

CELEBRATING  
**25**  
YEARS  
PTHB CHARITY

## PTHB Charity Newsletter November 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.

### LEAVE A LEGACY

*How will my gift be used?*

By leaving a gift to PTHB Charity you are improving the health and wellbeing of your Powys community and supporting future generations.



### Leaving a Legacy

Have you thought about leaving a gift within your will?

Legacy donations and gifts play a big role in supporting charities like ours but it can be difficult to know where to begin if you're thinking about a donation.

We have created a short video to help break it down.

Leave a legacy



To view both English and Welsh versions head to our [website](#).



*this Christmas...*  
Support PTHB Charity  
#CHOOSEYOURCAUSE

By supporting PTHB Charity, you are supporting your local NHS services.

We know that some services are closer to your heart than others, so why not choose to support them this Christmas.

**TO SUPPORT YOUR CAUSE, HEAD OVER TO OUR JUST GIVING PAGE AND DONATE.**  
<https://justgiving.com/pthbcharity>



## Choose your cause

NHS staff and services have been firmly in the spotlight over the past 18 months. There is a long list of services that are provided every single day in Powys and one of the most common questions we get asked as a Charity is, can I donate to a particular service? The answer is yes, you can and we want to highlight why and how donors can do this.

This Christmas, we are asking people to consider supporting the causes that mean the most to them. Many people have a health cause they feel strongly about from dementia to cancer to healthy hearts. If that is the case, then they can support these causes directly through PTHB Charity. We have set up a brand new campaign to raise awareness of the variety of services we support and encourage new donors and fundraisers.

Our Choose Your Cause campaign will be launching next week on our social channels and highlighting the breadth and depth of the services that can be supported in Powys. All donations can be made through our [dedicated just giving fundraising page](#) or [via post](#). Donors can either leave to a cause, a service, a hospital or even a particular ward. Even if they can't choose one service they can also still donate to our Powys wide general fund.

Please consider sharing and contributing to the campaign as a donor or fundraiser. All of the funds donated will be put to use to help support the health and wellbeing of staff and patients in Powys and we are very grateful for all your support.

For any questions please contact the Charity Manager [abe.sampson@wales.nhs.uk](mailto:abe.sampson@wales.nhs.uk) or the Charity Administrative Support Officer [shania.jones@wales.nhs.uk](mailto:shania.jones@wales.nhs.uk)





## Projects for Powys

Each month, we're taking a look at some of the Powys health and wellbeing projects that have been supported by PTHB Charity to follow their journey.

Over the past twelve months, PTHB Charity has provided funding for additional virtual wellbeing workshops to help Health Board staff to manage their own wellbeing and ways to support the staff that they manage with wellbeing.

In addition, the NOSS counselling service was extended to be able to provide an out of hours support line to enable staff to contact a counselling professional in the evenings, at night and at the weekend, in addition to being offered to staff at GP practices throughout Powys.

We have also provided digital screens at each of PTHB's hospitals in key staff areas which you may have already spotted. The screens help to provide the seamless communication of key messages to staff members, particularly those frontline and support staff who do not have regular access to other communication channels such as email, intranet and social media. The screens are used to display key messages, guidance and updates for staff.

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

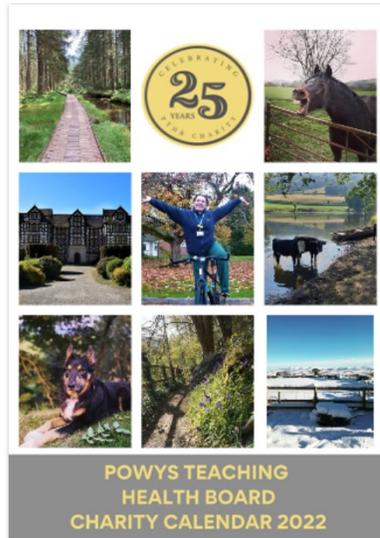


## Order your Charity Calendar!

It is finally here! We are excited to show you a first look at our Charity Calendar 2022 and are pleased to say that we are now taking orders.

The calendar is an A5 portrait desk calendar.

Each Calendar costs £7 (+ £1.50 postage).



If you are a PTHB staff member you are able to collect from Monnow ward, Bronllys. If not, we are happy to post for an extra £1.50.

The price of the calendar covers the cost of printing with any additional funds donated to PTHB Charity's General Purpose Funds for Powys for the benefit of staff and patients.

If you would like a calendar please send an email to [shania.jones@wales.nhs.uk](mailto:shania.jones@wales.nhs.uk) by **26th November** with the number of calendars you wish to purchase and if you would like to have them posted to you.



