

Welcome to the summer edition of the Cardiff & Vale Health Charity Newsletter. Inside you'll find inspirational stories from fundraisers and hear about the many ways in which the Health Charity can help support patients, staff and local communities. Find out about ways you can support your local NHS charity!

OUR FUNDRAISERS



Jac's epic North to South Wales cycling challenge



520 mile walk in aid of the Prop Appeal



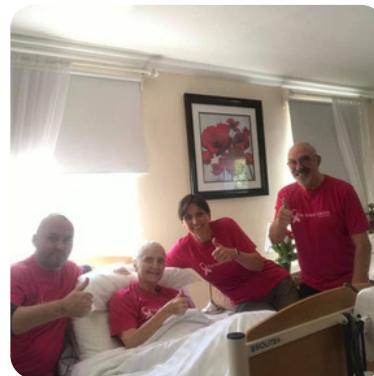
Ben Nevis Challenge for Suzie, Dean and Matt

Thank you to everyone who raises vital funds for Cardiff & Vale Health Charity, whether that's by having a collection tin on their desk, organising an event, taking part in a sponsored event, making cakes or making a donation.

We really appreciate your support!



Jack's 7 marathons in 7 days for CF Unit



Annie's Welsh Coastal Path Challenge and Virtual Tour



Jade, Olivia and Liam take on the Big NHS Jump 2021

Cardiff & Vale Health Charity is the official charity of Cardiff and Vale University Health Board which supports all the wards, departments, hospitals, community services and research areas throughout Cardiff and The Vale of Glamorgan.

NEWS



“By providing us with the funds to buy garden furniture and plants etc we have been able to make the area not only a more appealing place to sit but also staff and patients have taken ownership of the environment and it has significantly enhanced their wellbeing. The garden has become a calming and tranquil place to sit.” Zara Jenkins, Ward Sister, Elizabeth Ward

[Making a difference to patients and staff at St David's Hospital](#)



[Art and drama inspire patients with an acquired brain injury](#)



[Cabinets for defibrillators to help local communities](#)



[Providing additional comfort for end of life care](#)

"Every donation making healthcare better"

The Health Charity manages over 300 funds for equipment, research, treatment and patient care so that donations can support work and projects over and above what normal NHS funding provides. Providing cutting-edge research and equipment is central to our charitable role.

NEWS



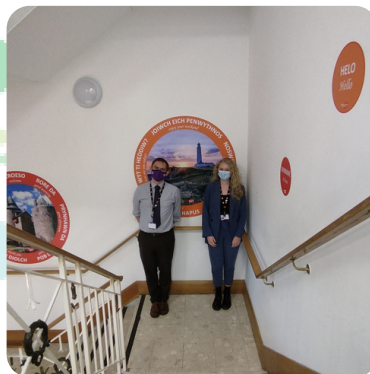
Health Charity partners with Stock Shop UHW

Bike health check sessions "wheelie good"

Celebrating the Queen's 95th birthday

"The Bike Health Check was great. I have a secondhand bike so it really put my mind at ease to have someone who knows what they're doing to look over it as I use my bike to travel to and from work. I'm really grateful that the Health Charity offered this free service for staff."

Holly Tarren, Community Child Health - St David's Hospital



Third sector grant scheme now open

Health Charity helps to step up Welsh language skills

Supporting Midwives and Mums-to-be with birthing equipment

We've always got a range of events taking place that you can get involved in to raise money for the Health Charity! From step challenges and bake offs to jumping out of aeroplanes - the choice is yours!

[View our latest events here!](#)

EVENTS

Walk 10 miles to Celebrate 10 years of the Breast Centre Appeal!

The Breast Centre Appeal would love you to join them and Caerphilly Nordic Walking Society for a guided walk from Cosmeston Lakes Country Park, to the Breast Centre at University Hospital Llandough.

On Sunday 5th September 2021 at 10.00am

To register please contact nicola@townsq.co.uk

Minimum sponsorship of £50
- no registration fee, and all money raised will support the Breast Centre Appeal.

Medals & Refreshments provided



The Big NHS Jump September 2021

Cardiff & Vale Health Charity is partnering with Skyline to launch a campaign encouraging people to give thanks to our incredible NHS by taking on the ultimate adrenaline rush in support of Cardiff & Vale Health Charity.

Email: fundraising.cav@wales.nhs.uk
for more information



There are so many different things you can do to support Cardiff & Vale Health Charity! Every donation helps to make healthcare better!

WAYS YOU CAN HELP



Cardiff & Vale Health Charity is organising a charity Skydive 'The Big NHS Jump' this year, so why not sign up for the experience of a lifetime!



Donations - by cheque, cash or at www.healthcharity.wales/donate
Please make cheques payable to Cardiff & Vale Health Charity



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.



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, www.justgiving.com/cardiffandvale click on 'fundraise for us' 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 CAVHC to 70085 to donate £5 Texts cost £5 plus one standard rate message and you'll be opting in to hear more about our work and fundraising via telephone and SMS. If you'd like to give £5 but do not wish to receive marketing communications, text CAVHCNOINFO £5 to 70085.



Staff members can show their support by joining the Staff Lottery or In for a Penny scheme, both come directly from your payslip each month - simple!

MERCHANDISE

From NHS face masks to books, we have lots of lovely merchandise you can purchase to show your support for Cardiff & Vale Health Charity.

[Visit our shop](#)

The Staff Lottery was launched in September 2005 to raise funds for Cardiff & Vale Health Charity. Since then the Staff Lottery has gone from strength to strength, and gives staff the chance to win £1,000 each week, plus two SuperDraws every year!

STAFF LOTTERY



SUPERMEGADRAW ALERT!!!

Find out more
and join the
Staff Lottery
here!

Sign up for the **£21,000** SuperMegaDraw which is taking place on 26th November 2021. To be eligible to be in with a chance of winning you must sign up to the Staff Lottery by 29th October 2021.



To find out more visit:

<https://healthcharity.wales/staff-lottery/>

[April 2021
Winners](#)

[May 2021
Winners](#)

[June 2021
Winners](#)

TO FIND OUT MORE.....



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



[Facebook.com/healthcharity](https://www.facebook.com/healthcharity)



[Twitter.com/health_charity](https://twitter.com/health_charity)



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



Call the office to speak to one of our dedicated team 029 2183 6041.

The Health Charity team are based at Woodland House, Maes-Y-Coed Road, Heath, Cardiff. CF14 4TT