

Spring / Summer 2023

cwtch

from Tŷ Hafan Children's Hospice

Inside: Super siblings

Also in this issue
Make a splash at
Welsh beaches

Community Hubs



Tŷ Hafan

CHILDREN'S HOSPICE
HOSBIS I BLANT





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Get in touch

We would love to connect with you! If you have any questions, would like to fundraise for us or want to find out more about what we do, get in touch with us through our website, by email, over the phone or on social media.

 www.tyhafan.org

 supportercare@tyhafan.org

 02920 532 255



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A message from our Chief Executive



Welcome to the Spring/Summer 2023 edition of *Cwtch* magazine. I hope that you and your loved ones have had a great start to the new year.

The words of Wales’ World Cup song seem fitting to sum up a challenging, but productive 2022. “*Ry’n ni yma o hyd*” – ‘we are still here’, and as a charity approaching our 25th birthday next year, we are more determined than ever.

Thanks to **you**, your generosity and commitment, and the dedication of my fantastic team, we are there for the children and families who need our hospice care and community services.

I am always humbled to hear first-hand how much families appreciate our support – and by extension, *your support* – at every stage of their journey. They ask me to pass along their sincere gratitude.

Finlay’s dad recently told me that we “don’t understand the difference we make by being there” and Rose’s mum said her family were so thankful to be cared for in this ‘club’ that no one ever chooses to belong to.

Last season, you supported us through two major events: our 60-hour ‘*When Your World Stops...*’ appeal, and the lovely Christmas concert at St David’s Hall, our first ever major event at a national venue. Together these events raised almost £370,000, which is particularly helpful given our escalating energy bills. Thank you, we couldn’t do it without you.

You may have seen some of the media features about the additional challenges faced by families, particularly given their heavy reliance on energy for the specialist equipment their children need. I have been immensely proud to see everyone pull together to help them, and us, cope with the cost-of-living crisis.

Many of you will know that one of the unique features of our care is that it extends beyond children with life-shortening conditions to include their siblings. Faced with the loss of their sister or brother, these young people benefit hugely from play therapy, counselling and spending time with other children and young people who are going through similar experiences. You can read more in *Ruby and Emily’s* story on page 15.

We are looking forward to what 2023 will bring, with many exciting events planned. Hopefully some will involve you and give us an opportunity to meet. A highlight will be the coronation of our patron, King Charles, to whom we extend our best wishes.

In the meantime, on behalf of everyone at Tŷ Hafan, we hope you enjoy our updates.

Do take care,

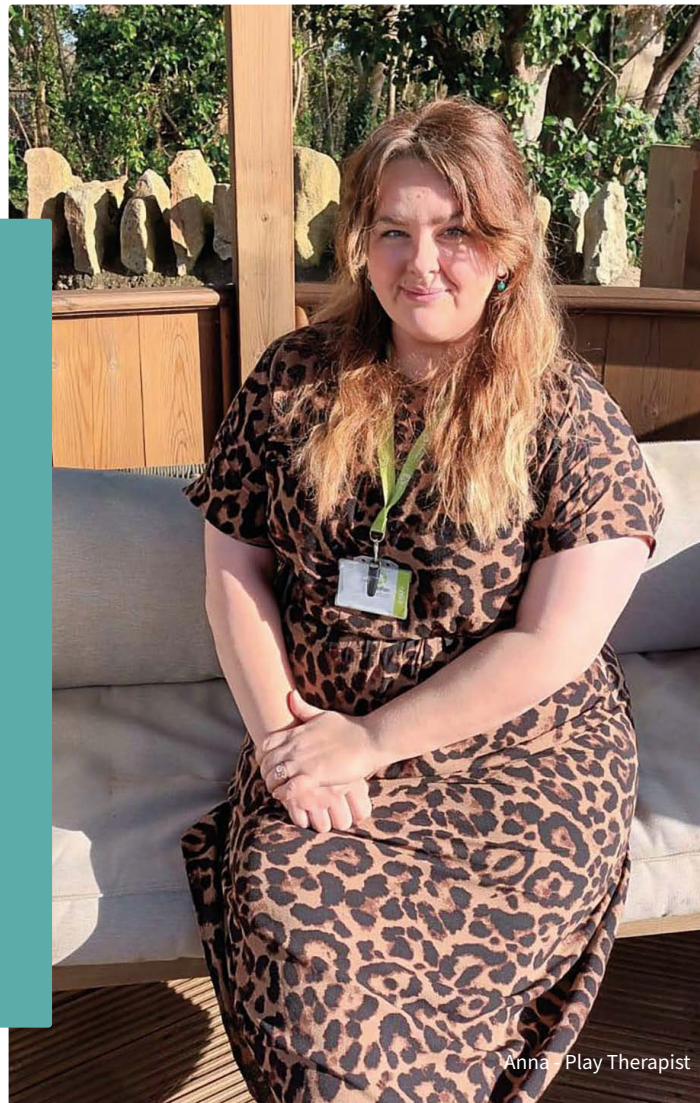
Maria Timon Samra
Chief Executive, Tŷ Hafan Children’s Hospice



A day in the life of... a Play Therapist

Play Therapy is a key part of our work. It helps children understand traumatic experiences and helps them work through it in a healthy, age-appropriate way.

So, it was fantastic that Anna - one of our Play Therapists - shared some of her time with us to explain what she does and what a day at Tŷ Hafan can hold.



Anna - Play Therapist

“Play Therapy is a type of psychological therapy that uses the principles of person-centred counselling in a child-friendly way. We do it because children and young people can have very adult experiences in terms of trauma,” explains Anna.

“Unlike adults, children don’t usually have the same kind of vocabulary, so they can’t express and process what they’ve been through in the way an adult could. That’s where we come in.

“At Tŷ Hafan, we usually work with trauma coming from medical situations, but it could really be anything. Play Therapy is very much led by the child. Children are never pushed to face their trauma - they get to it in their own time. They use toys and play as their expression and communication.

“In the beginning, Play Therapy is all about the play, and then we help the children connect the play to their reality. In the first couple of weeks, I focus on building a rapport with the child and let them explore the Play Therapy room at their own pace.

“The toys I use are chosen carefully and, after a few weeks, the child will display what we call a ‘narrative thread’, which means we see them repeating and building on the same storyline through their play.

“Often, what they have chosen to do in the session relates to their lives, even if they don’t realise it. When they make that connection with their reality over time, they can use play to become victorious in the situation that hurt them.

“Easily the best part of my job is being in a play session and seeing a breakthrough”

“A child could be using pretend play to act out their trauma and then, in the next session, pick up the doll they were using and say: “this person can be me this week - it’s been me all along” or “that doll has brown hair like me”!

With Play Therapy, children can explore their emotions in a safe space, learn how to cope with their situation and build up their self-confidence. It can help children deal with bereavement, divorce and other challenges they face.



“No two days are the same for me, but I keep a routine. Play Therapy is an attachment-based therapy, so I need to be consistent and predictable in the therapy room at all times,” says Anna.

“With that in mind, there’s an underlying routine with my caseload. I see children at the same time and day each week. Around that, a day for me could involve anything!

“I could be going to meetings, having phone calls with parents, assessing new clients or doing multidisciplinary work like meeting with psychologists to see who is best suited to work with a particular child.

