

CELEBRATING  
**25**  
YEARS  
PTHB CHARITY

## PTHB Charity Newsletter September 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.



### 25 years of PTHB Charity

September marked 25 years since PTHB Charity was launched and to commemorate the occasion we highlighted some of the most important moments and projects in our recent history and looked to the exciting developments still to come.

Thank you to everyone that has participated in our photo competition and randomised tea break, or contributed to our 25 year celebrations. We are also very grateful for all the support that our local communities, Powys residents and Health Board staff have shown the Charity in the last 25 years and we hope to continue to provide the very best support for the health and wellbeing of Powys in the years to come.

To round out our celebrations this month, we would like to share some of the feedback that

we have received from our amazing staff and project partners to date.

- PTHB Charity Team

"We are very thankful for this act of kindness and wellbeing. Thank you for thinking of us."

— Antwy Gwy outreach wellbeing hub —

GIG NHS

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"Thank you for the wellbeing gifts for all staff in Llansantffraid building, they are very much appreciated, we love our wellbeing supplies, thank you very much!"

— Llansantffraid outreach wellbeing hub —

GIG NHS

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"The funding received from Charitable Funds has been instrumental in providing a platform for COVID 19 leadership support to Powys Nurses and Midwives."

— Julie Richards —

Head of Midwifery and Sexual Health, regarding the Florence Nightingale Foundation Leadership support project.

GIG NHS

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"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. 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."

— Vivienne Harpwood —

PTHB Charity Chair

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### PTHB Charity highlights - a timeline

A short video of some of the Charity's key milestones.

APRIL 2020

HIRED ABE, OUR CHARITY MANAGER

Our first full-time staff member dedicated to the Charity and building its reach and impact across Powys.

Participated in our first UK-wide and national fundraising campaigns

Participated in the NHS Charities Together COVID-19 fundraising appeal as well as a Wales specific campaign in collaboration with other Health Board charities.

MAY 2020

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## PTHB Charity photo competition

**Exciting news, we have extended the deadline for our photo competition!**

**The new deadline is now Friday 1st October.**

We are asking participants to send in photographs of Powys from the last 25 years. These photos could include buildings, wildlife, or anything that interests you. We are looking for photographs that mean something to the people of Powys. We want to capture the people, places and stories behind the photos, which is why we are also asking for a small explanation or story as to why your photo is important to you when you enter.

The Charity will be choosing a selection of winning photographs which will feature on our social media channels and a Charity calendar for 2022.

Please submit all your entries and queries to: [shania.jones@wales.nhs.uk](mailto:shania.jones@wales.nhs.uk)

25 years of Powys Teaching Health Board (PTHB) Charity photo competition

**CAPTURE THE MOMENT**  
NEW CLOSING DATE

Open to all ages.  
We are looking for photographs that mean something to the people of Powys!  
Winners will feature on our social media channels and charity calendar for 2022.

**NEW DEADLINE  
1ST OCTOBER  
2021**

Enter by emailing [shania.jones@wales.nhs.uk](mailto:shania.jones@wales.nhs.uk) with your image, name and contact details  
To find more details on how to enter visit <https://pthb.nhs.wales/about-us/our-charity/>

## Randomised Tea Break

This month we arranged new Randomised Tea Breaks for staff members as part of our 25 year celebrations. Have you had yours yet?

We would love to know how it went!

Share your story on social media or send us an email: [shania.jones@wales.nhs.uk](mailto:shania.jones@wales.nhs.uk)

Keep checking our newsletters and social media channels for more info on future RTBs.



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 year, PTHB Charity supported audiology staff with the purchase of additional assistive listening devices and personal amplifiers to help our hard of hearing and deaf patients communicate in ward and hospital settings. These devices are on hand to support patients that are having repairs to their existing hearing aids or other immediate difficulties with their hearing to communicate with care givers and their families. Improving accessibility is incredibly important for us and we are glad to be able to provide more options for patients and staff.

Another recent project that we supported was the provision of books for members of PTHB's Virtual Menopause Cafes and PTHB Menopause Facebook support group page. These books have been allocated to the library in Bronllys Hospital for all PTHB staff to access and use.

The Menopause Cafe project has been a great resource for general wellbeing in connection with menopausal symptoms and the cafes are open to all staff, women and men, to talk about menopause in a safe environment.

Those interested in attending the cafes should contact Sharon Davies, ([Sharon.Davies7@wales.nhs.uk](mailto:Sharon.Davies7@wales.nhs.uk)) for more information on the events.

You can learn more about the cafes here: <https://www.menopausecafe.net/>

or follow the Facebook page: [Powys Menopause Virtual Café](#)

#ProjectsforPowys





Interested in  
pitching  
your own  
**proposal?**

**COVID**  
response  
funding  
still available

## Have a great idea of your own?

If you have a potential project idea or if you would just like to learn more about the Charity's funding process, you can view and download our PTHB Charity funding guidelines via the [PTHB website](#). There are funds available for both local and Powys-wide projects to support health and wellbeing.

We also have some COVID Response Funding remaining and are encouraging final applications if you have a project which can help to reduce the impact of the pandemic on staff, patients or services.

If you want to discuss your idea you can also email the Charity Manager at [abe.sampson@wales.nhs.uk](mailto:abe.sampson@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](mailto:shania.jones@wales.nhs.uk)

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)