



# PTHB Charity Newsletter April 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

Hello!

You may have noticed a lack of updates since the start of the year. Well, it's been a busy couple of months for the Charity team as we have been lending our support to other Health Board services due to COVID pressures.

Since the start of April the team has been back in post and we are raring to go. We've been working hard behind the scenes preparing for upcoming events for you all to get involved in. So keep an eye on our social media channels and this newsletter in the coming weeks to find out what we have in store for you.

Best wishes,

Shania Jones

**Charity Administrative Support Officer**

## 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.

By posting a cheque to Powys Teaching Health Board Charitable Fund, Finance Department, Bronllys Hospital, Bronllys, Brecon, Powys, LD3 0LY.



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



## Projects for Powys

This month, we're sharing the stories of some of the local community projects we are supporting through the small grants scheme in partnership with Powys Association of Voluntary Organisations (PAVO). The Small Grants Scheme was set up to promote good health and enable community groups to undertake new activities that support wellbeing.

We lent our support to the Tawe Pickleball Club by providing 4 Pickleball Starter Packs, to be used by the club in free sessions for members of the community.

We have also helped to provide a 12-week beginners running course in Llanidloes. Across 12 weeks, the course will guide and support people from being inactive through to running for 30 mins/5 kilometres.

#projectsforPowys





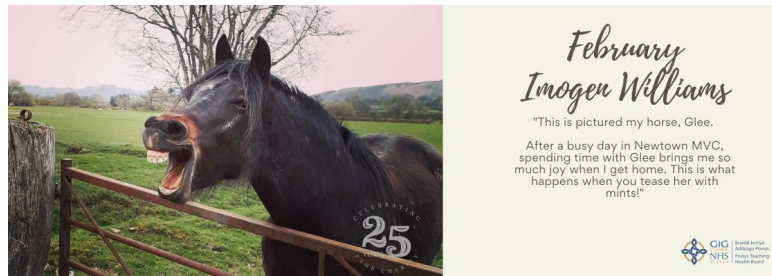


Use the #ProjectsforPowys hashtag on social media to see more of the projects we've supported this year.

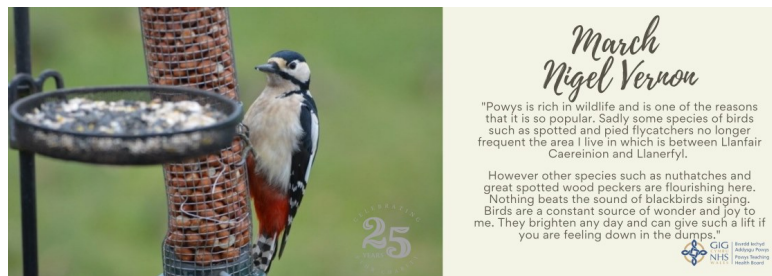
## Our competition winners

Due to our team's secondment, we were unable to highlight two of our calendar photo competition winners but now's the time for their moment in the spotlight.

**Here is our winner for the month of February, Imogen Williams...**



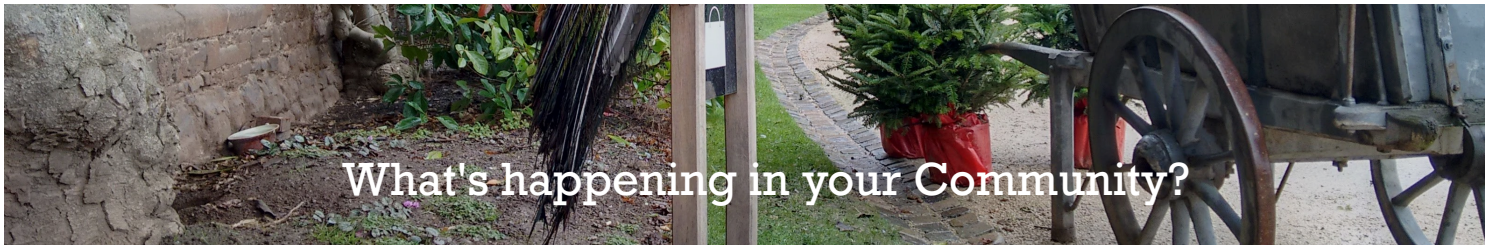
**...and our winner for March, Nigel Vernon.**



These fabulous images were featured in our Charity Calendar for 2022!