“I also do a lot of reading. I only see a child once a week but, in between that time, my brain ticks over about what they’ve been saying. So, by doing research, in the next session I can better reflect what they’re trying to express, which is what’s known as *holding them in mind*.



Tŷ Hafan is a very special place to work. I have the best team around me. As soon as I stepped through the doors, I knew this is where I wanted to be. It felt warm. We’re really accepted as who we are.

“I love making connections with the families we work with. It’s a really privileged position to be in to be able to empower them. They trust you with the hardest parts of their lives but celebrate with you in the good times”

Thank you for speaking to us, Anna.



Join Tŷ Hafan!

A career at Tŷ Hafan is inspiring and fulfilling. When you work with us, you’ll play a big part in our mission to give vital support to amazing children and families across Wales who need us.

Plus, you’ll be able to enjoy:

- 30 days holiday (+ more with service) and Bank Holidays
- Excellent benefits
- Professional development opportunities
- A friendly, supportive work environment

If you’d like to work at Tŷ Hafan, we would love to hear from you!

To find out more about working at Tŷ Hafan and discover our latest vacancies, email us at careers@tyhafan.org or go to: www.tyhafan.org/careers


Make a splash at Welsh beaches

As we enter the warmer months, many of us are gearing up for enjoying the outdoors again. We are blessed to be on Wales' stunning coastline and a trip to the beach can be a low-priced day out with breathtaking scenery and lots to do for all ages.

Caswell Bay

1 Sully Bay

Just a few paces away from Tŷ Hafan's grounds is the enchanting Sully Bay. It's a pebble beach between Penarth and Barry on the Glamorgan coast and it's a favourite location for hiking and fishing. From here, you'll have clear views of Sully Island, Flat Holm and Steep Holm. You can even walk to Sully Island at low tide!

 all year round


2 Rest Bay

Rest Bay Beach, in Porthcawl, has both sand and pebbles and is lined with cliffs. Because it catches the Atlantic swells, this beach is a much-loved surfing location in Wales.

 May until October  Blue Flag status

3 North Beach, Tenby

Tenby's North Beach is one of Wales' most iconic beaches. It has a picturesque background of colourfully painted houses and ahead you'll get views of Carmarthen Bay. In the middle of North Beach is Goscar Rock, which was once part of the cliffs until it was eroded by the sea.

 May until October

Did you know...?

The bedrooms at our hospice are all named after the beaches below and the names were chosen by the families we support.

4 Caswell Bay

For a dip in the sea in Swansea, Caswell Bay is a great place to visit. On the southeast side of the Gower Peninsular, this sandy beach is known for its wonderful rockpools, family-friendly feel and its scenic backdrop of Bishop's Wood nature reserve.

 May until October  Blue Flag status




North Beach, Tenby



Aberavon


5 Aberavon

Aberavon beach is three miles long and is a wonderful place for little ones to blow off some steam. On the beachfront, there's plenty for families to do, including playing in the Aqua Splash playground and trying out the skate park. This sandy beach is a hotspot for fishing, swimming and kayaking.

 May until October

6 Oxwich Bay

Oxwich Bay in Swansea is simply gorgeous. It's two and a half miles long and, in 2007, it was hailed as the most beautiful beach in Britain. Water sports are really popular here, including diving, sailing, surfing and jet-skiing.



 all year round



Poppet Sands, Cardigan

7 Poppit Sands

This glorious sandy beach on the Pembrokeshire coast is perfect for those who love to explore rockpools. In the summer months, you might be able to spot dolphins, seals, porpoises and whales from Poppit Sands.

 May until October on the western part of the beach  Blue Flag status

8 Cefn Sidan

Cefn Sidan is a beautiful sandy beach that gives you panoramic views of Carmarthen Bay, the Carmarthenshire coast and the Gower. Backed by dunes, this seven-mile Pembrey beach has an unusual feature. There are numerous shipwrecks in the sands of this beach, including the *SV Paul*.


 May until September  Blue Flag status



Llangennith


9 Llangennith

On the edge of the Gower Peninsula, Llangennith beach gives you amazing views of Burry Holms and Worm's Head. This long sandy beach is another popular spot for surfing because it's in the line of the Atlantic swells.

 all year round

10 Whitmore Bay

Whitmore Bay is a golden sand beach in Barry, Glamorgan. Families love this beach because there's lots of space for running around and it's backed by exciting activities, including the climbing wall, arcades, adventure golf and the Pleasure Park. Fans of Gavin and Stacey will recognise Whitmore Bay from the beloved TV programme.

 May until October



Whitmore Bay, Barry



News from the hospice

The team at Tŷ Hafan is always busy planning events, activities and new features at the hospice. Here are some of the latest updates...

A pantomime with a very special guest

Performed by staff and special guests, our *Encanto*-themed Christmas pantomime was a hilarious and touching performance. When the final panto ended, Santa Claus himself descended in a Wales Air Ambulance helicopter to meet the children and give out gifts. This was a truly amazing day at Tŷ Hafan, so thank you to everyone who made it possible.



A wintry Candlelit Service

Our annual Candlelight Service took place in December and it was lovely to see so many of the bereaved families we support in attendance. Christmas can be a difficult time for bereaved hospice families and the Candlelight Service gives them an opportunity to get together, sing carols and decorate our Christmas tree with memorial tags to celebrate their children's lives. We were thrilled to welcome Treorchy Male Voice choir back to the hospice to sing carols at this heartwarming event.

Hospice Stay and Play Hubs will return in 2023

The Stay and Play Hubs will be reintroduced at the hospice for the first time after the pandemic. These Hubs allow children and families to come to us for the day, access our specialist services and complementary therapies, get peer support, have lunch and meet other families. The whole team at the hospice can't wait to bring these events back in 2023, so watch this space!

An exciting new addition to the hospice

We now have an *Acheeva* bed! For many children with altered body shape due to conditions such as scoliosis or muscle tightness, finding a comfortable position that is also supportive enough to limit any further changes is a challenge.

They may have a specialist chair to support sitting well but are only able to tolerate sitting for an hour or two. The *Acheeva* bed offers supported lying in different positions, so we can find a solution for a child that is comfortable and supports their posture.



It's easy to move around and designed for daytime use, so it can be used around the hospice and the children can take part in all our activities in a position that works for them.

Christmas Day at Tŷ Hafan

This Christmas Day at Tŷ Hafan was extra-special, and focussed on a young person who is having end-of-life care with us making precious memories with her family at the hospice. They told us they had a lovely Christmas as a family, supported by our Care Team. It was such a privilege to be a part of this special day.

A bridalwear experience in Abergavenny

All of our 18 charity shops have their own individual flair and character. On Frogmore Street in Abergavenny, you'll find the Tŷ Hafan Boutique Emporium with an unusual feature: a bridal section.

