



ABOUT THE PROP APPEAL

The Prop Appeal is part of Cardiff & Vale Health Charity, registered charity number, 1056544. It was launched in 2008 to raise funds to help improve the overall experience and facilities for people receiving rehabilitation at Rookwood Hospital after suffering brain injury.

Following a brain injury, the road to rehabilitation can be a very long one. The time spent at Rookwood by an injured person, their family and friends can be months and in some extreme circumstances, years. The Prop Appeal raises money to ensure facilities at Rookwood are as comfortable, welcoming and stimulating as possible for people during a very traumatic period. Every penny raised goes towards making things better, and much of this fundraising is down to those who volunteer for the Prop Appeal.

Sadly, due to the global pandemic, fundraising activities have slowed as events were cancelled throughout 2020/2021. However, the Prop Appeal has still had the wonderful support from its fundraisers and friends.



**To get involved in the Prop Appeal please email:
fundraising.cav@wales.nhs.uk or call 02921 836041**

A HUGE THANK YOU TO ALL OUR SUPPORTERS

Virtual quiz evening - In response to COVID-19, supporter Vinaya Parvate has been fundraising, raising £1,050 by hosting a virtual quiz evening to help patients in isolation due to visitor restrictions put in place.

Charity Merchandise - T-shirts, hoodies and other items were designed by Katyann Owen and Darcy with the help of their friend Nicola from KNMs Embroidery who helped bring them to life! A percentage from the sales of the items was used to purchase outdoor gazebos. Katyann and Darcy kindly did this as they were extremely grateful for the support shown to Katyann Nan's, Julie, whilst an inpatient on Ward 7.

Step into Summer Virtual Welsh Three Peak Challenge - The 'Step into Summer' challenge saw participants, from Wales, Germany and even Australia virtually conquer the three highest peaks in North, Mid and South Wales. Participants from across the globe tackled the distances to virtually climb the highest mountain in Wales, the iconic Snowdon, along with the formidable Cadair Idris and Pen Y Fan, a combined height of 2,334 metres (7,657feet)! The event raised £2,438.

Whilst an inpatient, Jamie Colburn also signed up the Step into Summer challenge finishing in style raising a fantastic £974.



Only Time Will Tell: A Father's Journey - Cardiff & Vale Health Charity Patron and long-serving doctor at Cardiff City Football Club, Prof. Dr Len Nokes' book: 'Only Time Will Tell: A Father's Journey' is now selling digitally on Amazon for just £7.95. The book, written in memory of Len's daughter Claire, tells her story from her father's perspective.

It is also a recollection of the time Claire spent in hospital and how her family and friends rallied around her – and each other – as they came to terms with the tragic circumstances that had befallen them. Copies of the book are available to purchase online here: www.amazon.co.uk/kindlestore or by visiting the website.

Congratulations to Len who was named as one of three finalist in the British Heart Foundation Heart Heroes Awards 2020, in the category of Charity Champion for raising awareness and helping others in Claire's memory.

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Team Rudolph, a virtual challenge to the North Pole - As Christmas 2020 would be the last one at Rookwood Hospital before services relocate to University Hospital Llandough, staff decided it would be good to end the year with something positive and to improve their well-being, by hopefully getting fitter for Christmas.



The multidisciplinary team of therapists, nurses and doctors plus supporters of the appeal, including some fundraising volunteers raised a fantastic £2,263 by completing 2,669 miles (the distance from Rookwood Hospital to the North Pole). Activities included cycling, running, swimming and walking.



Go the distance with Adam Harcombe - An inpatient at Rookwood Hospital's Neurosciences Specialist Rehabilitation Unit, Adam Harcombe suffered horrific head injuries, which left him with significant physical and cognitive impairments, including losing his sight in one eye.

Adam's strength of character was evident from day one of his stay at Rookwood Neurorehabilitation Unit. He engaged with his rehabilitation with incredible resolve, so much so that he often had to be reminded to slow down. Eager to support their friend, a group of rugby clubs from Rhondda Cynon Taff all agreed they wanted to do something to raise awareness, show support and raise some funds for Adam.

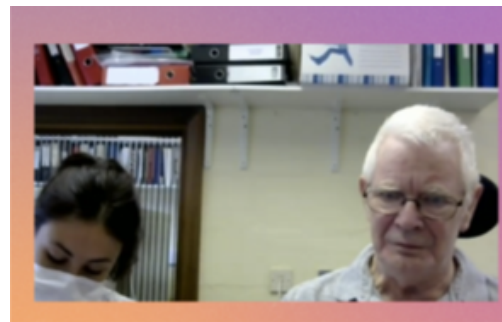
Friend, Dylan Jones says "Adam is very well liked and respected by many people in our community. He recently created a video, telling his story and showing his progress which was nothing short of inspirational. After seeing this, a group of us have set out a timeline of events that will take place this year in order to stand with him in his time of need."