We still have a few copies of our Charity Calendar available, please contact [shania.jones@wales.nhs.uk](mailto:shania.jones@wales.nhs.uk) for details if you'd like one before they're all gone.





## What's happening in your Community?

**This month, we're sharing news about an ongoing health and wellbeing project being funded and supported by PTHB Charity and Powys County Council.**

**The Horizon Arts** in Mental Health project which is led by Powys Teaching Health Board in partnership with Powys County Council aims to strategically embed person-centred creativity at the heart of mental health and wellbeing practice. The objective is for people to get the chance to relax, express and learn new skills through a creative activity such as creative writing.

There are a handful of Horizon workshops scheduled to be held in Newtown, in North Powys over the next month and they are free to attend.

Dates for the workshops are:

- 28th April 2-4pm
- 5th May 2-4pm
- 12th May 2-4pm
- 19th May 2-4pm
- 26th May 2-4pm

If you would like to take part in one of these wonderful workshops, please visit [Powys Mental Health blog](#) for all the details.

**Tawe Pickleball Club** is a small charity based in Ystradgynlais that aims to promote pickleball and facilities that host the game. This is a fantastic way to exercise, meet new people and learn a new game. There are sessions for everyone from parents, carers, guardians and children. The equipment is supplied for you and it's free to play.

For the latest updates and time of sessions please see their Facebook page [here](#).

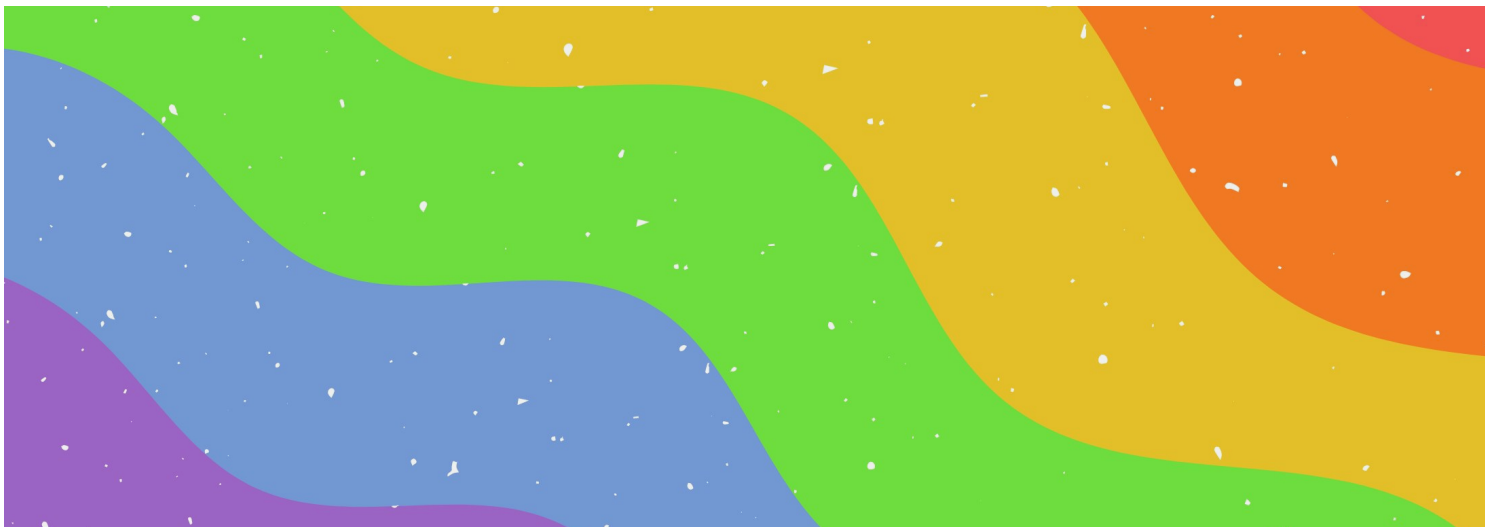
Contact information:

Telephone: 07812 991577

Email: [aggilbey@gmail.com](mailto:aggilbey@gmail.com)

Location: [Ystradgynlais Sports Centre](#)

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).



## 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)

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