

CELEBRATING  
**25**  
YEARS  
PTHB CHARITY

## PTHB Charity Newsletter December 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.

### Season's Greetings

We would like to take this opportunity to wish a Happy Holidays to everyone!

We are very grateful for all the support that has been shown to our Charity this past year. It has been a challenging time but we have been overwhelmed by the support of our wonderful donors, amazing fundraisers and our third sector partners such as NHS Charities Together and PAVO. A big thank you to everyone that has contributed this year!

Wherever you are this holiday, we hope you are celebrating and enjoying time with your loved ones.

Merry Christmas and a Happy New Year,  
from the PTHB Charity Team.

*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.

## Choose your cause Campaign

**Some causes are closer to our hearts than others, this month we want to highlight the many services we support and how you can support them too!**

We are fast approaching the holiday season and the NHS services and staff near you still need your help! That is why we are asking you to support the cause that means the most to you. Everyone has a cause they feel strongly about from dementia to cancer, so if you are thinking of making a donation to PTHB Charity this Christmas we ask that you pick a service to support.

You can donate through this [Just Giving fundraising page](#) or [via the post](#). **When you make the donation please make it clear where you would like your donation to go.** You can either leave to a service, ward or a particular hospital. Don't worry if you can't pick a service, you can still donate to our Powys wide general fund.

All funds donated will be put to use to help support the health and wellbeing of staff and patients in Powys. Thank you for your donation.

For further questions please email 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)

#Chooseyourcause



## PTHB Charity Calendar 2022

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.

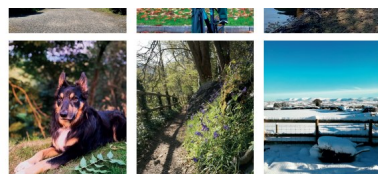
**The calendar is an A5 portrait desk calendar.**

**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



**POWYS TEACHING  
HEALTH BOARD  
CHARITY CALENDAR 2022**

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)



## 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.

PTHB Charity provided the staff in Old College in Newtown with new wellbeing items for staff breaks. By helping to provide this equipment the staff were able to use their own space to support their wellbeing. We provided some additional appliances from a dishwasher to microwave in order to improve the wellbeing of staff and make the environment more welcoming for both staff and visitors.

Over the past year, PTHB Charity also provided funding for a sensory garden for the Community Mental Health Team in Welshpool. Once complete, the garden will be used to help improve both staff and patient wellbeing. Research suggests that being outdoors and using gardening as a therapeutic activity has many positive benefits on people living with dementia. It also provides a safe environment for patients to meet staff and have face-to-face consultations during COVID-19 restrictions.

Remember, we're always looking for new project ideas and ways to support PTHB services. If you want to pitch or discuss a proposal, contact the Charity Manager [abe.sampson@wales.nhs.uk](mailto:abe.sampson@wales.nhs.uk)

#ProjectsforPowys







## What's happening in your Community?

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

### Stroke Association - Newtown Group

The Stroke Association is proud to support Powys Teaching Health Board with the development of Neuro Cafes in the local area. We are pleased to announce a new Neuro Café in Newtown.

Gill Colerick: 07342049990 Or email [gill.colerick@stroke.org.uk](mailto:gill.colerick@stroke.org.uk)

Stroke Association - 01745 508524

Regular café meeting to be held: Weekly every Wednesday

Time: 10.30 to 12.30 at *Methodist Church Newtown Back Lane, Newtown, Powys, SY16 2NH*

### Stroke Association - Llanfyllin Group

The Stroke Association is proud to support Powys Teaching Health Board with the development of Neuro Cafes in the local area. These will bring together all individuals who are living with any form of neurological condition, including Stroke, Parkinson's, Alzheimer's, MS, Brain injury, everybody is warmly welcome, to join us in a friendly, safe and mutually supportive setting.

Stroke Association on 01745 508524

Café meeting's to be held: 2nd Monday of the month

Time: 2.00 to 4.00 at *Llanfyllin Public Institute Llanfyllin Powys SY22 5LE*

### Powys Mental Health Advocacy Service

This service is provided by Powys teaching Health Board. The mental health advocates are based in Newtown Hospital and at "Hillview" Bronllys Hospital. If you wish to speak or write to one of the mental health advocates, their contact details are as follows:

*Montgomery County Infirmary Llanfair Road Newtown SY16 2DW*

Linda Woodward: 07974 935355 or email: [linda.woodward2@wales.nhs.uk](mailto:linda.woodward2@wales.nhs.uk)

Lynda Evans: 07736120924 or Email: [lynda.evans3@wales.nhs.uk](mailto:lynda.evans3@wales.nhs.uk)

Tel: 01874 711661 ex 2496

*"Hillview" Bronllys Hospital Bronllys Brecon LD3 0LU*



# PTHB CHARITY GOVERNANCE GUIDELINES

A reminder to all PTHB staff, all guidelines on donations, gifts and applications to Charitable funds can be found on the PTHB [Website](#).

The guidelines include how to access Charitable funds, what projects are eligible and how to apply. There is also information on gifts, donations and other resources that is in relation to Charitable funds. PTHB Staff can also find FCP 007 Charitable Funds Policy on the [intranet](#).

Any questions please contact the Charity Manager [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)