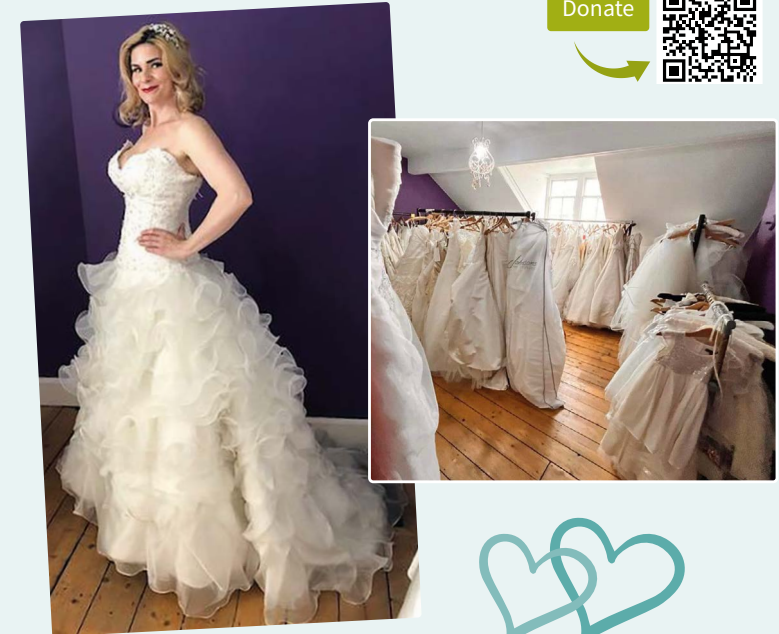
The bridal section is extensive, filling an entire room of the shop. Racks of incredible vintage and contemporary wedding gowns and bridesmaid dresses line the room, and they're sold at a tiny percentage of their original prices.

The dresses, both pre-loved and brand new, are often high-end and worth more than £2,000. They're donated to us by both individuals and shops and they're all in excellent condition.

When you come in to look at our wedding dresses, you get the full experience, with our team on hand to help you select dresses, a wonderful private room for trying them on and as much tea and coffee as you'd like to drink!

To shop our bridal collection, you can make an appointment by calling us on 01873 855020.

It's not just wedding outfits that you can find at the Tŷ Hafan Boutique Emporium, though. Prom dresses, formal dresses and formal hats and fascinators are also sold here by appointment.



You can also drop in at the ground floor of the shop for a shopping trip from Monday to Saturday to browse the items that have been donated to our main Abergavenny charity shop.

Increasing prices are affecting people all over the country, so we feel very privileged to help people prepare for their big day without them having to pay the usual high prices.

The money from each dress goes straight to Tŷ Hafan and our mission of making sure that children in Wales with life-shortening conditions have full lives, specialist care and ongoing support.



We would love to see photos of what you've bought in our charity shops! Post your photos on social media with the hashtag #shoptyhafan.

Address: 55 Frogmore Street, Abergavenny, NP7 5AR
Opening hours: 09:15 - 16:45, Monday to Saturday

Supporting Tŷ Hafan on your wedding day

When you tie the knot, you can add a splash of Tŷ Hafan to your big day.

Having Tŷ Hafan wedding favours, collection boxes and envelopes at your wedding reception really makes a difference. They raise money and awareness for our cause.



Our wedding favours don't break the bank and give your guests a lovely thank you for attending, all while supporting our mission.

- Butterfly mix seed packets
- Poppy seed pencils
- Pens

You can shop our wedding favours online here: www.tyhafan.org/support-us/shop/wedding-favours

To get a Tŷ Hafan collection box and donation envelopes for your wedding, contact our Supporter Care Team on 02920 532 255 or at supportercare@tyhafan.org.



Tŷ Hafan's inclusive playground



There's something very special about the playground in our hospice grounds... **it's inclusive!**

For lots of the families we work with, this is the only play area they can use together as a family.

Parents and siblings can play inclusively here, regardless of their physical abilities, enjoying the playground experience to the full.

The wheelchair swing

Wheelchairs are clipped securely into the swing so that the child can be pushed comfortably and safely.

The nest swing

Children who aren't able to hold themselves upright can lie down in the nest swing and be gently pushed by a sibling, friend, parent or staff member. Children can get into this swing together for inclusive play.



The rickety bridge

The rickety bridge is accessible for wheelchairs and is brilliant fun. When a child moves across it in their chair, the bridge moves up and down, giving them the sensation of being bounced!

The water feature

The water feature is one of the best-loved features of our playground. **Anyone can enjoy the water play!** When the water is pumped up and down, children can watch or feel it flow and splash their hands.

The racetrack

The racetrack, which is just a few steps away from our play area, has been specially designed for children who are learning to use a wheelchair or transitioning between walking and using a wheelchair. They can guide themselves around to learn how to manoeuvre. This track has seen its fair share of races over the years!

The trampoline

Children don't have to climb up to get on this floor-level trampoline! If a child is in a wheelchair, a parent or staff member can stand next to them on the trampoline and bounce.



Musical instruments

For creative musical play, the xylophone, drum and glockenspiel are at the right height for wheelchair users to play comfortably.



Win prizes and raise money

People who play our lottery provide essential funds for our services. In fact, their support adds up to more than **£1m each year!**

Every week, our lottery players are entered into a draw for **only £1 per play** and have the chance to win big cash prizes.

£1
to play

Weekly top prize of
1x £2,000
Bonus rollover up to
£12,000

2nd prize
20x £10
3rd prize
60x £5

Play our lottery



To sign up or find out more, call our Lottery Team on **02920 532 300** or visit www.tyhafanlottery.co.uk

Flip to page 16

Read about our sweet new deal for lottery players



Mr. Chick, from Porthcawl, won a top prize of £2,000



He has supported Tŷ Hafan through our lottery for a long time and he explained to us what inspired him to sign up.

“Having been involved with fostering for many years, I’ve always been conscious of the difficulties many families face because of their personal circumstances. It is the children who are likely to suffer in these situations and it is often fostering that provides necessary support,” Mr. Chick tells us.

“Most parents become anxious when their child is ill but, for families with a child facing a life-shortening illness, there are particular family pressures. In a similar way to fostering, access to meaningful, quality support without having the additional pressures of funding is all important.”

Mr. Chick described the moment he found out that he’d won the top prize: “My first reaction was literally shock, as I had quite forgotten that this was a lottery!”

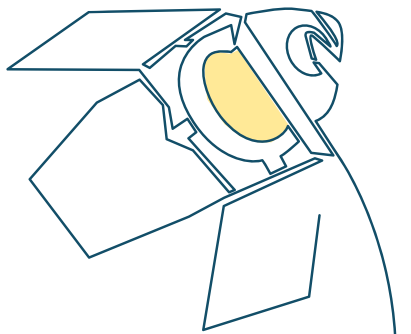
“When I opened the envelope to reveal the cheque, my next reaction was to not accept it because it was from a charity which relies very much on donations. However, Chris, who delivered the cheque, convinced me that I should accept it and put it to good use.

“Initially, it was intended to help refurbish a bedroom, but besides a small donation to Tŷ Hafan, I also made contributions to other charities I regularly support. It was also nearing Christmas and, understandably, my grandsons also benefited. Suffice to say it also did contribute towards our refurbishment plans.”

Thank you for your generosity, Mr. Chick!



Have you heard of Eyegaze? It’s life-changing!



The *Eyegaze Edge* machine is assistive technology that helps children with limited mobility interact with the world.

We absolutely adore this piece of equipment. It’s incredible to see children at the hospice who can’t easily communicate be able express themselves just by moving their eyes.

