

Autumn / Winter 2023

cwtch

from Tŷ Hafan Children's Hospice

Inside:
Alfi's story

Also in this issue
Stay and Play is back!

Three cheers for
volunteers



Tŷ Hafan

CHILDREN'S HOSPICE
HOSBIS I BLANT

Contents

A message from our Chief Executive	03
The Founder's Legacy Den Garden!	04
Fundraising heroes	06
Play our Christmas raffle!	07
A day in the life of... a Paediatric Palliative Care Physiotherapist	08
Join Team Tŷ Hafan	10
All about Gift Aid	11
Supporting Tŷ Hafan as a business owner	12
News from the hospice	13
Alfi's story	14
Ready for a challenge?	16
Redeveloping three crucial hospice services	18
Stay and Play is back!	20
Three cheers for volunteers	22
Tŷ Hafan Chefs	24
Tŷ Hafan in numbers	25
Your donations count	26
Christmas with Treorchy Male Choir	28



04
The Founder's
Legacy Den
Garden



08

A day in the life of...

14

Alfi's story



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



20

Stay and Play



A message from our Chief Executive

Welcome to the autumn 2023 edition of *Cwtch* magazine. I hope you and your loved ones have enjoyed a lovely summer. At Tŷ Hafan, we have been busier than ever, with moments of celebration as well as challenges to overcome, not least that of the cost-of-living crisis.



In June, we launched the *Children in Wales Requiring Palliative Care: Trends in Prevalence and Complexity 2009 – 2019* report which, for the first time, provides data unique to Wales. This groundbreaking, university-led research jointly commissioned with Tŷ Gobaith Hope House hospice in North Wales, revealed some stark findings that highlight the increasing need for our services.

One in every 172 children living in Wales has a life-limiting condition. Between 2009 and 2019, the number of children living with life-shortening conditions here rose by almost 25%, very sadly resulting in more than 50% of all deaths of children in Wales during the decade. We are seeing that for ourselves, with the number of children receiving end-of-life care, regrettably, on the increase.

These figures solemnly highlight the reality countless families across the nation experience as they face the unimaginable loss of their child. As demand (and complexity) increases, and statutory services shrink, we must expand our care services provision at the hospice and in the community. Unfortunately, as you will know, nursing resources are in short supply. Fortunately, we have been delighted to welcome several new colleagues to roles in our Nursing & Clinical Services and Family Wellbeing teams over the summer.

We are also working hard to continuously improve our facilities. Following a generous donation from Patrick Jephson, former private secretary to the late Princess Diana our founding patron, we are redeveloping our Sanctuary, which you can read more about on page 19. The Sanctuary is a very special, comforting place where children in our care, their siblings and families and our colleagues can reflect and relax in a tranquil environment.

As the cost-of-living crisis continues to affect the nation - not least the families who rely on us - now more than ever we must express our heartfelt 'thank you' to YOU, our loyal supporters. We know these are hard times for you too, so we are deeply grateful.

Despite the ongoing challenges, we are approaching our 25th anniversary in January 2024 with optimism and renewed resolve to continue our work. Meantime, on behalf of the children and families we support, the entire team here, and our army of volunteers, a sincere 'thank you' for all that you do.

Warm wishes,

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



Hello

Introducing... the Founder's Legacy Den Garden!



The Den, and now its adjoining garden area, is a hideaway for the young people who come to the hospice (aka 'the squad'!), and they designed the new garden almost entirely themselves.

The design process began with consultations with the young people - they were bursting at the seams with wonderful, creative ideas for their new space! Then, we had meetings with our volunteer gardeners and Victoria Wade, a Swansea-based landscape architect, to turn their ideas into reality.

They decided on the colour schemes and patterns, furniture and features including a pizza oven and a Bluetooth speaker so that they can have free reign over the music!





When all the final touches were in place, we had the big reveal: a party with the young people and their families. They made their own pizzas (with the help of the new oven!) and one of the siblings did some very fetching henna tattoos for everyone.



Having this space for the adolescents is a must. Many young people with complex needs or limited mobility do not experience the freedom they need because much of the outside world is inaccessible for them.

Through our work with young people, we make sure that they have peer support as they transition into adulthood and adult services. Here, they are empowered by their freedom and build their confidence and independence.



The Den and the Founder's Legacy Den Garden are fully accessible spaces, equipped with everything the young people need: inclusivity, activities, refreshments and their friends. Above all else, they give the young people the opportunity to freely be themselves as adolescents.



Did you know...?

The Founder's Legacy Den Garden is the legacy of Suzanne Goodall, our founder. She made it clear that her legacy gift was to be used to support young people transitioning to adult services. Plus, Suzanne's greatest passion outside of Tŷ Hafan was gardening - if she wasn't talking about Tŷ Hafan, she was talking about gardening!

