



COVID-19 FUNDRAISING
REPORT 2020



Introduction

This report details just some of the fundraising activity and support shown for Cardiff & Vale Health Charity since the start of the COVID-19 Pandemic in March 2020. The limitless generosity and dedication to raise money and support Cardiff & Vale Health Charity's 'Spread the Love' Campaign is truly inspiring. We have received donations from generous businesses, organisations and members of the public, all to support our NHS staff, patients and volunteers affected by COVID-19.

Due to the volume of support received, this report is just a snap shot in time of the many and varied ways we have received not only donations, but also gifts in kind, food and toiletries and enables Cardiff & Vale Health Charity and Cardiff and Vale University Health Board to say a huge thank you to these generous donors and incredible fundraisers who have done so much to support patients and staff during these unprecedented times.

This also highlights some other donations received since March 2020 including those from Gareth Bale, Aaron Ramsey and Sir Stanley Thomas which were not only incredibly generous, but put the spotlight on Cardiff & Vale Health Charity and promoted the work we were all doing to support our patients and colleagues.

As an NHS Health Charity, we have also benefitted from monies raised nationally through the NHS Charities Together campaign, which reached national news due to the money raised by Sir Captain Tom Moore and others. We have highlighted some of the ways, in which we have started to spend and allocate this money across the Health Board for the benefit of patients, staff and our communities. More information can be found on our website www.healthcharity.wales and this process will continue throughout the coming months.

We are so incredibly grateful and thankful for all the support shown to us as a Charity, and have been humbled by the lengths that some people will go to, to help. Here at Cardiff & Vale Health Charity we will continue to do all that we can to raise more funds for the benefit of all at Cardiff and Vale University Health Board. Thank you.



Aimee Clare Designs Rainbow T-shirts

Aimee, a local NHS staff member working in a GP surgery in Barry, also has her own business designing wedding stationery. Aimee had the ingenuity to design herself a rainbow t-shirt and posted a picture of it on her personal Facebook page, expecting just a few friends and family members to buy one.

Each t-shirt sold was raising £5 for charity to be shared equally between Cardiff & Vale Health Charity and NHS Charities Together. Aimee sold more than 400 t-shirts to people not only in Barry, but also further afield in Manchester and Birmingham.



Allensbank Allotment

Allensbank Allotment have been growing and selling plants to plot holders, all in aid of helping staff across Cardiff and Vale UHB during the COVID-19 pandemic.

Allensbank Allotment, which the University Hospital of Wales overlooks wished to help our NHS heroes during this difficult time. The committee members of the allotment decided to grow vegetable plants for plot holders to purchase with the proceeds being donated to the 'Spread the Love' campaign.



Amber Dwyer Care Packages

Amber wanted to provide good quality moisturiser, face wipes, lip balm and hand cream for care packages for Nurses, Doctors, Health Care Support Workers and Physiotherapists who have to constantly wear masks and goggles. Mum Karen, a Physiotherapy Technician, also helped to deliver over forty packs to share with colleagues working on COVID and Intensive Treatment Unit wards.



Amelie's Charity Haircut

How completely adorable is 5 year old Amelie? Amelie had been asking Mum Rhiannon, lots of questions about Coronavirus and understands the importance of staying indoors to help the NHS and all the key workers.

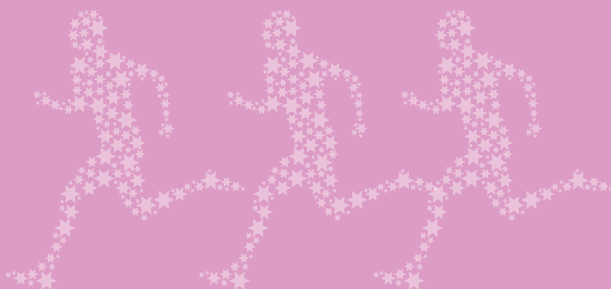
Amelie wanted to do something to help, so came up with the idea of cutting her long hair so that she could raise money for the NHS.



Barry Waterfront COVID-19 Community Support

Volunteers from across Cardiff and the Vale coordinated the collection and delivery of goodies for NHS staff across the UHB, particularly; West Quay Medical Centre, Barry Community Midwife Team, Barry Community Mental Health Team, Broad Street Clinic, Barry, University Hospital Llandough and University Hospital of Wales sites.

The group delivered 2 rounds of 'CARE-ONA' boxes, the first round was completed mid-March. They also help residents across the Vale with shopping, prescription pick-ups and posting letters.