Children can move their eyes to communicate ‘yes’ or ‘no’ decisions or even choose which activity they’d

like to do next. This might seem like a small feat, but for children who aren’t able to speak and have very limited mobility, being able to make a decision is profound.

Having autonomy like this gives the children we support a big boost to their self-esteem and independence. And that’s just the tip of the iceberg!

Eyegaze comes with a speech generation feature, games and can access websites and apps. This truly is an inclusivity and accessibility powerhouse.



How it works

Eyegaze uses eye movements to type or click on a screen. It does this through its eye tracking camera which sits just below the screen.

The image processing software analyses the camera’s images 60 times per second to find out where the user is looking on the screen.

When the person using the Eyegaze looks at the screen, they can select different keys (a bit like keys on a laptop).

It only takes around half a second of looking at a key for the user to activate it, so they can go from key to key very quickly – although this can be changed to best suit the user’s needs.

We must give an extra-special thanks to Lifelites, a charity that donates innovative technology to the children who need it most, for donating Eyegaze to us.



A tribute to SUZANNE GOODALL

This year, 11th January marked the 6th anniversary of the death of our Founder and friend, Suzanne Goodall. She’s very much missed, but we’re proud that her legacy lives on through the hard work we continue to do for those who need us.

To mark International Women’s Day, Suzanne is being honoured through a quilt designed by Cutting Edge Textiles. The quilt has been made to highlight the significant achievements

of women in Wales. Suzanne’s beautiful section has been created by Carol Bartlett, an artist who has painted the Tŷ Hafan gardens.

Fantastic work, Cutting Edge Textiles, and thank you for honouring Suzanne!





Super siblings

Siblings of children with life-shortening conditions face big challenges. Watching their brother or sister go through physical and emotional stress, and sadly end-of-life care, can bring a lot of worry, trauma and grief that many of their peers simply can't relate to.

How we help siblings

Thanks to the generosity of our supporters, we can give siblings access to a community where their peers understand what they're going through. In fact, we have a whole team dedicated to being there for siblings, led by Kelly-Jo, our Sibling Support Worker, and driven by our peer support group Supersibs. At Supersibs, siblings have an opportunity to engage with other siblings facing similar worries.

We often see that the siblings of children referred to Tŷ Hafan have many worries and anxieties, and can find it difficult to express their emotions. We can provide one-to-one support and numerous therapies to help them navigate and overcome these emotions, and to deal with bereavement and grief.

We have Play Therapy, Music Therapy and Complementary Therapy provision. Our Play Specialist can also help those siblings who have become afraid of medical interventions due to their experiences. All of these services are provided in the hospice, community or wherever it is needed.



On the first Sunday of every month, we hold our Supersibs group which is so much fun! There are two groups: one is for children aged four to 11 and the other is for children aged 11+.

The young people who go to Supersibs can transition between the two groups gradually during the year they turn 11 so that they can settle in. Some of the young people at the Supersibs group for adolescents like to volunteer with the younger children.

"They're all in the same boat. They have an understanding between them - a bond they all have together. They benefit from being together here," says Kelly-Jo, our Sibling Support Worker.

As for what happens at Supersibs, it's a space for siblings to relax, let loose and be themselves. They have campfires at the beach, watch films, have sports days, themed games and activities, day trips to places like the Aqua Park and Cardiff City FC and so much more.

We're always looking to expand our range of activities and it has been a joy to have started working closely with Cardiff Museum to enhance our offer.

For children who aren't able to come to the hospice often, we host a virtual Supersibs group on the same day as the in-person meet-up.

Halfway through the month, we also do a virtual Roblox meet-up! The children choose the Roblox game they'd like to play together, and it gives them the opportunity to see each other every other week and do something they enjoy.

With your help, siblings of children in Wales with life-shortening conditions can get support, whatever their situation might be.

Find out more...

about our care services for families
www.tyhafan.org/how-we-care

Emily and Ruby's story

Emily and Ruby, who are both 14, have been coming to Supersibs since they were young. Emily's sister, Lucie, comes to the hospice and Ruby's sister, Elizabeth, died in 2021.

The duo are now best friends, having developed a strong bond at the Supersibs club two years ago.

"It was February 2020. We were in one of the rooms upstairs eating pizza and watching *Maleficent* with Kelly-Jo, the Sibling Support Worker," Emily explains.

"It was when I was changing up to the older Supersibs group," adds Ruby. "We just clicked. We live quite far away from each other, in Barry and Bridgend, but we keep in touch a lot outside of Tŷ Hafan."

Many siblings we support find that being able to spend time in a relaxed setting with peers who can relate to their own experiences is incredibly valuable.

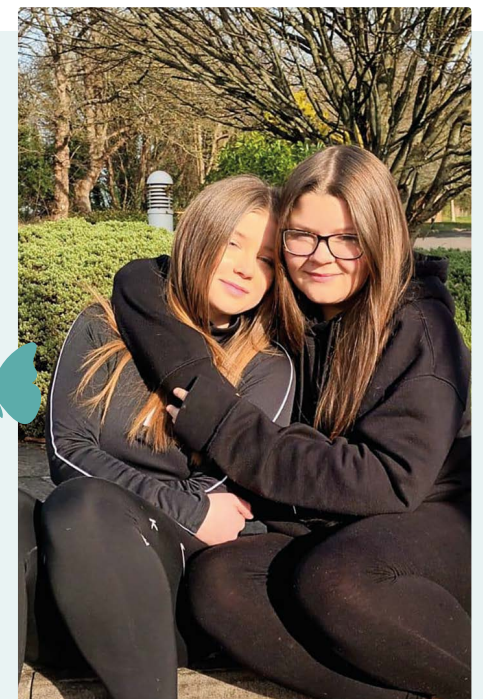
"It's good to meet people who know what you're going through. Even if they're not going through exactly the same situation, they can still relate in a different way to most people my age," says Emily.

Ruby tells us:

💬 **It's helped me to develop friendships with different age groups and it's helped me develop as a person. We can leave our problems at the door and just have fun** 💬

"We usually meet up twice a month. We go to the Supersibs group for our age group and then we volunteer at the group for younger children so that we can see each other more!", Emily added.

Ruby said: "When we volunteer, we help the younger children out with anything they need, that could be helping them with activities, helping them tie their shoelaces and carrying bags - we're their personal coat hangers!"



Donate

With your donations, more siblings of children with life-shortening conditions can access emotional and practical support at no cost. Thank you.

To donate to Tŷ Hafan today:
Use the form on **page 27**
Call us on **02920 532 255**
Go to www.tyhafan.org/donate





A sweet deal for new lottery players

We've been busy baking a new treat for people who sign up to our lottery...

People who play the **Crackerjackpot** lottery in support of Tŷ Hafan contribute 18% of our overall income, significantly helping us to fulfill our mission.

So, to show our appreciation - and to give a little something extra back - we've created a new initiative.

Throughout March this year, you can sign up for a new play in the Crackerjackpot lottery using the web link below, where you will then receive two easy-to-make baking recipes from our chefs at the hospice. These will then be sent straight to your front door.