Fundraising heroes

Thank you to each and every one of you who has fundraised for Tŷ Hafan this year. Your support really counts. Here's what some of our supporters have been up to...

Festival fundraising

More than 160 staff members from the Powys-based online school, King's InterHigh, volunteered at Glastonbury Festival and generously donated their volunteer fees to Tŷ Hafan. They raised a fantastic **£10,540!**



Thank you, GE Aerospace!



This year, we celebrated the 25th anniversary of the GE Aerospace Welsh 3 Peaks challenge (read more on page 17!). Many volunteers from GE Aerospace gave their time across the weekend to make sure everyone was kept safe throughout the challenge. We want to say a huge 'thank you!' to all the volunteers - we simply couldn't run the event without you. This year's event has raised a breathtaking **£75,340.21** so far.



Fundraising for Tŷ Hafan

Thinking of fundraising for Tŷ Hafan?

Our Supporter Care Team is here to help you with whatever you need, from fundraising tips to publicity materials.



supportercare@tyhafan.org



02920 532 255



Maibel's swim-pressive challenge

9-year-old Maibel raised **£504** by swimming 3 km for Tŷ Hafan. On her JustGiving page, she shared: "I know this swim will push me, but I really would like to push myself to help such a great cause."

Thank you, Maibel. We are all inspired by you.



Congratulations, Patrick... you are an Ironman!



Patrick took on Ironman Wales in memory of his son, Zach, who died at Tŷ Hafan in 2020, and his mum, Lynne. Ironman puts triathletes through their paces with a 2.4-mile swim followed by a 112-mile cycle and rounded off with a 26.22-mile run. Patrick has raised **£4,306** and that figure is still climbing! Amazing, Patrick!



Play our Christmas raffle

The Tŷ Hafan Christmas raffle opens on **2nd October**.
Play to win some huge prizes!

Tickets are **£1 each** and all the money raised goes straight to **Tŷ Hafan**. That means with every chance to win, your £1 will be making a real difference to the lives of the families who need us.

Win big this Christmas!



First prize:
£3,000
or a holiday
to **Seville***



Second prize:
£500



Third prize:
£50
M&S Voucher
(10 vouchers to be won)

Win more with fast-track entries

Get your tickets **before 18th October**, and you'll be entered into our fast-track draw, giving you more chances to win! With a fast-track entry, **you could win £500 or a hamper full of treats.**

How to enter

Find out how to enter the raffle and read the terms and conditions by scanning the QR code or by visiting:
www.tyhafan.org/support-us/raffle

The closing date for the raffle is **11th December** and the draw will take place on **21st December**. The results will be available on our raffle webpage on the date of the draw. **Good luck!**

*to the value of £3,000.



£1
per ticket



**Hannah, from
Caerphilly,
won our top
Christmas raffle
prize in 2022.**

"I wanted to enter the raffle to help raise funds to support Tŷ Hafan and the amazing work that they do.

"I feel great satisfaction that I supported Tŷ Hafan and, when I found out I won, I couldn't believe it. I never expected to win, let alone win first prize!

"I'm so grateful to everyone at Tŷ Hafan - I plan to use the prize money to take my three-year-old twins on a holiday this year."



Thanks for playing our raffle, Hannah, and we hope you enjoyed your holiday!



A day in the life of. . . a Paediatric Palliative Care Physiotherapist

We're proud to have a multi-disciplinary team at Tŷ Hafan. We give children and families holistic care to meet their physical, emotional and spiritual needs.

An important part of that team is Sara Wade-West, our Physiotherapist, who works hard to make sure that the children who are supported by Tŷ Hafan are comfortable and can experience as much as possible.

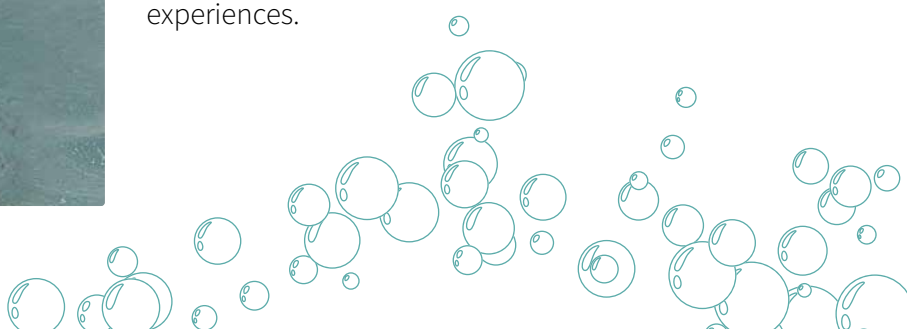


Sara - Paediatric Palliative Care Physiotherapist



“Physiotherapy at Tŷ Hafan is all about keeping the children comfortable and maximising their physical opportunities,” explains Sara.