Benjamin Bell - Run 5k

Benjamin, a football coach for Penarth Town, was inspired to champion the Run 5k for the NHS Campaign here in Cardiff and the Vale of Glamorgan after seeing the success in other areas of the UK. The idea of the campaign, was to encourage all sport lovers to run 5k during their daily exercise allowance, tweet a photo of them running to @Run5k4NHS_CandV and donate £5 to Cardiff & Vale Health Charity to help support their local NHS staff. Once complete, the runners were encouraged to challenge 5 others to also undertake the challenge. The campaign also gave the added benefits of keeping people fit and healthy as well as protecting their own mental health during the lockdown.



Betsy Bodman Toy Sale

A big thank you to Betsy Bodman who kindly had a clear out of her toys and decided to have a toy sale outside her house to raise money for the NHS. She delivered flyers to all the houses in the street and surrounding streets.



Breathe Music Live Stream DJ Sets

Breathe Music hosted and live streamed DJ Sets throughout a day during lockdown to spread positivity through music and raise money for frontline NHS staff in Cardiff and the Vale. Breathe Music instigated many to dance their way into the night as a result of their music and generosity.



Cardiff Bus Dress Down Days

Cardiff Bus held a number of dress down days to raise money for Cardiff & Vale Health Charity. All were encouraged to wear bright clothes, Hawaiian shirts or fancy dress to help bring a smile to faces across Cardiff and the Vale of Glamorgan.

Cardiff bus
bws Caerdydd



Cai Floyd Spin Cycle Challenge

Cai Floyd had a surprise visit from Jamie Roberts after Cai did a fundraising challenge, spin cycling the distance between his home town of Cowbridge in the Vale of Glamorgan, to the Nightingale Hospital in London – a distance of 172 miles/ 276 km. Cai finished strong, listening to the classic song 'Eye of the Tiger' and we definitely think he is a champion.



Chris Wade & Mark Sadler Brave the Shave



Chris was inspired by his mother-in-law Bev, who underwent life changing surgery for a "rare and aggressive" cancer in 2016. With a full recovery, Bev worked as a full time Nurse Specialist in the Neurosurgery team of Cardiff and Vale UHB during the pandemic, caring for patients affected by COVID-19. Chris and Mark both wanted to show their support for Bev and the rest of our NHS heroes by shaving their heads and fundraising for Cardiff & Vale Health Charity.

Chris, who is a Consultant Speech and Language Therapist, also hosted a virtual coffee morning. The coffee morning provided parents with an opportunity to discuss their child's speech, language and communication needs via Zoom, where every consultation was completely free, instead asking people to kindly donate £5 to Cardiff & Vale Health Charity.

Christine Kerr's Knit a Rainbow

Christine is part of the vulnerable to COVID-19 group due to her underlying health conditions so had to self-isolate. Despite being in isolation, Christine wanted to show her support for the NHS so decided to start fundraising. Christine decided that she would knit a rainbow from Dingle Park in Penarth all the way to the University Hospital Llandough, a total length of 1.5 miles, completing the challenge on 9th September 2020.



Cardiff City Council Refreshments



The Cleansing Department at Cardiff City Council delivered a van full of items such as tea, coffee, soft drinks and snacks to be shared with staff at UHW.

They enclosed a beautiful thank you card, with a note..."on behalf of the staff based at the Cardiff Council Cleansing Department at Millicent Street Depot on the morning and afternoon shift would like to say a big thank you to all the staff who have helped tirelessly through these hard times we have been experiencing"

With the money they raised, the team then purchased the donated goods for our staff.



'Eseta Tpa'atoutai-Uhi's 2.6 Challenge

Is it a bird? Is it a plane? No, it's local super hero 'Eseta Tpa'atoutai-Uhi! 'Estea, who is 5 years old (nearly 6), decided that she would participate in the 2.6 Challenge and pledged to cycle up and down her back lane 26 times, a distance of 2.9 miles, all whilst dressed as Wonder Woman to support her local NHS.

'Eseta, with the help of her canine companion, triumphantly completed her challenge.



Daniel Rowlands' Cycle Climb

Daniel, 11 years old, wanted to show his support for the NHS staff and decided to start fundraising. Daniel set out to continuously cycle up Rhiwbina Hill without stopping during his daily exercise. Daniel completed the 2,893 metre challenge all in one go.