These recipes are fantastic for children (and their accompanying adults), and are available in English and Welsh. To sign up to the lottery and to get your free recipe cards, visit: www.tyhafanrecipecards.org

Lottery players can sign up for just £1 per week for the chance to win 81 prizes:

- 1 x £2,000 prize
- 20 x £10 prizes
- 60 x £5 prizes

There's also a regular opportunity to win a rollover prize, which can reach up to £12,000!

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If now isn't the right time for you to play the lottery or you've already signed up, here's an exclusive recipe straight from the Tŷ Hafan kitchen for you to enjoy...

crackerjackpot

Goosey chocolate chip cookies

Ingredients

- | | |
|----------------------------|---------------------------|
| 125g unsalted butter | 1½ tsp baking powder |
| 300g plain flour | ½ tsp bicarbonate of soda |
| 100g light brown sugar | ½ tsp salt |
| 75g white granulated sugar | 300g chocolate chips |
| 1 egg | |

Method

1. Mix the butter and sugar together in a bowl
2. Add in the egg and mix thoroughly
3. Add the plain flour, salt, baking powder and bicarbonate of soda and mix until you get a firm dough
4. Add in the chocolate chips
5. Separate the dough into balls
6. Put the dough balls in the freezer for 30 minutes or in the fridge for 1 hour
7. Put them onto a lined baking tray, spacing them out as much as possible
8. Bake the cookies in a preheated oven (200C/180C fan) for 12-14 minutes
9. Leave them to cool for 30 minutes.

Pen-y-Dreadful

Genus is on a quest. This Welsh children's home is determined to raise as much money for us as possible and the team is not shy of an epic challenge. Their latest was 'Pen-y-Dreadful'!

The Genus team has taken on some very creative physical challenges to raise money for us and, so far, they've raised more than £40,000!

"We've done the Welsh 3 Peaks, the National 3 Peaks, the 55-mile Taff Trail in 24 hours, Invincible Tough Run, walked 100,000 steps in a day, cycled 100 km in a day and walked up and down Pen-y-Fan 10 times in 24 hours," Gareth Hemmings, Co-Owner and Director of Genus Care, tells us.



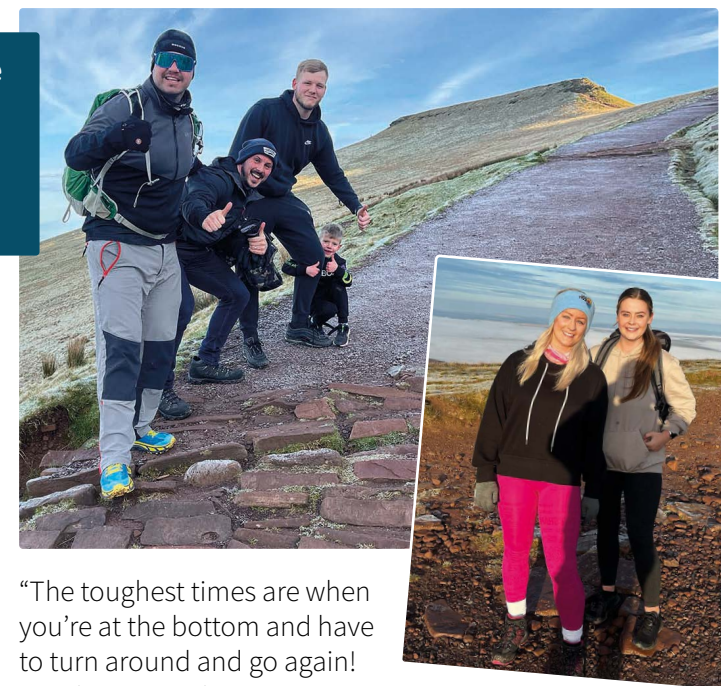
Recently, Genus took on another huge feat called *Pen-y-Dreadful*, which saw the team walk up and down Pen-y-Fan 5 times in December. Yikes!

"Circumstances meant we had to do our annual challenge late in the year. Logistically, Pen-y-Fan is easy as it's close to us all, so 'Pen-y-Dreadful' was born!" explains Gareth.

"Up and down five times in the winter is rough but we wanted to be as safe as possible, so wanted the daylight, too. Plus, the name is a play on the TV show, *Penny Dreadful*.

"It was OK really! We won the weather jackpot - it was a dry, clear, sunny day. Up and down multiple times is harder than many people realise but it's mind over matter.

"About 8 or 9 of us did the full five but it was a brilliant collective effort, we had over 75% of our staff and most of our children and young people up there having a go.



"The toughest times are when you're at the bottom and have to turn around and go again! But the atmosphere amongst everyone in our little base camp was brilliant and we all kept each other going. The support, banter and love on the day was awesome.

"I know everyone who was up there that day got a lot of satisfaction out of it. I went up again the next day with my 9-year-old daughter, Lottie, who couldn't do the day because of school.



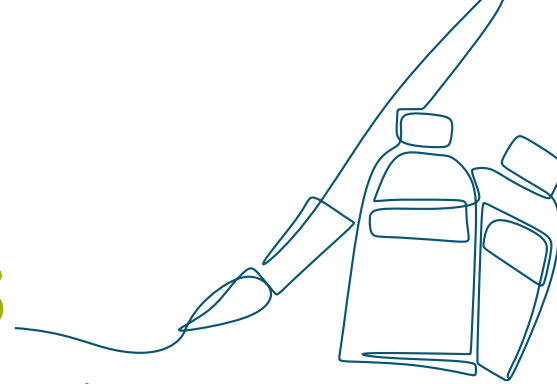
💬 We chose Tŷ Hafan because we share common threads. We both work with children, we're both based in south Wales and the heart of our organisations are our staff. When we visited the hospice, it just cemented our connection to Tŷ Hafan 💬

Genus, you're amazing! Thank you for dedicating so much of your time to helping us.





Community Hubs



Our Community Hubs are held across Wales, bringing Tŷ Hafan to those families who can't often visit us.

Not everyone can come to our hospice regularly because of caring, work commitments and travel restraints.

And, as demand for our services grows and we continue to recover from the COVID-19 pandemic, we're still not able to offer as many stays at our hospice as we would like to.

Our Community Hubs are meet-up events that are designed for fun and relaxation, meeting new friends and getting and giving emotional support.

They're set up by our Family Wellbeing Team who hit the Welsh roads a few times each month, including our:

- Family Support Practitioners
- Family Support Workers
- Sibling Support Workers
- Complementary Therapists
- Play Workers.



Above: The sensory tent
Left: Teenager, Emily, enjoyed running a tie-dye activity at her local Hub



The families we support can come along and take some time out. We deliver calming complementary therapies at these Hubs, like massage for the adults and story massage for the children.

We set up games, arts and crafts, our very popular sensory tent and refreshments, and we're there to have fun with the kids and talk to families about anything they'd like to talk about; that could be a chat about the latest series they're watching on Netflix, supporting with the challenges they're facing or anything in between.

Plus, the ingenious staff at Cardiff Museum sometimes come along with fascinating science-themed activities for the children to enjoy.

One of the biggest impacts of these Hubs is families being able to meet other people who can relate to the them and what they're going through. We often see families swapping numbers and meeting up with each other outside of the Hubs, creating their own support networks in their local communities.

