

CELEBRATING
25
YEARS
PTHB CHARITY

PTHB Charity Newsletter June 2022

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.

The Big Tea countdown has begun..

Hello everyone,

Thank you for reading this month's issue of the PTHB Charity Newsletter. We are now only one week away from the start of the Big Tea (5th July!). Our countdown has officially begun on all of our social media pages and the Charity team cannot wait to see your Big Teas. Not planning to host one? Don't worry, we would like to invite you to join in the celebrations with us (details of events can be found below).

While preparing for the Big Tea, the Charitable Funds Committee also held its most recent quarterly meeting on 14th June, supporting some brand new projects which included training to help services produce EasyRead materials and support for a tree nursery and wildflower programme across our Hospital sites. If you have a project idea or want to learn more about Charitable Funds then get in touch with the team.

We hope that everyone is well and we look forward to seeing you all for the Big Tea very soon!

Best wishes,

Shania Jones,

Charity Administrative Support Officer





Donate and support the Big Tea

The Big Tea brings the nation together to celebrate the birthday of the NHS, giving thanks to the workforce, whilst raising funds to provide the extra support needed for staff, patients, and volunteers.

This wonderful opportunity is led by the NHS Charities Together, an independent Charity which cares for the NHS and all funds donated in Powys will go directly to the PTHB Charity to support our teams and services. The Big Tea doesn't have to be a big event, it could be a 15-minute break between colleagues, members of your community or your family. **The choice is up to you, it can be wherever or whenever you wish.** The idea behind the big tea, is to take a moment and give thanks to our hard-working staff.



The Big Tea has a huge impact to the people of Powys, all the funds raised for PTHB will go directly back into the Health Board to help support the health and wellbeing of staff and patients. Our collaboration with NHS Charities Together has allowed us to fund over 50 different projects since 2020. These range from new staff wellbeing facilities at each of Powys' community hospital sites, to extra equipment allowing patients to connect with their families, and online support programmes for frontline staff.

We know not everyone can attend a Big Tea but if you would still like to donate you can head to our [JustGiving Page](#).

Big Tea near you!

The Charity Team is excited to announce that we will be holding our own Big Tea, both in person and virtual.

For PTHB Staff we are hosting a Big Tea in **Bronllys hospital's canteen on 6th July at 9:30-11:30 and 14:30-16:30.**

There will be refreshments available from the canteen, along with cakes and biscuits. PTHB Charity will also be holding a raffle, all proceeds will be going towards PTHB Charity's Big Tea. Please feel free to drop in.

We are also hosting two virtual tea's on:

- 12th July at 12:00-12:30
- 19th July at 15:00-15:30

If you would like to attend either virtual event please contact shania.jones@wales.nhs.uk

Sign up to host

This year we are extending the celebration. Kicking off on Tuesday 5th July (NHS' 74th Birthday) there'll be time to celebrate all things NHS right through to the 31st. We are hoping to spread the word across Powys and get as many people involved as possible. Everyone is welcome to host their own tea but if you are unable to, we would be very grateful if you can spread the word.



There is still time to sign up:

1. Sign up through the NHS Charities Together website (<https://www.nhsbigtea.co.uk/membercharities>)
2. Or sign up through PTHB Charity Team (shania.jones@wales.nhs.uk)

If you sign up through NHS Charities Together, you will create your own fundraising page on Just Giving. By setting up your own page you will be able to track of how much you have

raised for PTHB Charity. However, if you would rather sign up with the Charity Team, a link to a general fundraising page on JustGiving will be provided.



Projects for Powys

This month, we're sharing some of the local community projects we are supporting through the #smallgrantsscheme in partnership with (PAVO). The Small Grants Scheme was set up to promote good health and enable community groups to undertake activities that support well-being.

We helped to provide a participant-led community-based bicycle maintenance, workshops and provide participants free use of e-bikes for to explore the routes around Llyn Clywedog to help improve their physical and mental wellbeing.

We have also supported the Choir Cats, a singing group for adults with a learning disability. The group helps individuals to meet up with friends to sing and dance and helps to decrease social isolation and enhance their well-being.

#projectsforPowys





Use the #ProjectsforPowys hashtag on social media to see more of the projects we've supported this year.

Help us deliver better content for you

We are looking to improve our comms and better shape the way we do things for **you**, our audience.

Please help us out by filling in our brief, 5 minute (or less) survey below. All answers are anonymous.

Click the link to complete the survey (go on, you know you want to!) >>>

<https://www.surveymonkey.co.uk/r/6FQ3KCR>

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 shania.jones@wales.nhs.uk