Dan Peterson Ysbyty Calon Ddraig Artwork Fundraising

War illustrator and artist Dan was commissioned by the Health Board to capture life at the Dragon's Heart Hospital during COVID-19. The Principality Stadium in Cardiff was transformed into Ysbyty Calon y Ddraig, the Dragon's Heart Hospital, during the pandemic to help ease pressure on NHS services. Dan produced a series of illustrations featuring staff on the frontline – and sold prints, donating 50% of the profits to Cardiff & Vale Health Charity's Arts Fund.



Dave Hobbs and Rhiwbina Rugby Football Club

The local rugby club located near the University Hospital of Wales raised money for Cardiff & Vale Health Charity, with the team being very keen that purchased items would be of benefit to both our staff and patients. Through their fabulous fundraising they were able to purchase 41 DAB digital radios and 5 Echo Dots.



Emily Chirighin's 177 Mile Challenge

Inspired by other NHS fundraising heroes Captain Tom Moore and Geriant Thomas, 17 year old Emily also wanted to show her support for our NHS. A student currently studying for her A Levels at Ysgol Gyfun Gymraeg Glantaf, Emily decided to start fundraising in aid of all the NHS staff during this pandemic. As a way of showing her thanks, Emily decided to challenge herself during the lockdown to cycle the equivalent distance between Ysbyty Gwynedd in Bangor and our very own University Hospital of Wales in Cardiff, a total distance of 177 miles within 7 days.

Emily completed her challenge, nearly cycling the equivalent of a marathon each day.



Gareth Viader-Lloyd's Dance and Donate

Dance teacher, Gareth has been sharing weekly live Workout classes to help keep people motivated, during self-isolation. Asking for a contribution for a class, Gareth raised money for his local NHS and did brilliantly.



Finley Jack Gately Head Shave

Finley Jack wanted to show his support, so with the help of his dad and a set of clippers, he shaved his head. We must say he looks pretty cool too.



The Golden Cross

Cardiff & Vale Health Charity's friends and long-time supporters, Rob Burnett and the team at the Golden Cross have been supporting their local NHS staff during COVID-19 with a variety of fun fundraising activities.

The Golden Cross have previously helped Cardiff & Vale Health Charity in the sponsorship of the sponsorship of the LGBTQ+ poetry competition in February 2020.

Alongside performing in their finest outfits, the team have been holding tributes for our frontline staff which have included sharing the rainbow love and also a baking challenge on social media.



Gavin Sheppard NHS Video Tribute



Gavin created a wonderful video as a tribute to, and to raise money for NHS staff.

The powerful and personal images of doctors, nurses and other NHS staff are included in a covered version of the classic single "Lean on Me" after Gavin performed a live home concert that was streamed on Facebook.

The collection of photos in the tribute includes individual staff currently working on Ward C7 and explains how the team on C7 were deployed from Ward A5 at the start of COVID-19 and how they, as well as many other healthcare professionals stood together to care for patients.

Football Academy3CDF Virtual Bingo

The footballing Academy wanted to fundraise for the NHS so decided to host a Bingo night on Sunday 3rd May 2020. The night was very successful, as those who took part raised money for their local hospital here in Cardiff and the Vale of Glamorgan.



Georgie and Frankie Loom Bands

Nine year old Georgie and four year old Frankie wanted to help during the COVID-19 crisis by raising money. The future entrepreneurs decided to make beautiful loom bands and set up a table outside their house to hand out to passers-by in return for a donation to Cardiff & Vale Health Charity.

Fletcher Jones Brave the Shave

10 year old Fletcher wanted to give something back to the amazing NHS staff who have previously looked after him when he received medical attention. In order to raise crucial funds for his local hospitals, Fletcher decided to shave his hair off, raising money for Cardiff & Vale Health Charity's 'Spread the Love' campaign.



Mark Church Supporting NHS Staff during COVID-19

A huge thank you to Mark Church and his family for their generous donation from his Dad's Foundation – The Tony Church Pancreatic Cancer Foundation.

Mark wanted to make a donation to help the NHS doctors and nurses doing an amazing job during the COVID-19 pandemic. Mark is a sports commentator based in Cardiff and he set up a Foundation in his Dad's memory after they lost him to Pancreatic Cancer.

Mark ran 1,000 miles for a Pancreatic Cancer Charity before setting up his own Foundation. Mark and his mum wanted to donate to the 'Spread the Love' campaign, and as Mark said, "It's where Dad would have wanted the money to go at the moment."