“Many of the children don't have the opportunity to be mobile, so we aim to give them those opportunities for movement and to explore their environment in other ways. My role focuses on enhancing the children's quality of life and balancing their medical, physical and respiratory needs - having fun and gaining new experiences.





“Much of my role is about working closely with families, as well as directly with the child. Families can come to me with problems relating to their child’s physical needs, such as positioning and finding appropriate new activities for them, and it’s my job to solve those problems. I also signpost families to support options in their local area.

“Most of the children who come to Tŷ Hafan will have a Physiotherapist local to them. However, during a hospice stay, we have the time and space to observe them across a longer period. When a child is with us for a few days, we can spend that time figuring out how we can make their physiotherapy plan and equipment work best in the context of day-to-day family life.

“During a day at work, I might take a child in the hydrotherapy pool for therapy, or I might facilitate a family swim session. Family swim sessions are a new feature at Tŷ Hafan, but they’re already really popular!



“There aren’t many hydrotherapy pools around, and taking a child with complex needs to a leisure centre can be tricky because they’re often not accessible and the child can get uncomfortably cold in the cool water.


“Siblings can use the hydrotherapy pool, too. These sessions are often the only time they’re all able to swim together as a family.

“I also help our Care Team and families to find comfortable positions or movements for children when they experience pain, which supports symptom management.

“Here, there are endless opportunities for children and young people to get involved in inclusive activities. When I first started working at Tŷ Hafan, I was struck by how much effort the whole team puts into making something happen for children and families. The answer is very rarely, ‘No, we can’t do that’!

“I think people would be surprised by how much the children are able to do when activities are facilitated in a way that’s bespoke to their needs.”

“At Tŷ Hafan, it’s all about the children and the families and we have the flexibility to meet their needs in an individual way. It’s not all about waiting lists and doing what you can in an allocated timeframe. It’s about doing the absolute best we can for every single family.”

Thank you, Sara, for all that you do. 

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.

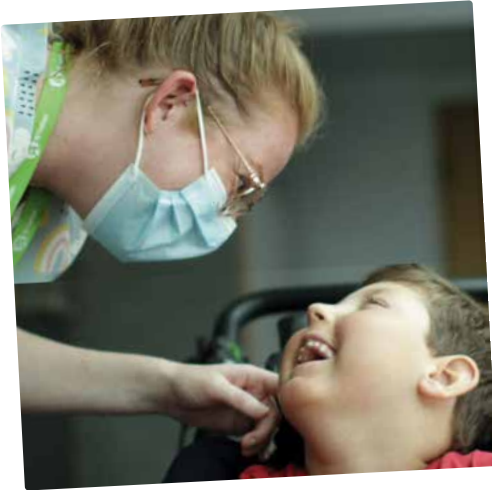
Plus, you’ll be able to enjoy:

- 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 world of difference. Join **Team Tŷ Hafan.**



Have you ever thought you could be destined for greatness? We're looking for dedicated individuals to join our extraordinary nursing team.

Nursing careers at **Tŷ Hafan**

Truly inclusive, Tŷ Hafan provides comfort, care and support to children with life-shortening conditions and their families. Past, present and future Tŷ Hafan nurses make a tangible difference to the children and families we work with.

We're looking for paediatric nurses to join the tight-knit team of professionals at our much-loved children's hospice located on the shoreline of Sully, South Wales.

We offer exceptional professional development, competitive pay, continuity of care with supported children and a lot more besides.

With the children and families at the heart of everything we do, nursing at Tŷ Hafan is all about building relationships, raising smiles, and combining highly skilled care with continuity.

From our welcoming and scenic hospice environment overlooking the sea, we offer:

- An inspiring and supportive workplace, focused on achieving our purpose
- Excellent rates of pay - 5% above the current agenda for change rates for band 5 and 6 nurses
- 30 days paid annual leave (+ more with service + Bank Holidays)
- Time dedicated to professional development and training
- Excellent pension options, where new nursing recruits can continue with their NHS pension scheme or join our group pension scheme with an employer contribution of 5%
- Unsociable hours boost
- Employee assistance programme and formal clinical supervision
- Life assurance, healthcare cash plan and access to 24/7 GP service
- Big shopping discounts and discounted gym membership
- Technology, mobile phone and cycle-to-work schemes
- Free parking in our private grounds.

Become part of Team Tŷ Hafan

Make a real difference - join our nursing team. Discover our latest vacancies:
www.tyhafan.org/careers

giftaid it

If you've ever donated to a charity, including charity shop donations, the chances are you will have heard of Gift Aid. We know lots of our supporters have questions about Gift Aid, so we hope this article helps!

What is *giftaid*?

Gift Aid is a type of tax relief that means charities can get more money from your donations with no extra cost to you. If you pay Income or Capital Gains Tax, your chosen charities can claim a percentage of that donation back from HMRC.