Carriann, whose daughter comes to Tŷ Hafan, told us, **“Community Hubs give us all the best of Tŷ Hafan in a local one-stop shop setting. Meeting old friends, making new ones, themed crafts and games, complementary therapy, advice, coffee and cake are all within a relaxed and happy atmosphere. The monthly Hub gives my daughter and I an experience to look forward to”**

Handcrafted comes to Community Hubs

Handcrafted is a project that sees the lovely Penny and her volunteers create sustainable crafts from donated supplies for sale on our Etsy shop.

Because Penny is a dab hand at all things crafty, she sets up camp at our Community Hubs so that families can get creative – and not just the children!



“I bring easy craft play that all ages can do. We make name bracelets, do painting and colouring and we make activities for the children to play with.

“Both the children and adults can come over to me and sit down and get involved in a craft activity like painting and it can really help them relax by getting absorbed in a simple calming activity”



Leaving a gift in your will to Tŷ Hafan

Simply put, we wouldn't be able to give the quality of care and support that we do every day if people didn't leave a gift in their will to Tŷ Hafan.

With demand for our services increasing, the kindness of those leaving donations to us in their will is even more crucial.



Elisabeth's story

Elisabeth has supported Tŷ Hafan for a long time. She started playing our lottery more than 20 years ago and is a regular player of our raffle – she won the top prize in 2010!

More recently, Elisabeth reached out to our Supporter Care Team because she wanted to include a gift in her will to support our work.

Elisabeth told us, “I needed to amend my will and Tŷ Hafan was a definite choice to be included. I know donations via wills are important to charities and I am pleased to be able to feel that I can leave a legacy to Tŷ Hafan.

“I was a Special Educational Needs Co-ordinator and teacher at a mainstream high school until my retirement. I have always wanted to help children reach their potential and be happy. I can see from the newsletters Tŷ Hafan sends, how happy and supported they make children and their families feel.

“I feel the support and care Tŷ Hafan gives to children and families must be invaluable. What would their lives be like without Tŷ Hafan? It doesn't bear thinking about, so I will always be a supporter”

Thank you so much, Elisabeth.



Did you know...?

The gifts people leave to Tŷ Hafan in their wills fund 25% of our care costs.

Did you know...?

We offer a free will writing service in partnership with The National Free Wills Network and Farewill.

Did you know...?

There are 3 types of gifts you can leave in your will: a residuary gift (a percentage of your estate), a specific gift (e.g., stocks and shares, jewellery) or a cash gift (a set amount of money).

Your ongoing contribution to our work makes such a difference.

To find out more about leaving a gift in your will to Tŷ Hafan, contact supporter care on 02920 532 255, at supportercare@tyhafan.org or visit our website: www.tyhafan.org/support-us/leaving-a-gift-in-your-will





GE Aviation Welsh 3 Peaks turns 25!

Way back in 1998,
GE Aviation started the
Welsh 3 Peaks challenge.

The GE Aviation
Welsh 3 Peaks has
raised an enormous
£1,841,429
for Tŷ Hafan



The GE Aviation Welsh 3 Peaks is a huge challenge. Teams of walkers scale Snowdon, Cadair Idris and Pen-y-Fan back-to-back. That's a 20.35-mile-long walk and an ascent of 9,397 ft in one day!

It came from humble beginnings, with the first of its kind only featuring two groups.

In 2023, 25 years on, the GE Aviation Welsh 3 Peaks hasn't lost momentum, and it has raised an enormous £1,841,429 for us.

Happy anniversary GE Aviation Welsh 3 Peaks!

Volunteering is a big part of working at GE Aviation. GE volunteers all over the world are dedicated to taking part in charity events and community activities to make a difference.

Employees from GE Aviation Wales, which is based in Nantgarw, love to volunteer as marshals at the Welsh 3 Peaks event and enter teams every year.

Since the event began, **more than 1,600** GE Aviation employees have volunteered. That's a huge achievement and we're astonished (and very impressed!) by their commitment to this epic event and to raising money for us.

Gavin James of GE Aviation and Cadair Idris marshal notes, **"The Welsh 3 Peaks is the first event in my calendar every year and has been since I first started at GE. It gives me a great sense of pride to be part of such a big event that helps so many others. Seeing the work that Tŷ Hafan does makes giving up my time an easy choice"**



Teams of families, friends and colleagues from around the country – and world – enter teams for the Welsh 3 Peaks challenge. Craig Jackson, from Knauf Insulation in Cwmbran, has tackled the Welsh 3 Peaks in 2018, 2019 and 2022.

"2022 was the third consecutive year I had completed the Welsh 3 Peaks for Tŷ Hafan. I thoroughly enjoyed each time, and each year was different with the weather. It is very challenging and training preparation is a must!"

"The views and the scenery are something else and the adrenalin pushes you along as you take each mountain. I often tell work colleagues, family and friends of my experiences and would encourage anyone to sign up for this great cause."

Sarah, our fabulous Social Media Executive at Tŷ Hafan, took on the Welsh 3 Peaks in 2016 and is signing up again this year.

"I completed the Welsh 3 Peaks and it is honestly one of my proudest achievements, it was an incredible experience."

"I did the challenge with my sister, stepdad, stepsister and my mum as driver, and I couldn't have done it without their support and the support of others taking part. We still laugh about when a marshal at Cadair Idris told us not to rush and to go at the pace of our slowest team member, then everyone turned to look at me!"

"We raised over £3,000 as a group as my sister's employer match-funded her money raised. So, not only was the experience itself amazing, but it felt amazing to raise this sum of money for Tŷ Hafan. I cannot wait to take part in 2023 for their 25th year of the event, it will be a celebration for sure."

Sam Kemlo of GE Aviation and Cadair Idris marshal shares,

"Volunteering for the Welsh 3 Peaks challenge is one of the highlights of my year. Our marshal team is a family of like-minded people. Our sole purpose on that day is to assist the entrants safely from start to finish."



"Knowing that our support can provide families with happiness and meaningful moments during difficult times is what makes volunteering so special to me."

Signing up to GE Aviation Welsh 3 Peaks in 2023

The GE Welsh 3 Peaks is a walking event, not a race! Your team will have 15 hours to complete the challenge.

You'll need a team of four walkers and one driver. The walkers will tackle the mountains and the driver will drive the walkers from mountain to mountain.

You'll start with Snowdon, and then move on to Cadair Idris and Pen-y-Fan. There will be marshals on the day to look out for you, but you'll need map reading skills to navigate.

This is an empowering event that participants adore, but it definitely requires training, so now is the time to dust off your walking boots!



Discover the GE Welsh 3 Peaks challenge and sign up here:

www.welsh3peaks.co.uk

GE Aviation Wales
welsh 3 peaks
challenge



Event date:
Saturday 10th June 2023

Location:
Snowdon | Cadair Idris | Pen-y-Fan

Registration fee: **£25 per walker**

Sponsorship goal:
£200 per walker





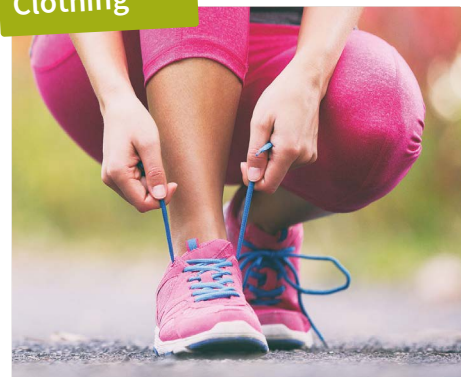
The beginner's guide to... running challenges

It's the season to get outdoors and, in the coming months, there are lots of running challenges that you can take up!