Hollie-Anne Clark's Sing2Save

Hollie and Leighton Jones Music were fundraising for Cardiff & Vale Health Charity to support frontline NHS workers in Cardiff and the Vale. The superstars brought smiles to people's faces after hosting online singing concerts and live music gigs



Jack Jordan's Garth Mountain Challenge

Jack who is 9 years old wanted to show his support to the NHS. Jack's mum, Nicola, works as a Musculoskeletal Physiotherapist but has been redeployed to assist staff on the wards of St David's Hospital during the COVID-19 pandemic. Jack therefore decided to start fundraising, to aid his mum and all other NHS staff tirelessly working.

Jack loves cycling and as a way of showing his thanks, decided to do what he loves the most and challenge himself to cycle from his house up Garth Mountain with his dad. Jack triumphantly completed his challenge.



Louise Fisher's Mammoth 1083 Mile Virtual Bike Ride

Louise's virtual ride started from Lands' End and ended at John O Groats, cycling a whopping total of 1083 miles! Louise commenced the ride on Sunday 12th April, and originally planned to complete the mammoth task in under 4 weeks by cycling around 60 miles a day. However, she decided to make her task even more challenging by aiming to complete the ride in 2 weeks. Following this change in goal, Louise cycled 100 miles a day finishing on Sunday 26th April! Louise fund-raised for both Cardiff and the Vale and Cwm Taf UHBs.



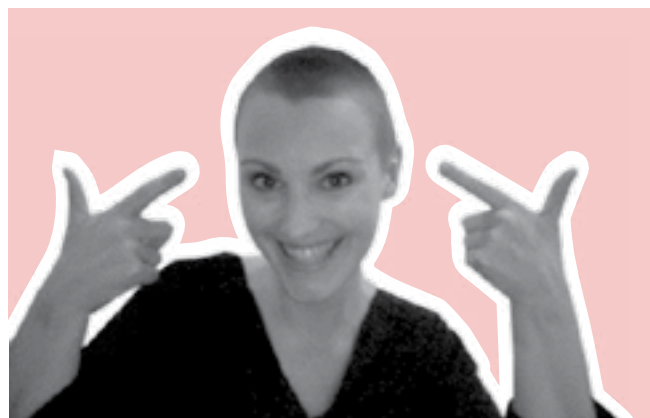
Ieuan & Llewellyn Morgan VE Day Fundraising

4 year old Ieuan and 6 year old Llewellyn wanted to show their appreciation for their veterans on VE Day so decided to host a bake sale on their front lawn with their parents. But that's not all, the dynamic duo also wanted to help 'Spread the Love' so decided to fundraise for their local NHS teams here in Cardiff and the Vale of Glamorgan.



Hayley Thomas' COVHEAD Challenge

Hayley, who is a Speech and Language Therapist, always had shaving her head on her bucket list and originally set her fundraising goal at £200. However, she was soon overwhelmed by the amount of people who donated to her page. In less than one hour, Hayley far exceeded her original fundraising goal which she donated to help support her local NHS team.



Jonathan Davies

100 Mile Cycle

In April 2020, former Welsh Rugby international and WRU Performance Director Ryan Jones challenged himself and others to cycle 100 miles on a turbo training bike in their back garden whilst donating £100 to the NHS.

Jonathan, a deputy head teacher at Ffynnon Taf Primary School in Taff's Well, was inspired by Ryan's fundraising so decided to take part in Ryan Jones' 100 for 100 Challenge. Jonathan originally set himself a target of raising £100, and ending up smashing both the event and his target.



Mark Osman

Take and Donate

Mark is part of the vulnerable to COVID-19 group so had to self-isolate. Living opposite Jackson's Bay in Barry, Mark watched the British wooden sail training ship, the SV Tenacious, come in to port and photographed it. Having taken a photo of the full moon the previous night, Mark decided to photoshop the two pictures together to create a beautiful image which his daughter Lisa Butler shared on Facebook.

With the picture receiving many positive reviews online, Lisa suggested it would be a great opportunity to raise money for the NHS via Cardiff & Vale Health Charity. The fundraising pair decided to share a re-edited version of the image, encouraging people to make a donation in return for downloading and printing the picture for free.



Mark Timothy

Beard Shave

Inspired by the sacrifices made by both NHS staff members and the public alike, Mark decided to shave off his mighty impressive beard in order to raise funds for frontline staff during the pandemic.