A diagram illustrating the effect of Gift Aid on a donation. It consists of three green circles. The first circle contains the text '£1'. To its right is a red circle containing the word 'giftaid' in white script. To the right of the red circle is an equals sign, followed by a third green circle containing the text '£1.25'.

$$£1 + \text{giftaid} = £1.25$$

Why add *giftaid*?

Completing a Gift Aid declaration form is quick and easy and makes a huge difference. Tŷ Hafan could have claimed an extra £250,000 per year from potential Gift Aid claims if all eligible supporters signed a declaration form. That could have paid for more than 15 days of care at our hospice!

Boost your donations with *giftaid*

To sign your super-quick Gift Aid declaration form, go to www.tyhafan.org/donate/gift-aid or get in touch with our Supporter Care Team.

✉ supportercare@tyhafan.org

☎ 02920 532 255

giftaid it

giftaid myth busting

- ✗ *Retired or self-employed people don't qualify for Gift Aid*
- ✓ If someone pays Income or Capital Gains Tax in the UK, even if they're retired or self-employed, they qualify for Gift Aid.
- ✗ *It costs you money to add Gift Aid*
- ✓ Gift Aid won't cost you a penny if you pay enough tax to cover the amount of Gift Aid your chosen charities will collectively claim in that tax year.
- ✗ *Gift Aid only makes a difference with big donations*
- ✓ Gift Aid adds up fast, even from small donations. Last year, we received £251,000 in donations through Gift Aid.
- ✗ *Gift Aid can't be backdated*
- ✓ We can claim Gift Aid on donations dating back four years.



Supporting Tŷ Hafan as a business owner

When people think of supporting Tŷ Hafan as a business, employee fundraising, donating or volunteering often spring to mind.

Those are all brilliant options, but there is a wide variety of opportunities available to you that can help to raise money for Tŷ Hafan while fulfilling your needs as a business owner - especially when many of us are facing financial pressures.

Commercial Participator Agreements (also known as cause-related marketing) are a flexible and impactful way of raising money and awareness. This is where a set proportion of the money brought in from the sale of a particular product or service is donated to a charity.

You can run your Commercial Participator Agreement for a limited time or long-term and you can donate a percentage from your revenue or from your profits. These agreements can increase your sales from socially conscious consumers, too!

A recent study has shown that **70% of shoppers will spend more money with a socially conscious business and 87% of shoppers will shop with a business that advocates for an issue that they care about.**



Sinclair Group geared up its fundraising with a Commercial Participator Agreement

From January until March 2023, Sinclair Group, Wales' biggest motor retail group, donated £10 from every used car sale to Tŷ Hafan. In that time, they raised a phenomenal **£23,680**.

Head of Strategic Development at Sinclair Group, Richard Seaward, explained:

“Tŷ Hafan is renowned for the fantastic paediatric palliative care that they deliver to children and families.

We're proud to support them and hope that we can generate another sizeable donation for them to put to good use in caring for families in 2023.”

Here's how it works

- You are an ice cream parlour business owner and you have decided to donate 20% of the revenue you earn from your popular mint chocolate chip ice cream to Tŷ Hafan
- You put up a sign to let your customers know that whenever they purchase this flavour of ice cream, you will donate 20% to Tŷ Hafan
- Your mint chocolate chip ice cream is £3.00 per scoop, and you sell 35 scoops every day in August
- That would trigger a donation of £651 to Tŷ Hafan.



Richard Seaward (left) and Kelly Dibble (right), our Senior Corporate Fundraiser

Your support can change lives

To find out more about the impact your business could make by creating a partnership with Tŷ Hafan, get in touch with our Corporate Partnerships Team at joinus@tyhafan.org.



News from the hospice



2023 has been as busy as ever for the hospice!



Meet Katie

Katie has joined the team as Youth Social Action and Participation Practitioner. This new role ensures the voices of our young people remain paramount. As well as setting up a Youth Board, Katie recently took a young person to present their ideas for the hospice to our Board of Trustees. They made excellent suggestions, including having more disability sports provision and getting a permanent pet!



The summer Service of Remembrance

This year's summer Service of Remembrance was a beautiful day. Bereaved families came together to celebrate and remember all the children supported by Tŷ Hafan. Families whose child had died since the summer service last year were given their remembrance pebble engraved with their child's name. They could also listen to their child's name in bird song for the first time.



The need for end-of-life care increases

We have seen an increase in the demand for our end-of-life and emergency support services, mostly from the Paediatric and Neonatal Intensive Care Units. We have received lots of positive feedback from families about the care they received and the

difference Tŷ Hafan made during such a difficult time.

The planning for these transfers can expand from many weeks to a few hours, ensuring a safe and individual-focused care approach. Although it's great that

we've been able to support all end-of-life transfers which we will always prioritise, it means the short break stays, crisis stays and commissioned beds we normally offer have been impacted.