It could be a marathon, or it could be a 5k! Challenging yourself with a running event is a great way to improve your fitness and your mental health, pushing your boundaries and raising money for charity.



Clothing



Comfort during training and race day is a top priority and your clothes will very often make it or break it. You don't need to buy anything fancy, but choosing clothes that are lightweight and don't chafe will really help.

These might include:

- Shorts or leggings
- Good quality socks
- A t-shirt/vest made from a moisture-wicking material (e.g., polyester or nylon)
- A sports bra
- Comfortable, well-fitting trainers.

Tip

Use two pairs of running shoes for training. On race day, pick the pair that's the most comfortable.

Nutrition



1 Training

Depending on the distance of your run, the aim for nutrition during training is to find foods that will help you stay full for longer – but not too full or bloated.

Foods rich in carbohydrates and protein (such as beans and lentils) can be your best friend at this stage.

When you're training as a beginner, you're likely going to be hungrier than usual (some runners call this feeling 'rungr'!). You can use an online calorie calculator to find the best calorie intake for you.

Now is the time to experiment. Find the meals that give you the energy you need.

2 Before the race

This isn't the time to try out anything new! Three to four hours before the race, have a meal high in carbohydrates and has protein in moderation. An hour before the race, choose a light snack that's high in carbohydrates.

3 During the race

Lots of running events will give out energy gels. You can also bring a snack with you in your pocket – some runners love to take dried fruit or jellybeans to eat mid-run.

4 After the race

After the race, choose something high in carbohydrates and protein. Aim to eat it within an hour after you finish the race.

Race day tips

Pay attention to hydration

Drink water before, during and after the race. When you're running, aim to drink 400 ml – 800 ml of water every hour, depending on how warm it is that day.

Don't focus on the clock

Most runners go through highs and lows on race day and regularly checking up on the time can add to the lows. Focus on enjoying the run and the atmosphere instead of counting down the minutes until the finish line.

Interact with the crowds

Running events are known for their enthusiastic supporters! The cheering crowds can really lift your spirits, so interact with them as much as you can.

Plan your route to the race

Running events often cause road closures and other travel disruptions. If you live far away from the race, try staying in a hotel near the location the night before race day.



Steffan William, the previous mayor and current Vale of Glamorgan councillor, ran the Cardiff Half Marathon to raise money for Tŷ Hafan.

"I wanted to raise awareness of this wonderful haven on our doorstep and the need to increase its funding, and do something practical like raising money for it," Steffan tells us.

"As well as visiting Tŷ Hafan's site near Barry and getting to know some of the staff, it was on the day that Tŷ Hafan were really excellent.

"Simple things such as being able to dump my stuff in their tent and receiving all the encouragement from their staff made an enormous difference to me. It made running the event a lot easier and less stressful.

"In helping to raise money for Tŷ Hafan, you raise money for a great cause which can directly make a difference in the lives of children. They have so many things to offer and it's really important that we give as much as we can.

Make a difference – get involved and help out!

Running for Tŷ Hafan

It would be amazing if you ran for Tŷ Hafan! When you run in support of us, we'll be on hand to help you throughout your journey, from the first step to the finish line.

What you'll get

- A hospice tour invitation
- Fundraising materials and support
- An event-specific training and nutrition guide
- A very fetching Tŷ Hafan running vest
- On-the-day freebies at the Tŷ Hafan information stand.

Anyone who runs for us gets free access to our Facebook group for runners. This is a great way to share running advice and meet other people taking part in the event.

To find out about the running events that you can take part in to support Tŷ Hafan, go to: www.tyhafan.org/support-us/taking-part-in-an-event

We'd love to see photos from your training and event day. Share your photos on social media with the hashtag #runtyhafan!



Running events in 2023

There's plenty of opportunities to run with Tŷ Hafan as your chosen charity this year. Here are some of the events you might want to consider:



TEC Brecon Beacons Trail Challenge



Swansea Half Marathon



The Wales Marathon



Barry 10k

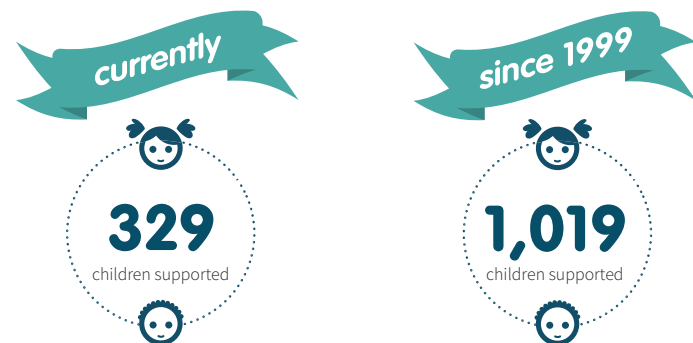


Cardiff Half Marathon

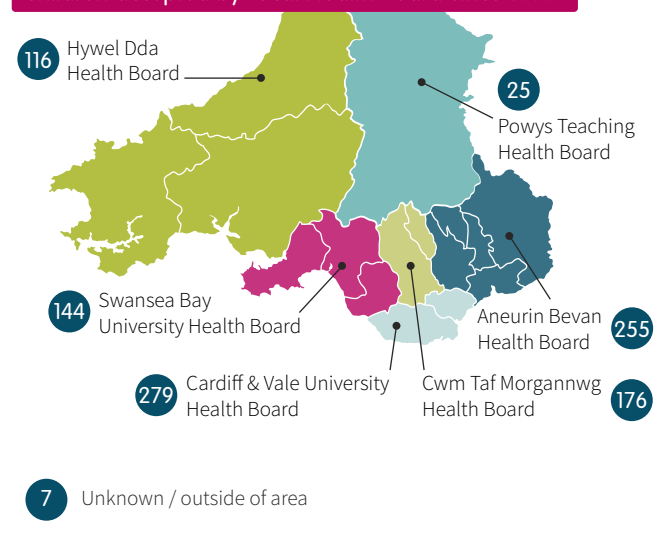




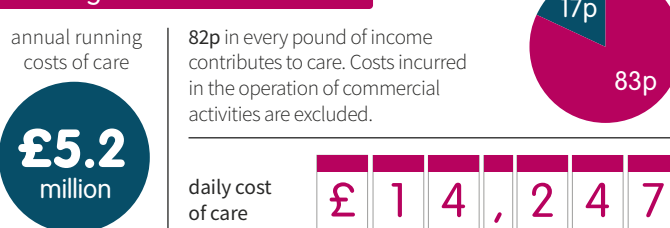
Tŷ HAFAN IN NUMBERS



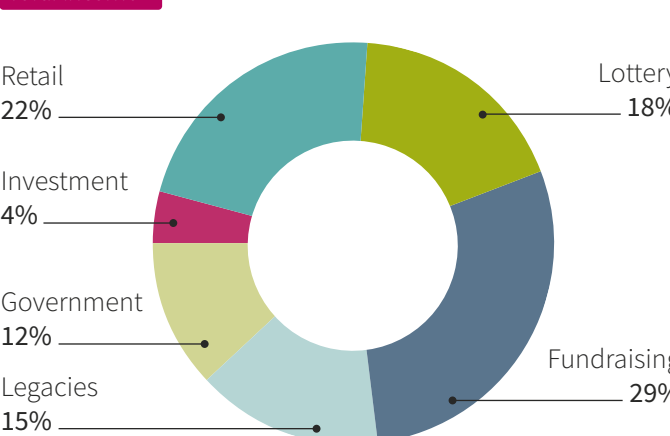
Children accepted by Local Health Board since 1999