Michael Owen's 300 Mile Challenge

Supporting Intensive Care Unit

Peter Owen was admitted to the COVID-19 Intensive Care Unit at the University Hospital of Wales. To show his gratitude for the care his father was receiving during this truly difficult time, Peter's son Michael decided to start fundraising and set up a JustGiving page to support the dedicated staff of the Intensive Care Unit.

Michael, along with 24 other family members and friends pledged to complete a challenge that between them, they would walk, run and cycle the distance from Cardiff to Aberystwyth pier, a place close to Peter's heart, three times. The group of 25 fundraisers collectively completed this mammoth challenge over Saturday 16th May and Sunday 17th May, exceeding the original goal of 300 miles, actually achieving a distance of 687 miles.



Millie Catherall

Neighbourhood Fundraising

Millie aged 8, helped by her Mum Jayne, has been bringing her neighbours together during the pandemic with a series of activities and events. As well as doing the weekly shopping for some of the older members of their street, the pair have organised a VE day celebration, a Bake Off competition with 23 entries and have been holding regular street get-togethers to help with social isolation and also selling books and toys to raise money for Cardiff & Vale Health Charity.



Max and Alfie's

8 Hour Den Challenge

Inspired by stories of VE Day and World War II, Max and Alfie decided to build a den in Alfie and his twin brother Noah's bedroom to replicate a bomb shelter. They challenged themselves to remain in the den for 8 hours taking a 5 minute break every hour to stretch their legs.

Supported by their brother and sister, Noah and Chloe, who were on hand to provide drinks, food and much needed encouragement, the pair completed their challenge with ease! Not only did they complete their challenge, but also smashed their fundraising target.



Nathan Wyburn Thank You NHS Artwork

Cardiff & Vale Health Charity Patron, Artist Nathan Wyburn created this iconic image during COVID-19 which was made up of hundreds of photos of NHS staff. This image has been used by the media and displayed across the world as a symbol of hope during the pandemic. Nathan produced a range of merchandise to sell with this image and kindly donated 50% of the profits to Cardiff & Vale Health Charity.



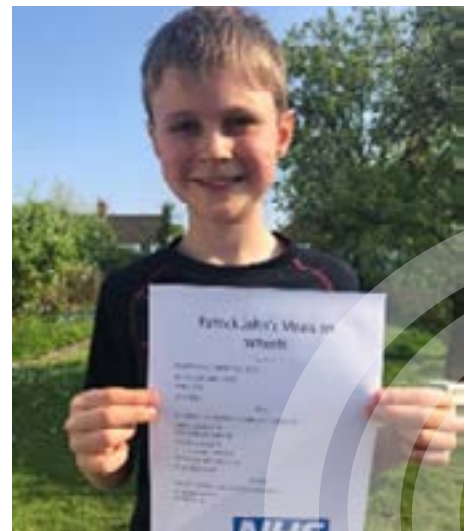
Phil Morgan 'God Bless The NHS' Fundraising

Local illustrator Phil made a huge donation to support NHS charities across Wales, with the money donated being split equally between the seven Health Board NHS charities across Wales.

The brilliant 'God Bless the NHS' image is currently on display around Cardiff. Phil originally put the A3 print for sale on his online store for a limited time period of two weeks and in that time sold 60 prints. Phil wanted to acknowledge the hard work of not just doctors and nurses, but everyone working on the front lines to care for COVID-19 patients and other people every single day.

Patrick John's Meals on Wheels Fundraising

Chef hats off to 10 year old Patrick who cooked for his neighbours during the pandemic! Patrick loves cooking and not only has he been treating his neighbours to delicious meals (including his Chicken Korma speciality) but also decided to fundraise for Cardiff & Vale Health Charity at the same time.



Rachel Hannah Art Painting Prize Draw

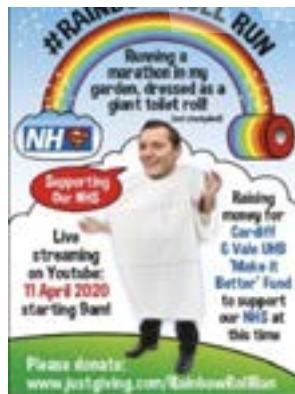
Lovely local artist Rachel Hannah is a regular supporter of Cardiff & Vale Health Charity, and came up with a fabulous idea to raise some funds for the NHS during an incredibly challenging time. Rachel decided to host a prize draw, asking people to donate £5 to enter, to be within a chance of winning one of her magnificent metre by metre paintings.