## What's happening in your Community?

**This month, we're sharing some of the health and wellbeing events/groups that are happening near you.**

### **Art for wellbeing and social inclusion**

Celf-Able is an inclusive art group run by disabled artists in Powys. They are disabled and artist-led but open to all ages and abilities, artists, and people who just want to have a go at art. They reach out to the local communities of Montgomeryshire and meet in Newtown, Machynlleth, Llanfair Caereinion, Welshpool, and Caersws.

It is a drop in group. For more information head to their website: [celf-able.org](http://celf-able.org)

### **Online Art Session - via Zoom (Arts Connection Powys)**

Are you good with a paintbrush? Do you feel you're not that great, but you would like to have a try anyway? Have you never tried your hand at watercolours? Whatever your level, why not join Arts Connection on Thursday 25th November at 11am for one of their fantastic art sessions?

Follow their Facebook page for more details on joining: [Arts Connection - Cyswllt Celf](#)

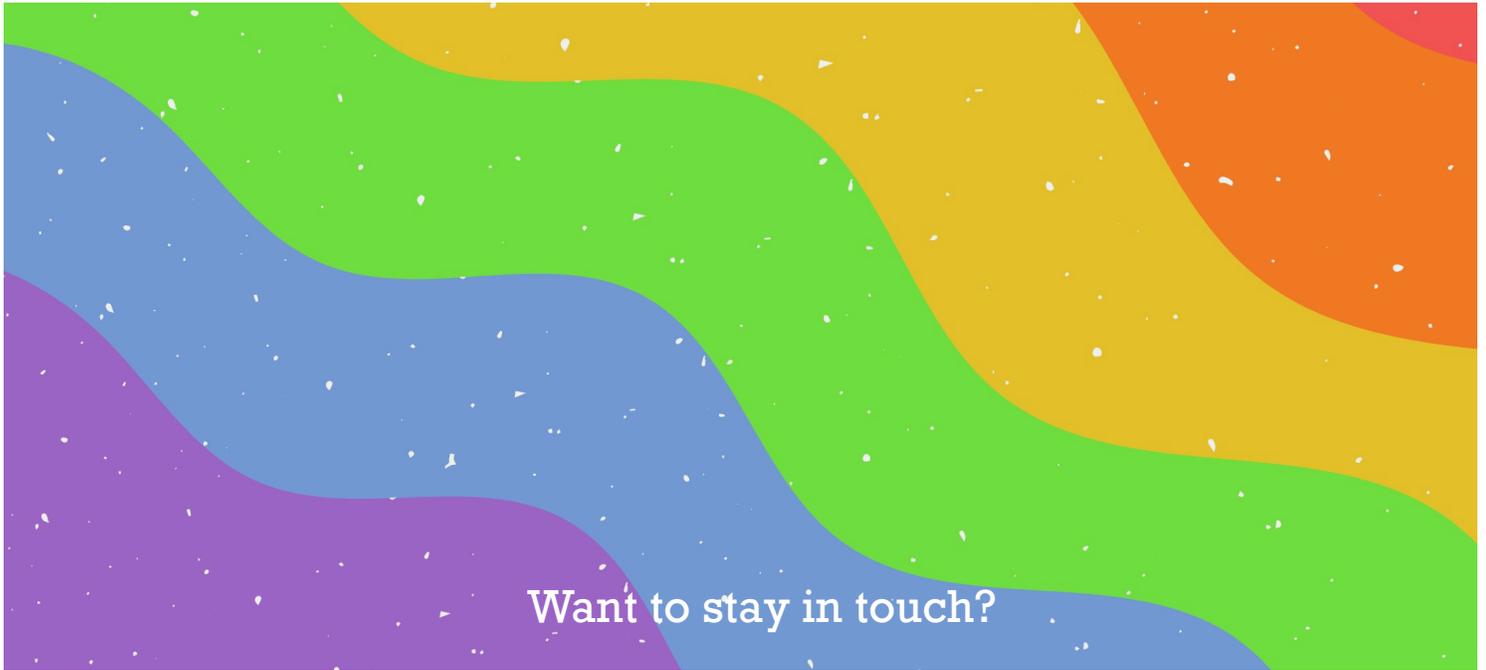
### **Stroke Association - Brecon Focus Group**

The Stroke Association is proud to support Powys Teaching Health Board with the development of Neuro Cafes in the Brecon area. They are holding focus groups to ask people with any neurological conditions for their views and opinions on how to take the Neuro Cafes forward.

First Focus meeting 6 June 2:30pm to 4:30pm

For more info and future events contact Gill - 07342049990

If you have a community group or event you wish to promote please contact [shania.jones@wales.nhs.uk](mailto:shania.jones@wales.nhs.uk).



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](mailto:shania.jones@wales.nhs.uk)