Alfi's story

Sara and Jason's son, Alfi, died just before his second birthday. Alfi was born with Neonatal Marfan syndrome, a rare condition that meant his life would be a short one.



"On 1st May 2013, Alfi Jay and Besi Jane entered into the world," says Sara.

"Our life became perfect in those few seconds and the years of gruelling IUI and IVF treatments for our precious miracles were all worth it.

"But the happiness didn't last long. Within an hour of our beloved babies' arrival, Alfi became very poorly and was rushed to the baby unit.

“The next few months became a blur. We knew Alfi's prognosis wasn't good. Life with the twins was precious and we tried to make as many memories as we could.”

Tŷ Hafan was recommended to Sara and Jason when Alfi and Besi were 9 months old. They visited our hospice for their first and only short break stay just before Christmas in 2014, where they were able to relax a little as a family knowing that Alfi's medical needs would be cared for.

"At Tŷ Hafan, me and Jason had the opportunity to spend quality time with the twins," Sara remembers.

"For the first time, we didn't need to set our alarms, worry about medication or worry about forgetting to pack all of Alfi's medical equipment. The responsibility was taken away.

"That weekend will stay with us forever. We played in the park,

swam in the hydrotherapy pool, visited Santa and ate Christmas dinner as a family. Alfi even ventured off on his own with his one-to-one nurse to see Anna, Elsa, Olaf and Santa.





“From that moment on, Tŷ Hafan became a huge part of our lives.”

Alfi died peacefully in his dad's arms on 1st March 2015, St. David's Day and, poignantly, Sarah and Jason's wedding anniversary.

“Since his passing, Tŷ Hafan has been a huge support to us. We continue to have support from our Family Support Worker and we know that Tŷ Hafan is there for us whenever and however we need them,” says Sara.

“We visit Tŷ Hafan on a regular basis. I can't begin to describe what Tŷ Hafan means to us as a family, but one thing I do know is I will be eternally grateful for the memories they have allowed us to make and continue to make to this day.”



Your donations change lives

A donation to Tŷ Hafan helps a family during some of the darkest times imaginable.

To donate today, go to www.tyhafan.org/donate

Support for the whole family. Always.



We provide practical and emotional support through end-of-life care and beyond, for as long as a family needs us.

Sibling support

Siblings can access one-to-one support or Play Therapy, if needed, to help them cope with the grief and trauma of losing their brother or sister. They can also join our Supersibs groups to connect with other children who can relate to their experiences.

Support for parents

We offer one-to-one and group support, including support groups for both mums and dads, at the hospice and in the community.

Practical support

We take on some of the practicalities so that families can focus on being together during the most difficult of times, including end-of-life care planning, registering the death of the child and funeral planning.

Complementary Therapy

Our Complementary Therapy team provides massage, aromatherapy, reflexology and more to promote relaxation, pain relief and simply the knowledge that someone cares.

Ready for a challenge?

These upcoming events give you an opportunity to be active and challenge yourself while raising money for Tŷ Hafan.

Dark Run



Event date: October 2023

Location: Cyfarthfa Castle, Caldicot Castle, Barry Island and Swansea Bay

Difficulty rating: Easy

Training: No training required

We have a new series of family fun runs lighting up some of Wales' most loved locations this October. Each route is around 2.5 km long and you can walk, run or jog. Neon and Halloween dress-up is optional but strongly encouraged!

Event details

Barry Island: 13th October

Swansea Bay: 14th October

Caldicot Castle: 21st October

Cyfarthfa Castle: 28th October



[Sign up here](#)

www.tyhafan.org/darkrun

Image courtesy of Tŷ Gobaith



SPONSORED BY



Ride to the Rugby

Event date: 25th February 2024

Location: Swansea to Dublin

Difficulty rating: Difficult

Training: Training is essential



[Sign up here](#)

www.tyhafan.org/events/ride-to-the-rugby

The challenge

If you love cycling, scenery and, of course, rugby, we have the event for you. The Ride to the Rugby experience is one that you will never forget!

When you sign up to this challenge, you'll be part of a group of 50 riders cycling 217 miles from Swansea to Dublin, and arriving in the Irish capital on 23rd February just in time to watch the Ireland v Wales Six Nations match.

Event details

Day 1

Swansea > 67 miles > Tenby

Day 2

Tenby > 11 miles > Pembroke Dock Rugby Club > Cross the Irish Sea

Day 3

Rosslare > 70 miles > Arklow

Day 4

Arklow > 70 miles > Dublin.

Enjoy an evening in Temple Bar

Day 5

Explore Dublin and watch the Ireland v Wales match

Day 6

The challenge is complete, and you'll return to Swansea by ferry and coach



Firewalk

Event date: 17th March 2024

Location: Cardiff City Football Club

Difficulty rating: Easy

Training: All necessary training is provided on the day

The challenge

There are no tricks of the eye involved in the Firewalk. When you take part in this challenge, you'll walk barefoot over five metres of wood embers burning at 800 degrees. But don't worry – trained instructors will tell you how to do it safely without burning yourself! This is a unique and really fun way to fundraise.