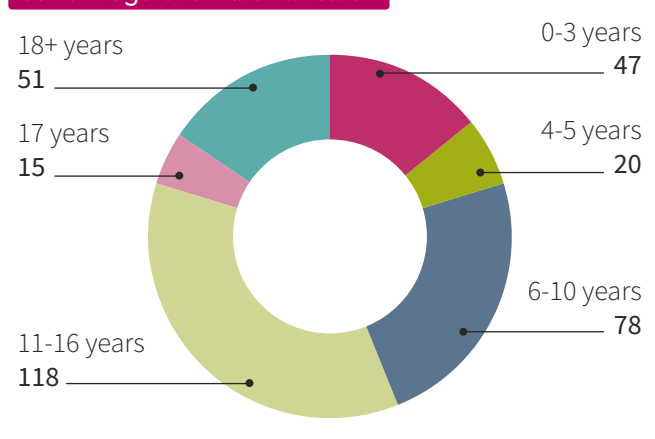
Running costs of care 2021/22



Total income



Current age of children in care



0 years

(under 1 year of age)
Average age at referral in the last 12 months

3

Young people who have graduated from children's services
October 22 - January 23

8

Children who died
October 22 - January 23

168

Number of families accessing bereavement support

66

Number of children accessing a crisis care stay in last 12 months

Number of lottery plays



Volunteers (excluding events)

520

Ambassadors

50

Staff

184

Number of shops



Fundraising heroes

Every day we're blown away by the dazzling fundraising efforts of our supporters. Hundreds of people each year spend their free time raising essential funds for our care services. As far as we're concerned, they're all heroes.

A dramatic chop



Christopher Guy is a big fan of Elvis Presley. His pride and joy was his jet-black Elvis-style hair and he bravely had it all shaved off as part of a wider fundraising event in Penarth Conservative Club to raise money for us! £1,056 was raised in total so, as Elvis would say, **thank you very much!**

A winter wedding

Wedding bells were ringing on 30th December and **Geraldine and Martin O'Sullivan** asked for donations to Tŷ Hafan in lieu of gifts, raising £527.01 for us. Congratulations, Geraldine and Martin, **and thank you for your generosity!**



Fundraising for Tŷ Hafan

Inspired by these stories? Fantastic!

The world is your oyster when you fundraise for Tŷ Hafan. You can host an event, take on a challenge, make and sell or do something completely unique!

Our Supporter Care Team will be with you every step of the way. Get in touch with them by emailing supportercare@tyhafan.org or calling 02920 532 255.

A Christmas display

Guy Chapman is a long-time supporter of Tŷ Hafan. Every year, he sets up a Christmas scene outside his house in Dinas Powys and a Nativity display at Pugh's Garden Centre to raise money for us. In total, he has raised an enormous £8,191.35. **Thank you for everything you've done for us, Guy.**



The Firewalk

Some of our supporters even walk over hot coals for us! We hosted a Firewalk event at Cardiff City football stadium, where valiant fundraisers walked across a five-metre stretch of wood embers at 800 degrees in heat. And yes, they did it barefoot! This fundraising event raised £16,895.83, so here's a huge 'Thank you' to everyone who took part.





How your donations help

£14,247

funds a **whole day** of expert medical care and support at our hospice.

£1,000

pays for all the **medical supplies** used at the hospice for a month.



£11,000

pays for a **specialist cot**.

£250

gives a child **five hours** of **music therapy** in their home.

£7,000

gives a family **five days** of **short break care** at our hospice, helping mum and dad get some much-needed rest.

£200

funds the **oxygen supply** used at the hospice for a **month**.

£2,400

pays for the **oxygen supply** used at the hospice for a **year**.

£50

provides an **hour** of **music therapy**.



6 ways you can help Tŷ Hafan

1 Donate

Make a regular or one-off donation. www.tyhafan.org/donate

2 Play our lottery

Sign up to play our lottery. www.tyhafanlottery.co.uk

3 Leave a gift in your will

Include a gift to Tŷ Hafan in your will. www.tyhafan.org/support-us/leaving-a-gift-in-your-will

4 Shop Tŷ Hafan

Shop in one of our 18 charity shops. www.tyhafan.org/support-us/shop

5 Fundraise

Set up or do a fundraising event. www.tyhafan.org/support-us/fundraising

6 Volunteer

Volunteer at our shops, head office or events. www.tyhafan.org/support-us/volunteer-for-ty-hafan

Please show your support to our families...

1

I would like to make a gift of:

☐ £25 ☐ £50 ☐ £100 or Other £ _____

Office use only: CCADD9

2

Your details

Name: _____

Address: _____ Postcode: _____

3

Increase your donation with Gift Aid *giftaid it*

☐ If you agree to Gift Aid your donations, we will also be able to claim Gift Aid on any donations you have made in the past four years. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference. This declaration also relates to all donations I have made to Tŷ Hafan in the past four years and all donations I make hereafter until I notify you otherwise.

4

Your payment

I would like to pay by: Cheque ☐ PO ☐ CAF voucher ☐ (Please make payable to Tŷ Hafan)

Or by: Visa ☐ Mastercard ☐ Debit ☐

Cardholder's name: _____

Address of cardholder (if different to above): _____

Card number Expiry date /

Security no (last 3 digits on reverse of card) Debit card only - Issue no ☐ Issue date /

Signature: _____ Date: _____

If you would prefer not to receive a thank you letter, please tick here ☐

5

Would you be interested in receiving a Legacy Information Pack? If yes, please tick here ☐

6

We'd love to keep you informed of how your support is making a difference to children in Wales and other ways you can help. Please let us know how you would like to hear from us.

Yes please, I would like to be contact by: Email ☐

My email is: _____

You can change your mind at any time by emailing supportercare@tyhafan.org

We value your support and respect your privacy. We will never sell or share your details and promise to keep them safe. For further details on how your data is used and stored, visit www.tyhafan.org/privacy-policy



Registered in Wales: No: 3077406. Registered Charity No: 1047912



Tŷ Hafan

FAMILY

£2
per
person

under
2's
go free

FUNDAY

Saturday 15th July 2023

12-5pm, Tŷ Hafan, Hayes Road, Sully, CF64 5XX

Live music • Food stalls • Free activities • Craft making

Parking £1 per vehicle
No dogs - except guide dogs

Tickets: www.tyhafan.org/funday

Sponsored by:

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*Creating materials that
improve daily life and enable
a more sustainable future.*