



# ***Spotlight on staff fundraising***



Nina Griffiths & Lisa Marshall  
Ward 12, Withybush Hospital



The staff on ward 12 completed a sponsored walk and all monies raised have gone towards the refurbishment of the relative's room.

Lisa Marshall, Senior Sister and Nina Griffith, Student Nurse said:  
“Everyone on Ward 12 were absolutely delighted with the opening of our wonderful day room. Families are very important to us on Ward 12, they are our key to success. This room will be very beneficial for families to utilize in a calming and tranquil place.”



## Climb Every Mountain! St Non's Ward, Withybush Hospital



A group of staff members from St Non's Older Adult Mental Health Ward, Withybush Hospital, completed the Welsh 3 peak challenge to raise awareness of mental health and raise funds for the ward.

Kat Solov, Health Care Support Worker said:

"We were all very excited about this challenge and hope to participate in other events over the next 12 months to continue our fundraising."



## Annmarie Thomas' year of fundraising for Carmarthenshire Physiotherapy Services



In June 2018, Annmarie Thomas, Lead for Medical Workforce, was diagnosed with Guillain-Barré syndrome.

Annmarie wants to say thank you for the care she received during a lengthy hospital stay, and in particular to the physiotherapy service which was instrumental to her rehabilitation.

Annmarie said: "I'm really pleased to have raised over £6,000 so far which is being used to purchase an Active Passive Trainer and more. I'm challenging myself to be alcohol free for the entire year and am encouraging friends, family and work colleagues to remain alcohol free for one or more months in 2019!"



Occupational Therapist  
Jumps for Cwm Seren



Sara Davies, Mental Health  
Occupational Therapist, at Cwm  
Seren Low Secure Unit is raising  
funds for the unit by holding a quiz  
night and doing a tandem skydive  
in June.

Sara said: “I am raising funds to  
provide a sensory room for patients  
which will improve the  
environment on the unit.”



Over £17,000 raised for  
Bronglais Hospital  
Chemotherapy Day Unit



Dr Elin Jones, Associate Specialist, at Bronglais Hospital's ran the Abersoch 10k.

Elin said: "I am very proud to be the Associate Specialist in an enthusiastic team looking after patients as they face their cancer diagnosis and treatment. Funds are always needed and this was my way of standing with our patients to improve the area they currently receive their treatment in and to have a private, pleasant area for patients and their friends and relatives. Over £17,000 is a massive amount (my target was £2,500!) and I am extremely grateful to all those who donated."



Chris Richards

Physiotherapy technician,  
Bronglais Hospital



Chris Richards joined #teamhyweldda and ran Cardiff half marathon in aid of Ceredigion physiotherapy services.

Chris said:

“I decided to raise money for our physiotherapy services as the service holds a special place in my heart, as I work in this area and I’m very passionate about the work that I do.”

# LET'S RAISE A CUPPA



Supporting

NHS CHARITIES  
TOGETHER

Colleagues across the UHB are invited to host a tea party to celebrate the NHS whist raising funds to support our charity.

The NHS Big Tea is the perfect opportunity to bring colleagues together, whilst raising a cuppa to support and celebrate our wonderful health service – a great excuse for a slice of cake and a get together!