Sign up here

www.tyhafan.org/events/firewalk

The London Marathon

Event date: 21st April 2024

Location: London

Difficulty rating: Difficult

Training: Training is essential

The challenge

One of the world's most renowned road races, the London Marathon is a 26.2-mile run that takes you past the capital's famous landmarks. Registration for the 2024 London Marathon has closed but if you already have a space in the race, you can choose to run in support of Tŷ Hafan!



Get in touch with us



supportercare@tyhafan.org



02920 532 255

GE Aerospace Welsh 3 Peaks Challenge

Event date: 8th June 2024

Location: Snowdon, Cadair Idris and Pen-y-Fan

Difficulty rating: Difficult

Training: Training is essential

The challenge

The GE Aerospace Welsh 3 Peaks challenge celebrated its 25th anniversary this year and it's still a firm favourite of our supporters. Since the inception of Welsh 3 Peaks in 1998, it has brought in an incredible £1,958,123 for Tŷ Hafan.

No easy feat, the Welsh 3 Peaks takes teams of four walkers (plus their designated driver) up and down Snowdon, Cadair Idris and Pen-y-Fan.

GE Aerospace
welsh 3 peaks
challenge



That might seem somewhat simple, but here's the catch... all that walking is done in one day!

With a 20.35 mile-walk and a total ascent of 9,397ft, this is a tough challenge but very rewarding.



Sign up here

www.tyhafan.org/events/welsh3peaks

REDEVELOPING THREE CRUCIAL HOSPICE SERVICES

We have three exciting redevelopment projects coming up that will greatly enhance the care we offer. We will be transforming our hydrotherapy pool and surrounding area, our Play and Therapies space and our Sanctuary.



Redeveloping our hydrotherapy pool

Hydrotherapy pools are warm (between 33 – 36°C) and are used for unique exercises. The warm water assists a child's movement and relaxes their muscles.

Hydrotherapy pool exercise is especially beneficial for children with cerebral palsy, movement disorders, neurological impairments and sensory processing disorders.

The project

- Develop a new toilet and improved accessible changing facility
- Install sensory lights and underwater sound speakers
- Install energy efficient automated blinds
- Install solar panels.

Total funds needed:
£156,000
Funding secured:
78.8%
(Figures from September 2023)





Redeveloping our Play and Therapies space

Our play and music therapy spaces haven't been upgraded since the hospice was built. They don't have hoisting facilities and, as the needs of the children we support have developed, we must adapt these crucial facilities to make sure they're flexible and fully accessible to the children and young people we support.

The project

- Transform the rooms into one space which can be fully accessed by track hoisting
- Create extensive built-in storage to create room for more specialist equipment
- Install rise and fall sinks and tables to make sure activities are fully inclusive
- Create an enclosed space for more privacy during one-to-one sessions
- Improve access between the indoor therapy spaces and the outdoor playground
- Install sensory lighting and blinds to create a more therapeutic environment.



*Concept designs provided by Rio Architects



Total funds needed:
£252,270
Funding secured:
0%
(Figures from September 2023)



Redeveloping our Sanctuary



Our Sanctuary is an inclusive reflective space where families and staff can take some quiet moments to themselves. Following the upcoming redevelopment, the Sanctuary will become a refreshed, more inclusive retreat, with improved views of and access to our gardens.

Total funds needed:
£100,000
Funding secured:
96.6%
(Figures from September 2023)

The project

- Install a new accessible doorway onto the memorial garden
- Replace the existing opaque glass blocks with one-way windows to provide views of the beautiful sensory garden whilst maintaining privacy
- Open up the internal walls to create a more open space that is fully inclusive and accessible
- Upgrade the flooring and internal décor throughout, following a pebble themed design
- Provide an additional, much-needed storage area.