26 miles in March 2021 - For the first event, Adam encouraged people to participate in a socially distanced walk or run of 26 miles throughout March. 26 miles is the total distance between the rugby clubs he has represented. So far, the campaign has raised over £14,500. Donations can be made here- www.justgiving.com/campaign/propappeal

IN OTHER NEWS

The Rookwood News - In July 2020, John Munton (a patient in Rookwood at the time), decided to co-create a Newsletter with Speech and Language Therapy Assistant, Amy Parfitt.

John said, "I thought it was important that patients on the ward knew what was happening and that we kept in touch with them. So much happens on the ward, people come and go, and nobody knew what was happening." The Newsletter includes articles and interviews written by patients and staff, as well as a 'Staff Member of the Month', which John said was "enjoyed by everyone, especially the staff!"



When asked if the Newsletter was an important part of his rehabilitation, John said, "The Newsletter was something I was able to put my enthusiasm into. It kept me active whilst I was waiting to move on from Rookwood. It was a way of getting rid of one's frustrations". John described interviewing CEO Len Richards for a feature in the Newsletter as the "pinnacle" of his role as co-editor of The Rookwood News.



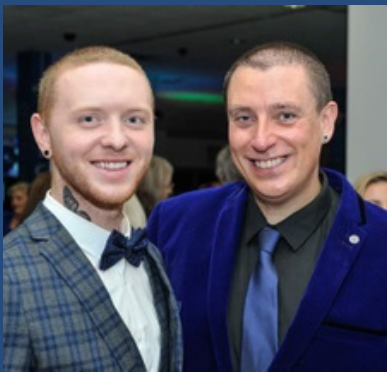
Community Brain Injury Team (CBIT) get festive - With so many changes this year, the Community Brain Injury Team (CBIT) wanted to spread a little festive cheer to those on the wards. Social connection and inclusion is such an important part of brain injury rehabilitation, and one that so many people find helpful and valuable.

The team put on their first socially distanced "Christmas get together and Craft" and held sessions virtually over Zoom. Everyone who attended said how pleased they were to be able to meet others who are also adjusting to life changing injuries. For some, it gave them the opportunity to talk through the impact that coronavirus has had on their routine, recovery and support networks.

Each session was spent crafting Christmas cards, macramé wreaths, cork reindeers and snowflakes, supported by CBIT staff. Craft boxes were sent in advance to those attending via Zoom so that everyone would be able to join in. It's been great to see the service users' creative and IT achievements!

IN OTHER NEWS

Yarnbombing - The Yarn Bombing project was a great opportunity for staff and patients to get creative during the pandemic. Patients spent hours in the sunny courtyard creating pom poms and decorating the garden with lots of beautiful donated items. The patients loved getting creative as part of their rehab and enjoyed the social interaction each week



Wayne & Wyburn - Cardiff & Vale Health Charity patrons and hosts of the Prop Appeal Blue Tie Ball, Nathan Wyburn and Wayne Courtney made it on to the 2020 Pinc List. The Pinc List is an opportunity to recognise and thank LGBT+ individuals within local communities and those in the public eye for the work they do.

Both Nathan and Wayne are ambassadors of the Health Charity, who are both kind, compassionate and well-loved within the Health Board. Wayne is a Health Care Support Worker at the University Hospital of Wales and engages his department in events and activities and Nathan is an artist regularly commissioned by the Health Charity and Arts Team to highlight important milestones within the Health Board.



Sports Day - A fun filled day was had by all at a sports day event, held for patients on Ward 7. With the sun shining and laughter aloud, teams took part in various games, including, foam football, javelin and an egg and spoon race. Organised by the physiotherapy team with the activities funded by supporters, Irwin Mitchell Solicitors who also provided water bottles and sports bags for all who took part.

Madelaine Lawrenson Physiotherapist, said: "We would like to thank Irwin Mitchell for their support and thank all those who took part and enjoyed the day. The event was a great success, the patients had a wonderful time and we hope to arrange something similar in the future."

POETRY BY TREVOR PLENTY



Trevor Plenty, a former brain injury patient at Rookwood Hospital has been documenting his life and experiences through poetry. During Action for Brain Injury Week (Monday 17th May 2021 – Sunday 23rd May 2021), the Arts for Health and Wellbeing Team will be sharing a daily poem written by Trevor on social media, documenting his journey from his youth in the Royal Air Force (RAF) through to his accident and recovery, whilst capturing his positive attitude throughout. Trevor has written the poem '*This is Me*', to introduce himself and the topics of the poetry to come.

