

PTHB Charity Newsletter November 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.



this Christmas...

Support PTHB Charity

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.

If you would like to donate to PTHB Charity, head over to our JustGiving page.

<https://justgiving.com/pthbcharity>



It's beginning to look a lot like Christmas

The PTHB Charity team have been busy getting ready for the holidays and we are excited to reveal our plans for Christmas 2022! Next month we will be visiting different PTHB sites, hosting a Christmas raffle and taking part in a Christmas Jumper Day fundraiser for the NHS in Powys.

You have until the 20th December to get your raffle tickets. All tickets are only £1 and to receive yours all you have to do is email the Charity team: PTHB.Charity@wales.nhs.uk

The raffle will be drawn on the 21st December at 2pm, and winners will be contacted directly following the draw.

To help you get into the festive spirit join us on the 9th December for the national Christmas Jumper day celebrations.

Be sure to have your Christmas jumpers at the ready to share with us on social media using the hashtag #PTHBjollyjumpers.

We can't wait to see those jumpers!

To donate to our PTHB jolly jumper fund, head on over to our JustGiving page: [Jolly Jumpers - PTHB Charity Christmas Jumper Fundraiser - JustGiving](#)

All money raised from the Christmas raffle and Christmas Jumper day will go towards projects which help improve the wellbeing of PTHB staff and patients.

For all questions and queries please get in touch at: PTHB.Charity@wales.nhs.uk



Leaving a Legacy

Your gift could make a huge difference to a local hospital or NHS service. Have you thought about it?

Legacy donations and gifts play a big role in supporting small 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.



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

Just a little survey...

Powys Ladies Women's Health Charity Event

Hello, we are gathering information to help inform Pelvic Health & Women's Health promotion across Powys.

The PTHB Charity and PTHB Pelvic Health teams would like to host a Charity lunch event which would be a valuable platform for pelvic health education within Powys. The event would be a relaxed forum to allow ladies to open up about taboo topics such as incontinence and the menopause, open for PTHB staff members and members of the public. All proceeds from the event would help to support the Powys Teaching Health Board Charity to fund women's services.

If you could take just five minutes to complete our short survey, we would be very grateful!

* Required

1. Do you feel you would benefit from socialising once a year face to face with other women to talk about women's health issues?

- ☐ Yes
☐ No
☐ Maybe

Come meet the team!

PTHB Charity team are planning on heading to several sites in December.

We hope this will be a great opportunity to meet more of our colleagues in PTHB, and see how projects funded by the Charity has impacted staff and patients. The dates are yet to be confirmed, so keep an eye on our social media and SharePoint page for the latest updates.

We hope to visit the following sites:

- Ystradgynlais
- Newtown
- Brecon
- Bronllys
- Llandrindod Wells

If you are based in any of these sites and would like to meet the team, get in touch via our email: PTHB.Charity@wales.nhs.uk

The Staff Health and Wellbeing Roadshows are back!

The health and wellbeing roadshows were paused at the start of the pandemic, but there was a range of alternative support including our [Stay Well in PTHB intranet hub](#), our Facebook staff group, and wellbeing hubs put in place across all sites.

PTHB Charity helped fund these upcoming roadshows in December to help bring more information and support to PTHB staff.



The first two events are in Bronllys Hospital on Wednesday 7 December, and in Llanidloes Hospital on Monday 19 December. You can drop in any time between 10am and 2pm.

Events and activities will include:

- Occupational Health
- Competitions
- VIVUP Employee Assistance
- Library Services
- Union Support
- Chat To Change
- Ideas for your WBAW Break
- Freedom Leisure

You can find out more information about these roadshows on the [PTHB intranet page](#).

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 PTHB.Charity@wales.nhs.uk

You can unsubscribe to this newsletter [here](#).