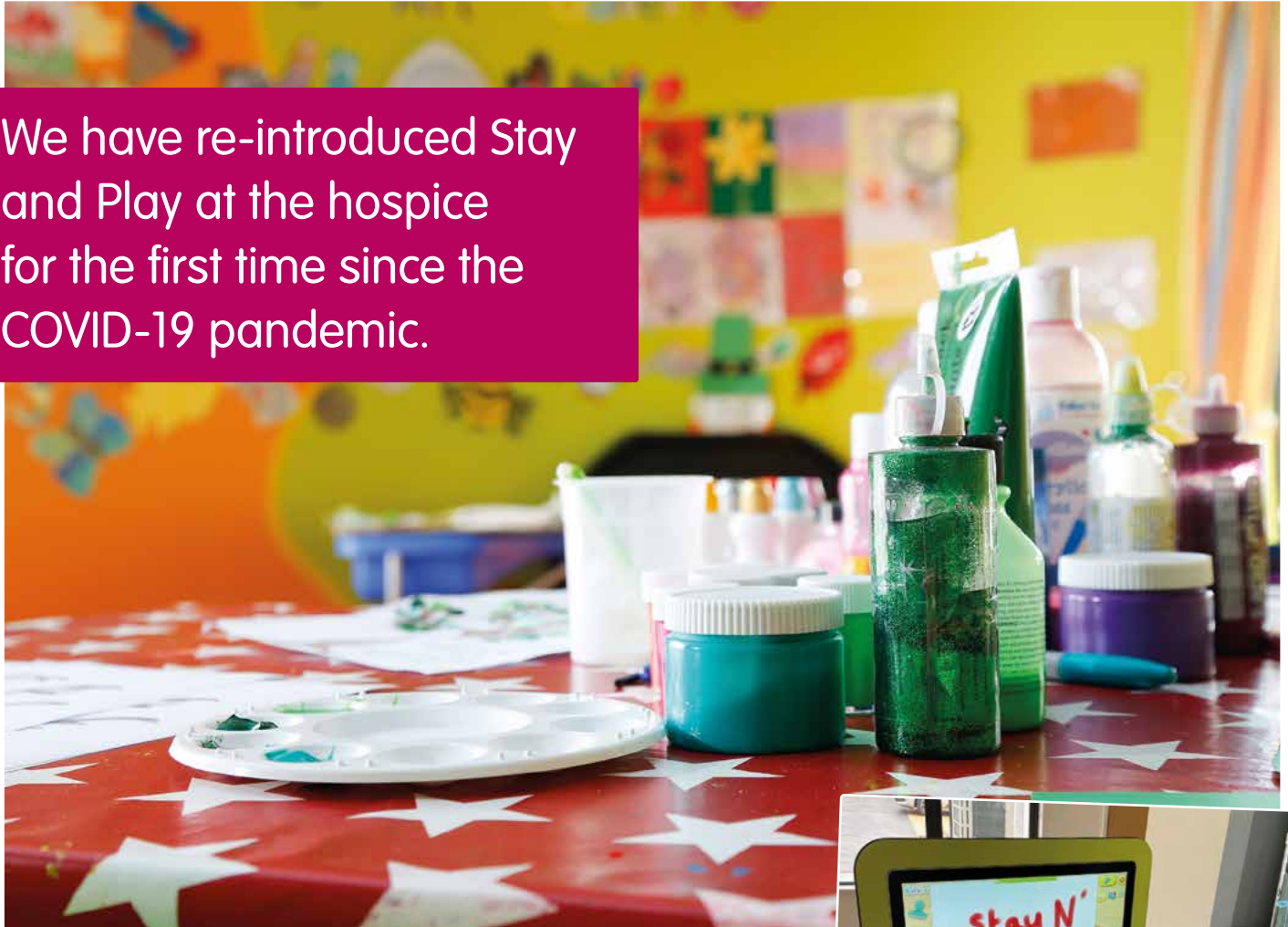


Donate

It's only through donations that life-changing projects like these become possible. If you would like to donate, please go to: www.tyhafan.org/donate

Stay and Play is back!

We have re-introduced Stay and Play at the hospice for the first time since the COVID-19 pandemic.



What is Stay and Play?

Stay and Play is a monthly meet-up at the hospice for families with pre-school aged children or children whose complex needs mean that they're unable to go to school.

These events are all about getting together, having fun and making treasured memories. They're led by a multi-disciplinary team, including our Family Support, Play and Complementary Therapy teams. That means the sessions are varied, offering a range of activities and support for the children and their parents or carers.

Morning

The mornings include lots of free play and sensory exploration. And when the South Wales weather allows, we get outside to play in our inclusive coastal playground.

Lunchtime

When lunchtime comes and tummies start rumbling, the Play Team sits with the children so that the parents can have some time to eat together. Our chefs always prepare varied and yummy options that cater for all!

Afternoon

After lunch, we have structured activities for everyone to get involved with. We get the children together to enjoy entertainment like inclusive dance, multisensory creative sessions and music sessions with a group sing-along. We round off the day with a relaxing story massage (a story with massage included!) to wind down.





DID YOU KNOW?



We have a toy and leisure library where we keep inclusive and adapted toys for families to take home to play with.

How Stay and Play helps

Stay and Play gives the children a full day of play and stimulating activities catered to their abilities. It's often the only time the children are able to play fully inclusively.



Some families don't get any additional support, such as families with a child who isn't able to go to school because of their complex needs. Stay and Play can be their only opportunity for respite and accessible activities.

