

Cardiff & Vale
HealthCharity
Elusenlechyd
Caerdydd a'r Fro

CHRISTMAS IS COMING

This year we're incredibly grateful to all our supporters who, once again, have gone above and beyond for Cardiff & Vale Health Charity. While we celebrate the upcoming festivities with mince pies and turkey, we're also looking ahead to our challenge events next year; we need to shed the pounds of overindulgence somehow!



SHINE BRIGHT APPEAL

On Monday 29th November we lit up the night with our stars at University Hospital of Wales to create a beacon of light, hope and joy for patients, visitors, staff, and the local community after a very uncertain time. During the lighting ceremony, we were fortunate to have Howells School Choir and Birchgrove School Choir sing some Christmas carols, along with Thank You speeches from Ruth Walker, Executive Nurse Director, and Joanne Brandon, Director of Communications, Arts, Health Charity and Engagement.

As a special tribute, we've dedicated our angel to all staff and patients we've lost at Cardiff and Vale University Health Board.

If you were unable to sponsor an LED star this year, we've also launched a virtual campaign where you can sponsor a star whilst adding your own personalised message and photo.

» [Light Up Your Star](#)



www.healthcharity.wales

CHRISTMAS IS COMING

CHRISTMAS JUMPER DAY

Get your tinsel antlers, your red-nosed baubles, caroling socks, or jazzed-up jumpers ready for our festive Christmas jumper day on 17th December.

Ho-ho-have fun and raise money for your local hospitals at the same time.



[Find Out More](#)

Cardiff & Vale Health Charity
Elusenlechydd
Caerdydd a'r Ffio

Christmas JUMPER DAY

Friday 17th December 2021

Have some festive fun and help raise funds for your local NHS charity. Proceeds from this year's event will support Children's Services across Cardiff and Vale University Health Board. All you have to do is follow the simple steps below.

- First make your donations via the QR code (suggested donation of £2)
- Wear your Christmas Jumper (hat, tie or socks!) on Friday 17th December
- Share your Christmas Jumper Day photos with us at: fundraising.cav@wales.nhs.uk or tag us on our social media pages: @HealthCharity

N.B Please remember that all Cardiff and Vale University Health Board staff with patient contact should be 'bare below the elbow' even on Christmas Jumper Day

CHRISTMAS SHOPPING ONLINE

Did you know when you shop online, you could donate a percentage of your purchase to us at no extra cost to you?



If you prefer shopping at Amazon, you can simply log in to your usual Amazon account at smile.amazon.co.uk and choose Cardiff & Vale Health Charity as your dedicated charity. Then, all you have to do is shop!



[Find Out More](#)



Alternatively, shop your favourite retailer through Easy Fundraising. Visit easyfundraising.org and select Cardiff and Vale Health Charity as your charity to support. Get the credit card ready, it's time to splurge!



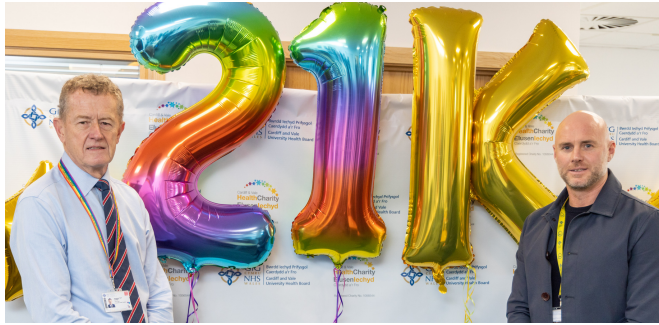
[Find Out More](#)

CHRISTMAS AUCTION

The gavel has sounded, and the auction is over! Well done to all our successful bidders - the perfect Christmas present will be on its way to you soon! Don't worry if you missed out this time, stay tuned for what's coming in the Spring!



CHRISTMAS IS COMING



STAFF LOTTERY WINS

In November we held our annual Staff Lottery SuperMegaDraw where Rob Page, former Professional Footballer and Caretaker Manager of the Wales National Team, pulled the winner of £21,000, and four £1,000 winners! Congratulations to all our lucky staff members!

» [Find Out More](#)

DONATE WITH PENNIES

In for a Penny is a payroll giving scheme for staff at Cardiff and Vale University Health Board to give up to 99p every time they're paid to Cardiff & Vale Health Charity. Working together, the pennies donated could make small change, a big reward. It's simple to join and simple to set up!



In for a Penny
Small change, Big reward...

» [Find Out More](#)

NEW YEAR, NEW CHALLENGES

As one year finishes and another begins, it's time to think about the next challenge in your life. Whether that's shedding the Christmas weight with a half marathon, or enjoying a scenic view as you jump out of an aeroplane, we've got you covered for your philanthropic adventure.



Big NHS Jump

» [Find Out More](#)



Barry Island 10K

» [Find Out More](#)



Cardiff Half Marathon

» [Find Out More](#)

STAY TUNED FOR EVENTS COMING NEXT YEAR

**Prop Appeal
Afternoon Tea**

» [Find Out More](#)

**Breast Centre Appeal
Afternoon G&Tea**

» [Find Out More](#)

**Prop Appeal
Blue Tie Ball**

» [Find Out More](#)

**Breast Centre Appeal
Pink Tie Ball**

» [Find Out More](#)

www.healthcharity.wales



CHRISTMAS IS COMING



Merry Christmas



Happy New Year



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