

CELEBRATING
25
YEARS
PTHB CHARITY

PTHB Charity Newsletter May 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.

PTHB Charity Update

Hopefully this newsletter finds you well.

May has been an eventful month for PTHB Charity. Not only did we reveal the return of the Big Tea (more on that later) but we also had the opportunity to represent Powys at the first NHS Charities Together National Conference in Birmingham. Bringing together over 230 charities from across the UK, the event was an opportunity to reflect on a remarkable couple of years for NHS charities, share learning and look ahead at what can be achieved through the power of a collective brand. You can read more about the conference [here](#).

We're hoping to harness that same collective brand with this year's Big Tea, with hosted events taking place throughout Powys in July. An annual celebration and fundraiser that's open to everyone, staff and public, we're hoping to make the 2022 iteration the best yet. Fancy taking part? It's never been easier to sign up to host or attend a Big Tea with us (see below!).

We can't wait to see you there!

Abe Sampson,

Charity Manager





Big Tea is Back!

We are excited to announce the return of the Big Tea for 2022!

This is a fantastic opportunity for staff across Powys to get involved and take a moment to reflect on their hard work over the last few years.

PTHB Charity is teaming up with NHS Charities Together to help raise funds for the NHS and Powys Teaching Health Board. All funds raised in Powys 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.



The aim of the Big Tea is to brew a cuppa in honour of our NHS. This can be 15 minutes out of your day with a colleague, members of your community or your family. **The choice is up to you, it can be wherever or whenever you wish.**

This year we are extending the celebration. We are going to dedicate the entire month of July to NHS Charities Together's Big Tea. 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 are two ways 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. These fundraising pages will

be for you to direct your attendees to for donations.

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>



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 supported a project for the Crafty Coffee at the Community centre in the Knighton to help provide opportunities for individuals to engage in educational and emotional nourishment through supportive bi-monthly craft groups.

We helped to promote a healthy start in life and increase physical activity in young girls, the project will look to establish a girls' team at the football club, offering training and games for girls aged 5 - 10.

#projectsforPowys





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

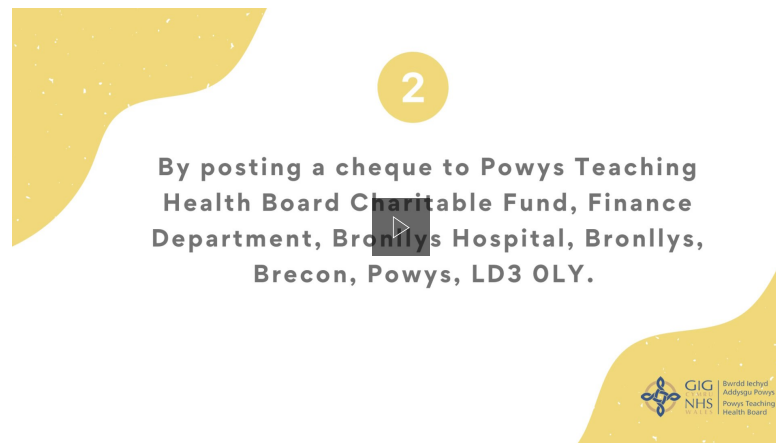
Would you like to donate to PTHB Charity?

We are grateful for all our amazing fundraisers and donors!

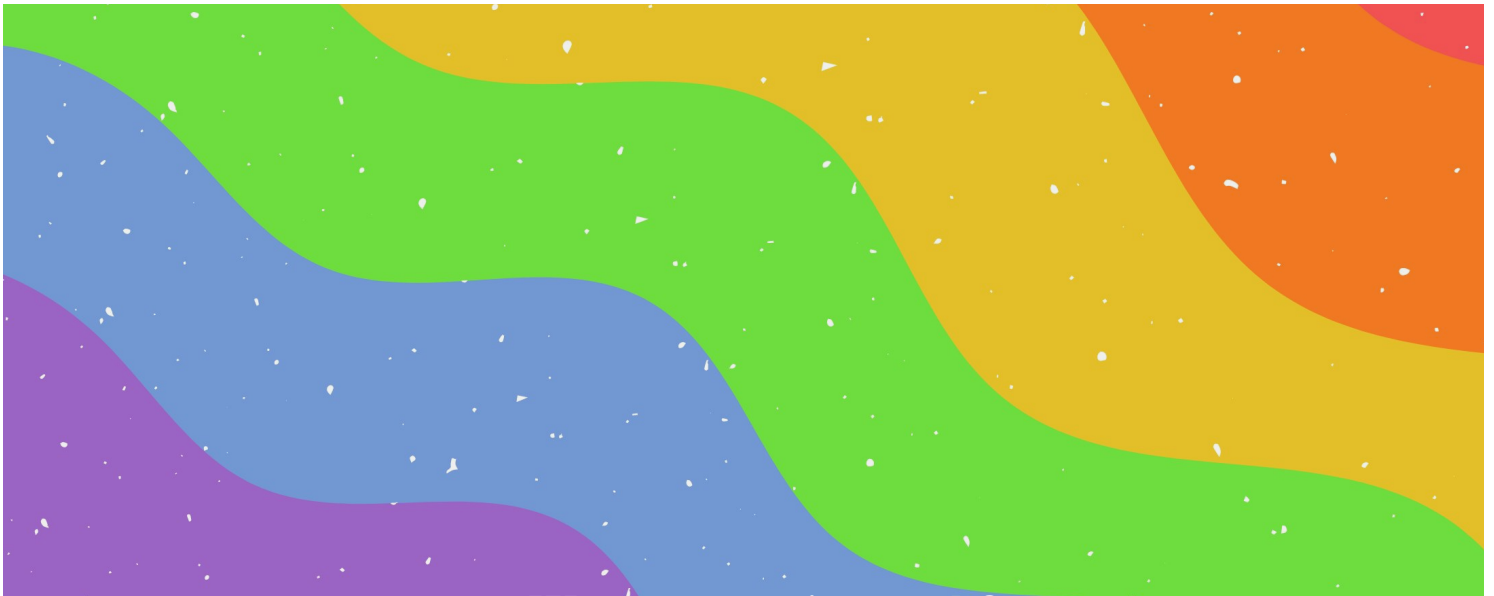
If you or someone you know is thinking of making a donation to our Charity, please have a look at this short video which shows you three quick ways to donate.

Visit [PTHB's website](#) which has all the details and more.

It's also never been easier to raise money for our Charity through [JustGiving](#). Visit our page and follow the easy steps to create your very own fundraiser.



If you wish to get in touch please contact either the Charity Manager, Abe Sampson (abe.sampson@wales.nhs.uk) or Charity Administrative Support Officer, Shania Jones (shania.jones@wales.nhs.uk)



Want 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