



# SUMMER LOVIN'



With the sun making more of a regular appearance, we can't help but have a smile on our faces as we bask in the warmth of the summer months, and get ready for our challenge events. At Cardiff & Vale Health Charity we continue to be incredibly grateful for all the generosity and support we receive. Thank you!



## FUN FOR ALL THE FAMILY

On July 31st in the beautiful Pontcanna fields, take part in the first NHS 5K – Do It Your Way event. Whether you walk, run, cycle, skate, roll, skip, scoot or slide your way to 5K, you can do it however is most comfortable for you. Starting at 10:00am, bring your friends, family, and four-legged furry pals too.

» [Sign Up Here](#)

Registration is now open and all funds raised will benefit the health and wellbeing of our patients, staff, and visitors. But don't delay, and sign-up before the closing date of 16th July!





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## HORATIO'S GARDEN WALES

We celebrated the opening of Horatio's Garden in the Spinal Injury and Neuro Rehabilitation Centre at University Hospital Llandough on Saturday 2nd July.

To support the creation of the garden, Cardiff and Vale UHB generously provided the land, and Cardiff & Vale Health Charity significantly contributed to the development of the site and upkeep. Horatio's Garden Wales is the first of its kind in Wales, and the stunning accessible garden space is for patients, staff and visitors to enjoy throughout the year.



[Read More](#)

## OUR HEALTH MEADOW

Our Health Meadow at University Hospital Llandough has received a Building with Nature Full Award, the first of its kind in Wales!

The Building with Nature Standards provide planners and developers with evidence-based, how-to, guidance on delivering high quality green infrastructure. The Standard puts nature at the heart of development in a way that's good for people and for wildlife. Our Health Meadow does exactly that. Our aim is to establish an ecological community health park which aims to benefit wildlife, plants and people through positive human environment interaction.



[Read More](#)



## STAFF LOTTERY SUPERDRAW

The Staff Lottery SuperDraw took place on Friday 27th May where Ian Evans at the Dental Service, St David's Hospital, took home £6000; what a win! We also had four lucky £1000 winners too! Congratulations to all our successful staff members.



[Read More](#)

Do you work for Cardiff & Vale UHB? Have you signed up to the staff lottery? Every week you could win £1000!



[www.healthcharity.wales](http://www.healthcharity.wales) [fundraising.cav@wales.nhs.uk](mailto:fundraising.cav@wales.nhs.uk)







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## WEBSITE UPDATES

Check out these new menu tabs on our website which highlights what we've been up to.



» [NHS Charities Together](#)



» [Staff Lottery Winners](#)



» [Health Hero Winners](#)

Are you ready to take on a new adventure?  
Take a look at our upcoming events below.

## CHALLENGE EVENTS



**BARRY 10K**  
7th AUGUST

» [Sign Up Here](#)



**CARDIFF HALF MARATHON**  
2nd OCTOBER

» [Sign Up Here](#)



**WELSH 3 PEAKS**  
16th OCTOBER

» [Sign Up Here](#)

Cardiff & Vale  
**HealthCharity**  
**Elusenlechydd**  
Caerdydd a'r Fro

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