This is Me

Being born at an early age with a surname of Plenty,
I've grown up just a bit and recently turned Seventy,
With my childhood full of adventure and of many tricks
Two brothers and three sisters that adds up to six,
A good family upbringing, then I decided to flee the nest,
I joined the RAF that seemed for me the best,
A few years away, with certainly many a thrill
Sadly! Curtailed, I had to leave as I became ill,
But life goes on as they say, I flitted from job to job,
And enjoyed life to the full trying to earn an honest bob,
Got married had two kids, life was really grand,
Grew up all together with my own little band,
I worked in a factory as a semi- skilled engineer,
And on the weekend! we would have some fun and a drop of beer
Then for about twenty years I was on the road selling videos,
Seeing Wales in all its glory it kept me on my toes,
My fledglings left the nest for another place to roost,
And soon another four joined my brood to give it a healthy boost,
Time now spent to help the parents in their darkest hour,
To give them some comfort as things started to turn sour,
Then came a bump, as I fell and hit the solid floor,
But thanks to many others I was not caught knocking on Heaven's door,
Life had turned full circle now time for me to re-adjust,
A start of many adventures, doing different things which is a new must,
Sadly! lost my dear Sue a few years ago, it only seems like yesterday,
But she is looking over me making sure I do things the correct way,
I have gone back to school learning many new things,
Have learned how to cope of problems, which life to us it brings,
You cannot give up on life, it is very easy to go into a shell,
Sit up, be positive, take a breath smile life is really swell.

By Trevor Plenty

THANK YOU



Thank you to everyone who raises vital funds for the Prop Appeal, whether by having a collection tin on their desk, organising an event, taking part in a sponsored event, making cakes or making a donation. This support makes a huge difference to the lives of those living with the effects of an acquired brain injury.

WAYS YOU CAN HELP



To get the year started, Cardiff & Vale Health Charity are organising a charity Skydive 'The Big NHS Jump' this year, so why not sign up for the experience of a lifetime and support the Prop Appeal in the process!



Donations - By cheque, cash or at www.justgiving.com/campaign/propappeal
Please make cheques payable to The Prop Appeal.



Birthday celebrations and other special occasions have had to change because of Coronavirus. Help us deliver what people need, wherever they are, when they need it most by setting up a virtual fundraising event.



Why not ask friends and family to buy a virtual drink by making a donation, hold an online zoom party, hold a socially distanced gathering of a few friends, the options are endless!



Set yourself a challenge, do a virtual walk in the distance of a dream destination or somewhere you have always wanted to go, climb a mountain on the stairs, cycle the Tour de France on a spin bike! Set up a JustGiving page via this link, <https://www.justgiving.com/campaign/prop> click on 'start fundraising' and go for it!



Share the fundraising link with family and friends, and any money raised will go directly to where it is needed the most.



Text PROP to 70085 to donate £10. Texts cost your donation plus one standard rate message and you'll be opting in to hear more about our work and fundraising via SMS. If you would like to give £10 but do not wish to receive marketing communications text PROPNOINFO to 70085.

WHAT WE SPEND YOUR MONEY ON



Music therapy sessions, which can support physical, psychological and emotional progress through music therapy.



Bedside televisions for each patient to catch up with the latest news or their favourite soap.



Hydroflex chair made for rehabilitation. The flexible chair offers high levels of adaptability for those with more complex posture and pressure requirements.



State of the art projector screen and audio-visual package for slide-tape presentations, films, television programs and games in the day room.



Smart box with Tobi eye gaze which has enabled the team to assess clients using technology to see if they are able to use Tobi eye gaze, controlled by eye movement to communicate needs and make choices when unable to verbally communicate or write. The smart box can also be used through direct access touching choices.



Power assisted wheelchairs gives patients the opportunity to practice using a powered wheelchair to see if they are able to control it safely and independently. Following brain injury individuals can present with cognitive difficulties, so having repeated practice can assist them in improving their ability to drive a wheelchair.

AND MORE!



For up-to-date information on how donations help make healthcare better, please visit this website: www.healthcharity.wales



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[Instagram.com/cardiffandvalehealthcharity](https://www.instagram.com/cardiffandvalehealthcharity)



Or call the office to speak to one of our dedicated team members (029 2183 6041). The Health Charity team are based at Woodland House, Maes-Y-Coed Road, Heath, Cardiff. CF14 4TT