



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.

## Capture the moment

*With the summer now quietly drawing to a close, we're looking ahead to a very special milestone for the Charity next month. September will mark 25 years of Powys Teaching Health Board's Charity. In 1996, the snappily titled "Powys Teaching Local Health Board Charitable Fund and Other Related Charities" was first registered with the Charity Commission and has been helping to support staff and patient wellbeing ever since.*

*To help celebrate the occasion we will be sharing some of the Charity's highlights from that time on our social media channels throughout the month. We are also holding another Randomised Tea Break to connect staff together after the success of our first event in July as well as a photo competition to help us create a Charity calendar for 2022 (details below).*

*All that and more to come over the next few weeks. We hope you will join us in celebrating this special occasion and if you have any stories or memories of the Charity that you would like to share, we would love to hear from you!*

Shania Jones

**Charity Administrative Support Officer**



## PTHB Charity photo competition

### We're hosting a photo competition!

The competition is open to all ages and both Powys Teaching Health Board staff and the public are welcome to take part.



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 and do not have to be nature orientated. We are, however, 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 the 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.

**Start date:** 6 September 2021

**Closing date:** 27 September 2021

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

## Randomised Tea Break

Due to the success of our last randomised tea, we're holding another randomised tea break for PTHB staff to celebrate 25 years of PTHB charity.

This is the perfect opportunity for staff members to connect with new people and take a break.

### PTHB CHARITY RANDOMISED TEA BREAK

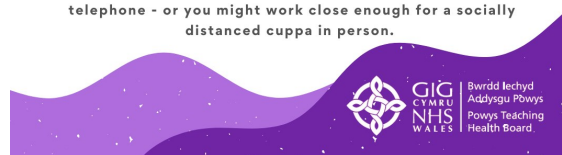
PTHB Charity is hosting a Randomised Tea Break during the week of 6 September 2021 to mark 25 years since the PTHB Charity began. We hope to use this opportunity to bring staff closer together and to connect with new people.

#### How to get involved...

**Step one:** Email us at [shania.jones@wales.nhs.uk](mailto:shania.jones@wales.nhs.uk) by 3 September to let us know you'd like to take part. All we need is your name, job title, department and email address.

**Step two:** The week beginning 6 September we put you in contact at random with someone else taking part.

**Step three:** Get in touch with each other to arrange a time during the week commencing 6 September to meet for a 15 minutes virtual tea break. This could be via Teams or telephone - or you might work close enough for a socially distanced cuppa in person.



If you wish to take part contact [shania.jones@wales.nhs.uk](mailto:shania.jones@wales.nhs.uk) by Friday 3 September 2021.



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

Earlier in the year we funded a new two-year part-time post for a Research Midwife with the aim to help build research capacity and capability within Powys.

Beginning this summer, the post will help to support the Women and Children's Service to take part in research trials and opportunities, develop new research ideas and gain valuable experience to enable better outcomes for patients. An exciting project with a lot of potential and we are looking forward to sharing their progress over the next couple of years.



Another project in the spotlight this month is the Felindre Ward Occupational Therapy garden project, where the Charity helped to purchase planters and a plastic greenhouse. The aim was to encourage patients to take up gardening as a way to relieve stress and help with symptoms of depression and anxiety.

This project has now come to fruition and been a success. Patients have been growing their own vegetables, which have been used with cooking groups and flowers, which have helped to promote healthy living and the importance of spending time outside.



Interested in  
pitching  
your own  
**proposal?**

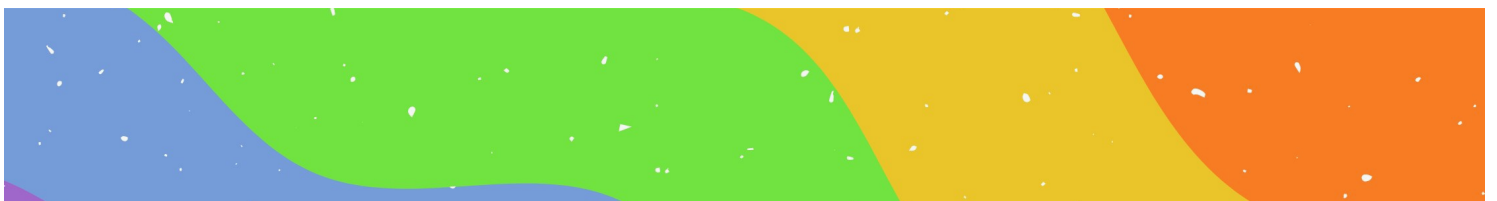
**COVID**  
response  
funding  
still available

### Develop your own project

If you have a potential project idea or if you would 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 an application 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](#)

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)

