

CELEBRATING
25
YEARS
PTHB CHARITY

PTHB Charity Newsletter October 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.

Leaving a legacy for Powys

LEAVE A LEGACY
When you leave a gift in your Will to hospitals or wards you are leaving it to a charity.
These charities are there to support the wellbeing of patients, staff and residents.

LEAVE A LEGACY
Did you know that leaving a gift in your Will could lower the amount of inheritance tax you need to pay?
For more information visit: Tax relief when you donate to a charity: Leaving gifts to charity in your will - GOV.UK (www.gov.uk)

LEAVE A LEGACY
Why leaving a Will?
Leaving a Will ensures that your loved ones and the causes you care about are taken care of after you are gone.
Not leaving a Will can result in your assets being shared according to particular rules, which may not reflect your wishes.

LEAVE A LEGACY
How will my gift be used?
By leaving a gift to PTHB Charity you are improving the health and wellbeing of your Powys community and supporting future generations.

Legacy donations or gifts left in wills are a vital part of the donations that the Health Board receives each year. As with all other donations in Powys, these are managed through PTHB Charity. These gifts can have an enormous impact and help the Charity to continue to support hospitals, services and communities but it can be difficult to know where to start when considering a gift.

Throughout November, we're going to be sharing more information about legacy giving, including what to consider, how donors can prepare their wills, and how to ensure gifts are put to best use. Above, you'll see a preview of what we have in store.

To keep up to date with all of our information on Legacies, follow the Charity on

[Facebook](#) & [Twitter](#) and keep an eye on our webpage over the next month:

<https://pthb.nhs.wales/about-us/our-charity/>



PTHB Charity photo competition

The winners!

We are happy to announce our Competition winners.

In celebration of 25 years of our Charity we held a public photo competition for your favourite photos of Powys from that time. We loved seeing all the entries and we would like to extend a huge thank you to everyone who entered.

We weren't just looking for beautiful pictures but the stories that represented the people of Powys and the nature that surrounds us.

Here are our winners!

Jacqueline Griffin

Imogen Williams

Nigel Vernon

Katie Higginson

Gemma Ellis

Fiona Jones

Julie Lewis

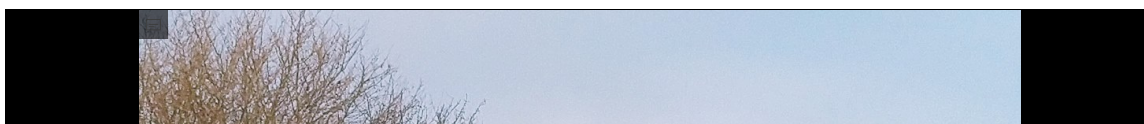
Laura Vernon

Catherine Quarrell

Emily Powell

Tamsyn Cowden

Phillip Jones





Keep an eye out for our Charity 2022 calendar!

Coming Soon!



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. The Horizon project is one such project, which aims to strategically embed person-centred creativity at the heart of mental health and wellbeing practice.

Through co-creation and offering new ways of embedding arts for staff, patients and service users, Horizon offers a unique opportunity to co-develop an Arts in health programme.

Horizon will consult, engage with, and support the creativity of mental health and other related patients and service users of all ages as well as their families, carers and health care staff. Artists will collaborate with individuals and/or groups, to devise therapeutic creative arts experiences with the intention of improving people's mental health and wellbeing.

Over the past year, PTHB Charity has also supported the paediatric physiotherapy team by funding 8 new physiotherapy therapy dolls for early intervention as well as new video equipment for the paediatric physiotherapy team.

The dolls allowed for specific clinical manoeuvres to be performed which helped the team to diagnose conditions which may need urgent referral for surgical intervention or imagery.

The video equipment allowed the team to record videos to demonstrate the home exercises and therapy programmes for the parents/carers and nurseries. When combined with the dolls, this meant that parents and carers could copy the specific movements of the paediatric physiotherapy team at home, allowing therapy to continue despite the challenges of the pandemic.

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

Keep following our channels for more updates on Horizon and other projects.

#ProjectsforPowys



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

[Butterflies friendship group for parents of children with additional needs support group \(Welshpool\).](#)

This group is run by parents who help and support other parents of children with special needs. All members have children with a range of conditions (even those who have not yet been diagnosed) which effect the life of the child and family members. The aim of the group is provide a safe space to discuss problems, receive advice from other parents who

can better understand your situation and share tips! The most important aspect of this group is that it allows parents a well deserved break and have a little fun.

It is ran as a drop in session at Howell Drive, Welshpool, SY21 7AT

Contact number: 07833 247380

Online CBT services - SilverCloud (Powys wide)

This is a 12-week online cognitive behavioural therapy (CBT) course which can be access through various devices such as your mobile, laptop, tablet or computer. This course aims to help your anxiety, depression, stress, sleep, money worries & more. It is based on proven methods like Cognitive Behavioural Therapy (CBT). This course features activities and interactive tools to help users develop skills to manage their psychological wellbeing with more confidence. Although an online self-help service, SilverCloud Wales is backed up and supported by a team of psychologists and online cognitive behavioural therapy co-ordinators.

It is suitable for ages 16+ with mild to moderate levels of anxiety, depression or stress, to access this course you must be registered with a GP in Wales or live in Wales, and are not receiving secondary or tertiary mental health services (e.g. not under the care of a psychiatrist or psychologist).

For more information see [SilverCloud website](#).

Wellbeing services (Brecon)

This group aims to give community members the tools and confidence to make positive changes in their lives that will have an impact on their families and their community.

For the older generation there is a luncheon club which aims to combat social isolation and loneliness. There are children's activities such as an after school cooking club and gardening/nature club. In addition, there is access training courses and fresh affordable food at the co-op.

Opening times: Mondays to Fridays 8.30am - 4.30pm

St Johns Centre Pendre Close Brecon LD3 9EA

Contact number: 01874 611723



Want to stay in touch?

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

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