



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.

Summer time - tea and sunshine

I hope you're all enjoying the sunshine.

With the Summer firmly arriving, things have certainly been *heating up* for the Charity this month.

We have thoroughly enjoyed taking part in the annual celebrations for the NHS' Birthday and it was wonderful seeing your organised Big Teas and all those that turned out to support our in-person and virtual events. If you missed out, don't worry, we'll be back next year with a bigger celebration than ever for the 75th birthday of the NHS (so mark 5th July in your calendars now).

There have been lots of queries about the best ways to fundraise for the Charity or local NHS services and hospitals lately, so we've developed some new guidance to help answer all your questions and provide some tips to get things started. Don't forget, Just Giving is a great resource and our page can be used for donations to all hospitals and NHS services in Powys.

And if you want to help us put those funds to good use we want to hear from you. You can now reach us at PTHB.Charity@wales.nhs.uk for all your fabulous ideas (go, go, go!)

Abe Sampson

Charity Manager





Thank you

This past month the PTHB Charity team has taken part in the Big Tea, this wonderful event was led by NHS Charities Together, an independent charity supporting over 240 individual NHS charities across the UK. All funds that were donated in Powys will go directly to the PTHB Charity to support our teams and services.

We would like to take this opportunity to say thank you to everyone who took part. Thank you to all the teams who hosted a tea and to those who donated.

The Big Tea has a huge impact to the people of Powys, all the funds raised for PTHB will go directly back into the Health Board to help support the health and wellbeing of staff and patients. Our collaboration with NHS Charities Together has allowed us to fund over 50 different projects since 2020.

We would like to give a big thank you to all hosts and anyone who donated to the big tea.



We would like to give a big thank you to those who supported our Tea at Bronllys and helped us to raise £89:

Susan Gomme and the team in canteen, for allowing us to use the space for the day;

Delyth Chambers and Wendy Jones for making some amazing cakes for us to sell.

We know not everyone could attend a Big Tea but if you would still like to donate you can head to our [JustGiving Page](#).



Fundraising for us

When you choose to fundraise for PTHB Charity, you are choosing to support a range of vital services within Powys Teaching Health Board. The aim of PTHB Charity is to support patients and staff by going above and beyond what can be provided through NHS funding. All funds raised for hospitals and services in Powys are managed through the Charity.

PTHB Charity has funded hundreds of projects with the main purpose of providing a better service for patients and a better working environment for Powys NHS staff.

Any funds raised by the public or staff go back into supporting our services. These range from new staff wellbeing facilities at each of Powys' community hospital sites, to extra equipment allowing patients to connect with their families, and online support programmes for nursing staff.



Did you know
that you can fundraise for your
favourite Charities through JustGiving?

If you wish to fundraise for PTHB
Charity head to
<https://justgiving.com/pthbcharity>

 **GIG
CYMRU
NHS
WALLS** | Bwrdd Iechyd
Addysgu Powys
Powys Teaching
Health Board

There are many ways you can fundraise for the NHS in Powys. From collecting donations in person via cash or cheque, or by using our unique JustGiving Page (<https://justgiving.com/pthbcharity>).

If you plan on donating cash, you will need to hand it into a member of administrative staff at your local ward or hospital. If you are unsure who to hand the donation to, please contact a member of the Charity team PTHB.Charity@wales.nhs.uk

If you plan on using a cheque to donate your fundraising money, you will need to send the cheque to the following address, along with your name, contact details and additional information if you wish to donate to a specific ward, service, or hospital.

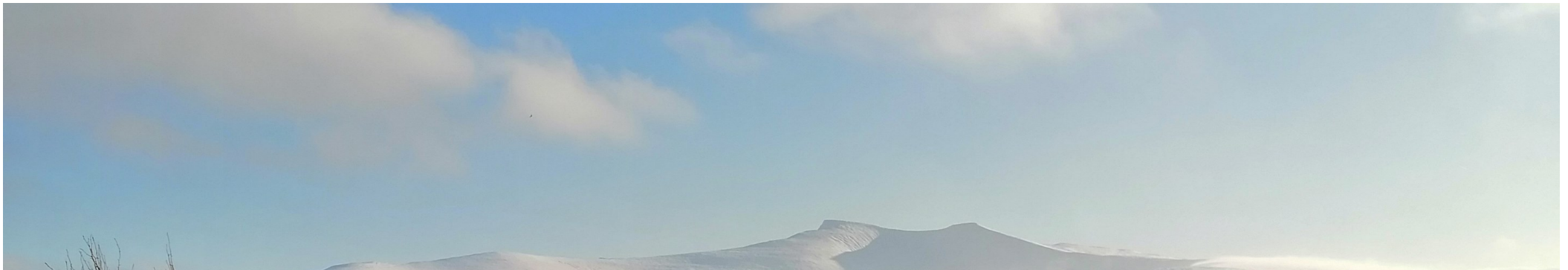
Powys Teaching Health Board Charitable Fund, Finance Department, Bronllys Hospital, Brecon, Powys, LD3 0LY.

To find out more information about fundraising for us please see our website: [Our Charity - Powys Teaching Health Board \(nhs.wales\)](#)

We recommend using JustGiving as a tool for your fundraising. JustGiving has made it very simple for individuals to hold fundraising campaigns and to donate to the causes and charities that are most important to you.

If you need help to create a JustGiving Fundraising page, please click [here](#).

If you plan on donating to more than one charity, please see the [guidance provided by JustGiving](#).





This month, we're continuing to share some of the local community projects we support through the #smallgrantsscheme in partnership with ([PAVO](#)). The Small Grants Scheme was set up to promote good health and enable community groups to undertake activities that support well-being. These can be everything from simple and small purchases of equipment to year long programmes.

We supported a project to provide custom mugs in Powys livestock market cafés with contact details for third sector support services working to support farmers in Powys through the DPJ Foundation.

We also helped to provide a series of activities via the 1st Montgomery Rangers to support young women in Montgomery to stay active, gain outdoor skills, have adventures, and help the local community.

#projectsforPowys





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

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