A Community Support Worker herself, Rachel's wishes were for her fundraising to be donated to NHS Charities Together and Women's Aid.



Oliver Williams' Rainbow Roll Run

The amazing Oliver Williams ran the distance of a marathon in his back garden on Saturday 11th April 2020 dressed as a toilet roll. Dad-of-one Oliver, 34, from Barry in the Vale of Glamorgan completed the 26.2 mile run in an impressive time of 6 hours 50 minutes whilst also raising money for his local NHS.



River Island Cardiff Branches Unite to Fundraise for NHS

River Island employees Caroline and Charlotte, came to our UHW site to drop off donations on behalf of the wonderful staff from both Cardiff branches. After seeing the hard work and dedication of their local NHS staff, the stores wanted to work together to say thank you to all the key NHS workers across Cardiff and the Vale.

Charlotte, Deputy Manager at Queen Street store also bakes delicious cupcakes in her personal time and thought it would be nice for both stores to collect some money to pay for cupcakes, which could then give to the NHS staff, as a little treat to say thank you for all they are doing. Staff members from both stores contributed money to the 'Spread the Love' campaign as well as giving the wonderful NHS workers some delicious cakes to enjoy.

Paul Burgess Multi-coloured Mohawk

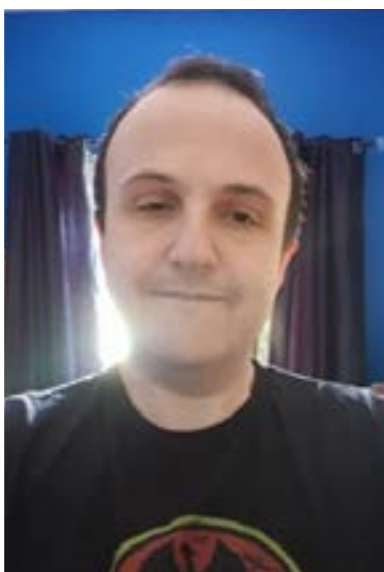


Paul brightened up everybody's day by dyeing his magnificent Mohawk several different colours during the COVID-19 lockdown to support his local NHS hospitals here in Cardiff and the Vale of Glamorgan via Cardiff & Vale Health Charity's 'Spread the Love' Campaign.



Rory Campbell-Carden's Inca Trail Virtual Marathon

Inspired and motivated by another NHS fundraising hero, Captain Tom Moore, Rory wanted to show his support. Rory set out to complete the Inca Trail Virtual Marathon in 5 days during his daily exercise allowance. Starting on Thursday 16th April 2020, Rory completed the 26.2 mile challenge on Tuesday 21st April 2020, conquering the Inca Trail.



Simon Richard's Walkathon Challenge

Simon is an avid walker and loves keeping active. Whilst in lockdown and with the ability to exercise outdoors having been reduced, Simon was inspired by a gentleman in France that he had seen who had run a marathon on his balcony and decided to do a challenge of his own. Simon came up with the idea to walk the distance of a marathon in his flat, by repeatedly traversing his corridor, needing to complete over 2000 'lengths' to achieve the 26 mile distance.

Simon conquered his challenge with ease, taking 10 days and just under 2000 lengths to achieve his goal.

Stephen Mitchell **Runs the Cardiff Half Marathon Route**

At the start of the COVID-19 outbreak, Stephen spent over a week in hospital. Upon being discharged from the hospital and returning home, Stephen had to shield for a further six weeks due to the medication he was prescribed. Following the completion of his treatment course and as a result, his shielding period, Stephen decided to set himself a challenge and fundraise for Cardiff & Vale Health Charity in appreciation of the care he received in hospital.

As a former athlete and current coach, Stephen wanted to return to his previous fitness levels challenging himself to run the Cardiff Half Marathon route on Saturday 4th July whilst obeying social distancing guidelines. As a patient, Stephen understands that it can get lonely in hospital due to the visitor restrictions currently in place. As a result of this, he wished to support the Patient Experience Team via Cardiff & Vale Health Charity, who are helping brighten up patients' days by providing them with items such as toiletries and day and nightwear clothing.



Shannon Joslyn's Head Shave

Part of the extended Cardiff & Vale Health Charity family, 12 year old Shannon Joslyn was inspired to raise money by pledging to shave her head if she raised £200 to support Cardiff and Vale NHS staff members. Shannon smashed her target for Cardiff & Vale Health Charity's 'Spread the Love' Campaign and shaved her head on Tuesday 19th May 2020.



