session for parents

or carers and their children. All sessions were held in areas located within Brecknockshire and was hosted no matter the weather. These sessions were for families of all ages and helped parents to realise the importance of child led play.

Finally, the **Mach Maethlon** project received funding for ten hands-on cooking workshops which focused on healthy cooking on a budget, to encourage skill making of balanced nutritious meals for people on low incomes. Participants were inspired to cook more homemade food and have a greater awareness of how to create healthy meals on a limited budget. The workshops were able to benefit people with a variable background in cooking, for others the cooking workshops provided an opportunity to socialise, with the mix of adults, children and people with different cooking abilities learning from each other as well as a chef.



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

## Randomised tea break

To celebrate the NHS' 73rd Birthday we hosted a randomised tea break for all PTHB colleagues during the w/c 5th July.

This last year has been challenging and many of us lost the opportunity to connect with others across the Health Board. We aimed to help bridge that gap with a randomised tea and we are pleased to say that it was a big success.

**“We did not stop chatting from the time we made contact until reluctantly ending our conversation... we both agreed to be a **perfect match**” - Amanda Willday**

**“Me and Vicky found some**



“Me and Vicky found some  
astonishing and unlikely things in  
common. It was fab.” – Adrian  
Osborne

“Such a lovely chat, thank you” –  
Vicky Sharpe

We would love to hear more about your randomised tea.

If you would like to share your randomised tea story, please contact us at  
[shania.jones@wales.nhs.uk](mailto:shania.jones@wales.nhs.uk) or reach out via social media.

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

Interested in  
pitching  
your own  
**proposal?**

**COVID**  
response  
funding  
still available

## New funding guidelines available

If you have a potential project idea or if you would like to learn more about the Charity's funding process, you can view and download our PTHB Charity funding guidelines via the [PTHB website](#).

A reminder too that our COVID Response Fund is also still open to applications for its final funding round.

If you want to discuss an application, you can also email the Charity Manager at [abe.sampson@wales.nhs.uk](mailto:abe.sampson@wales.nhs.uk)



# Art at end of life workshop

One of the Charity's ongoing projects is working towards enhancing end of life care within Powys. As a part of this work, the specialist palliative care team is also partnering with National Museum Wales to bring art into end of life care in Powys. The project is holding a virtual workshop on the 12th August (2pm) to choose a shortlist of art to be included in the final project.

If you would like to attend or learn more about the project, please contact Louise Hymers - [louise.hymers@wales.nhs.uk](mailto:louise.hymers@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](mailto:shania.jones@wales.nhs.uk)