SMK Building and Friends Shave Your Head

The employees of SMK Building and Maintenance Ltd wanted to show their support during the pandemic. Shaun Williams, Lead Fundraiser and Company Director of SMK was the first to shave his head along with two members of his family, Jim and Jac, to encourage other employees to be bold and go bald. On Thursday 23rd April 2020, other employees at SMK shaved their heads before going to clap our NHS employees for all their hard work. SMK also pledged to match every £10 donation made by their employees.



Reel Label Solutions Window Stickers

Reel Label Solutions were really proud of their local NHS, so made a donation raised from the sale of car/window stickers that they produced. Megan Wright and Fran Hobbs set up Facebook pages to sell the stickers and received phenomenal support from the community. Even the staff and pupils attending Bedwas High School Hub got involved by selling stickers to anybody who walked into the school.

St David's Catholic College COVID-19 NHS Fundraising

Staff members and students at St David's Catholic College, Cardiff have been fundraising over the last few months to raise enough money to buy items which will help our patients during the COVID-19 pandemic. With the money raised, they kindly bought 2 televisions, 6 radios and 6 headsets which were all donated to the Coronary Care Unit at UHW. They also bought lots of toiletries and pyjamas for patients across the health board.





Taffs Well Rugby Football Club

Rugby Tour Fundraising

The local Rugby Club made a donation to Cardiff & Vale Health Charity's 'Spread the Love' campaign which supports our frontline NHS staff during the pandemic.

The club decided to all work together to cover the distance between Taffs Well in Cardiff and Albufeira in Portugal. The players were due to visit Albufeira this year for their annual tour, but decided to all pitch in to fundraise for Cardiff & Vale Health Charity instead.

Steven Robson Live Stream DJ Sets

During lockdown Steven asked his friend, a Senior Nurse working on a COVID-19 ward, what the most practical thing he could encourage people to do to help her in her day to day job. Steven was told that with no visitors being allowed on the wards, that patients would really appreciate receiving toiletry items which would help put a smile on their faces.

As a result of this, Steven decided to support the Patient Experience Team via Cardiff & Vale Health Charity, who are helping brighten up patients' days by providing them with items such as toiletries, nightwear etc. during this difficult time by live streaming a DJ Set during lockdown.



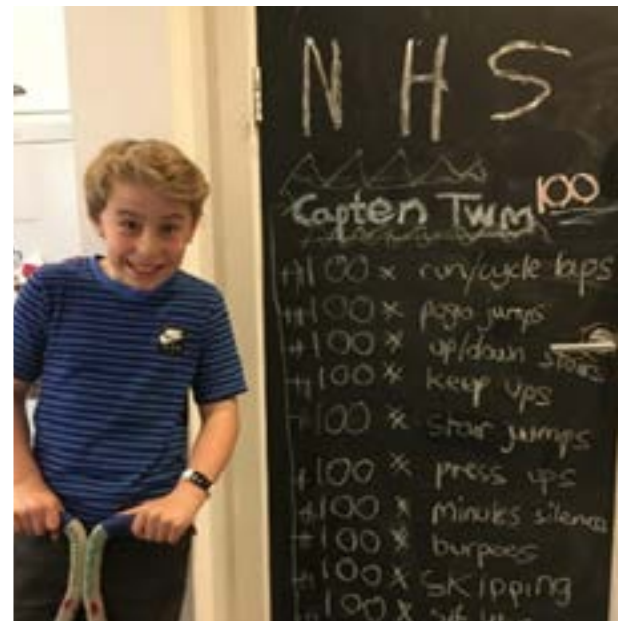
Tessa Marshall In Memory of Jitendra Rathod

Tessa set up a JustGiving page for friends and family to come together to share their love and respect in the sad passing of the very much loved Mr Jitendra Rathod, an Associate Specialist in Cardiothoracic Surgery at the University Hospital of Wales.



Twm Huw's 10x100 Challenge

Inspired and motivated by NHS fundraising hero Captain Tom Moore, our very own 10 year old 'Capten' Twm wanted to show his support for the NHS. As a way of showing his thanks, Twm pledged to complete a 10x100 challenge at 10am on Sunday 10th May. Twm's herculean challenge would involve; 100 laps of his back-lane; 100 pogo jumps; 100 times up and down his stairs; 100 football keep-ups; 100 star jumps; 100 press-ups; 100 minutes silence; 100 burpees; 100 skips and 100 sit-ups.



Tracy Carwardine's Brave the Grey Challenge



Tracy like many other people within the UK was in lockdown and unable to attend places such as hair salons, which were closed. She therefore had the great idea to set up a fundraiser, where instead of buying a box of hair dye normally worth around £5 she encouraged people to join her and instead donate £5 to Cardiff & Vale Health Charity.

Tracey Young Birthday Fundraiser

Birthday girl Tracey kindly asked that this year, instead of her friends and family giving her presents that they instead donated to Cardiff & Vale Health Charity's 'Spread the Love' Campaign to help support our NHS during the pandemic.

Toby Spain's Raise £5k for Rob Paton's Big Shave

Toby set up a JustGiving page for Rob Paton, Area Manager of Booker Cardiff to support NHS staff during the pandemic. Rob pledged to shave off both his beard and hair if his fundraising page reached £5,000 and the page did just that, far exceeding the original goal for Cardiff & Vale Health Charity's 'Spread the Love' Campaign.



Wayne Courtney Song for Charity

As one of Cardiff & Vale Health Charity's patrons and frontline NHS worker, Wayne set up the Song for Charity evening performances, which gave local artists an opportunity to perform each night for 30 days.



Malcolm Murphy Painting of Local Musicians.

Local artist Malcolm Murphy donated one of his paintings which depicts five renowned musicians who regularly perform in some of the most prestigious venues in the UK, but who have now come together to bring music to their neighbours.

The scene was captured at the time by a friend, Alan Bretos, and Malcolm was inspired to create this wonderful painting. We are delighted to accept the painting as a donation and we look forward to permanently displaying the work within one of the Cardiff and Vale University Health Board's sites.

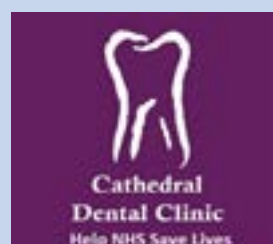


Vinaya Parvate Support our Frontline NHS Staff

Vinaya wished to support her friend and her colleagues who work in the Neurology ward at Rookwood Hospital as well as the patients in isolation on the ward during lockdown. Vinaya did amazingly raising money for the department, immensely helping both the staff and patients of the ward during an extremely difficult time.

Vida Kolahi & Cathedral Dental Clinic

Vida set up a JustGiving page for the Cathedral Dental Clinic who very generously offered their services for free where in return, patients were asked to donate to the page to support frontline NHS staff.



Aaron Ramsey

Wales and Juventus FC Star Aaron Ramsey made a very generous donation to Cardiff & Vale Health Charity's 'Spread the Love' campaign in March 2020 which helps support our NHS heroes throughout the COVID-19 pandemic.



Gareth & Emma Bale

Wales and Tottenham Hotspur football legend, Gareth Bale and his wife Emma made a significant donation to the University Hospital of Wales (UHW). It was Gareth and Emma's wishes that Cardiff & Vale Health Charity spend the money towards the response to COVID-19. They wanted to give something back to their local NHS as Gareth himself was born in the UHW Maternity Unit, and they say UHW have provided many services to themselves and their family and friends.

Sir Stanley Thomas

Sir Stanley Thomas, Businessman and Property Developer, who founded the food company Peter's Pies and his family made a very generous financial donation during the pandemic to help staff on the frontline and patients receive essentials over and above what the NHS normally provides. Sir Stanley and his family wanted to do something that would make a difference during the pandemic to help and show their appreciation for the crucial work performed by our fantastic NHS heroes on a daily basis.



We at Cardiff & Vale Health Charity have been blown away by the messages we have received via our JustGiving page and the acts of kindness shown to our staff. On behalf of all the NHS teams here in Cardiff and the Vale of Glamorgan, we thank every donor and fundraiser from the bottom of our hearts for their inspiring kindness and generosity.

If you would like more information on how you can help 'Spread the Love' and help our frontline NHS Teams through this pandemic then please visit Cardiff & Vale Health Charity's website; <https://healthcharity.wales/how-to-help-during-covid-19/>, contact us via email; Fundraising.cav@wales.nhs.uk or make a donation here; <https://www.justgiving.com/campaign/spreadthelove>

Frontline NHS staff go to work to keep us and our loved ones safe. The greatest thing we can do right now to return the gesture is to follow the most up to date guidelines set out by both the Welsh Government and Public Health Wales.