While the children have fun, parents get some time to relax and connect with others who can relate to their experiences. Complementary Therapy is available for them, including massage and aromatherapy, so they can truly unwind while knowing their child is in safe hands.

Space at Stay and Play is limited for now, but we hope to open this service to more families in the future. Our regular Community Hubs, which take place in lots of locations across Wales, offer a similar service for families in their local communities.

What our families say

"Stay and Play has a huge positive impact on both our child and us as parents. Our child has been unable to attend school due to his health and unfortunately, despite many attempts, there is still not a school that is local enough for him to manage the commute that can meet his complex health needs.

"This means that he is home all day every day with me and can lack structure, routine and interaction with others. It is also challenging to get out of the house as so few places are fully accessible.

"Tŷ Hafan is the only place I can take our child for a full day. Not only do Stay and Play sessions manage and facilitate his physical

needs, but they also are full of varied stimulation, social and other activities that he can meaningfully engage in.

“We now have lots of photos and happy memories of the day, which is so important when your child's health and life often feels very fragile.”

How you can help

It's only with the generosity of people like you that we can keep making short lives full lives. Donate today: www.tyhafan.org/donate

THREE CHEERS FOR VOLUNTEERS

Without our growing troop of volunteers, Tŷ Hafan wouldn't be able to offer the level of support that children and families need. We have more than 500 volunteers who, in the past year alone, have donated **47,337** hours of their time. That has saved us an astonishing **£331,027!**



Welcome back, Jeff



Jeff, whose stepdaughter died at Tŷ Hafan 16 years ago, has been a long-time volunteer in our hospice kitchen. After a hiatus, he is now back with us, and we couldn't be prouder to have him on the team.

“I thought I would like to give something back to the charity. I was a kitchen volunteer previously for about eight years, but had to retire due to my health,” Jeff tells us.

“It hit home again at the Service of Remembrance this year when my stepdaughter's name was read out by one of the staff. I never cry, but this year, I did.

“I said to my wife: ‘I am thinking of going back to volunteer at the hospice’. My wife said to do what I needed to do, so I contacted Tŷ Hafan and said I was hoping to volunteer again in the kitchen. I can't wait to get back in there now.”



We are so pleased to have you back in the kitchen, Jeff!





Volunteering opportunities

Our diverse range of volunteering opportunities mean that you can choose a role that suits your skillset and lifestyle.

Admin/Receptionist Volunteer

In this role, you will cover the reception desks in our hospice and Head Office in Sully, and well as help with ad-hoc admin tasks and projects.



The reception desks in our hospice and Head Office are almost entirely run by wonderful volunteers.



Community Engagement Volunteers

Becoming a Community Engagement Volunteer is an opportunity to be a champion for Tŷ Hafan in your local community. That would mean supporting at Tŷ Hafan events in your local area, servicing collection boxes, attending cheque presentations and more. There are opportunities to attend team meetings and social events throughout the year, too.



Make, Sell and Donate Volunteers

This role is home-based and is perfect for those with a crafty streak. Make, sell and donate volunteers handmade items for sale and donate the proceeds to Tŷ Hafan. So, if you love to create, please consider pairing your artistic passion with fundraising online or in your community and become a Make, Sell and Donate Volunteer.



Stockroom, Till & Customer Service Volunteers

These shop-based roles will bring you into the heart of our retail activity. You will work as an important part of our Retail Team and assist the Shop Manager.



Hospice Maintenance Volunteers

Maintenance Volunteers help to keep our hospice and Head Office buildings and grounds in perfect working order. This would be a great fit for someone who has experience in DIY and maintenance work.



Young people aged 16 – 18 can volunteer in our charity shops as Volunteer Retail Assistants, gaining experience in a customer-facing retail environment.

Discover volunteering with Tŷ Hafan

When you volunteer with Tŷ Hafan, you'll enter a welcoming environment where you can develop your skills and make new friends.

To see our full range of volunteering opportunities, scan the QR code below or go to www.tyhafan.org/support-us/volunteer-for-ty-hafan



Tŷ Hafan Chefs



Gareth, our Head Chef at the hospice, knows how to make hungry tummies happy, especially when it comes to family-friendly favourites.

Gareth has kindly shared this simple family-approved recipe that children can enjoy making with a responsible adult.

Gareth says... "Cheese pinwheels are great because you can really put your own stamp on them. You might want to add marmite, tuna, onions, olives, ham or your favourite deli meat. Whatever it is you like, you can add it to this recipe. You can make your pinwheels vegan by using vegan cheese, and shop-bought puff pastry is usually vegan – just check the ingredients on the box."



Tŷ Hafan Chefs



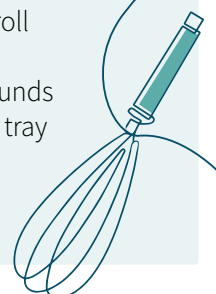
Cheese pinwheels

Ingredients

Puff pastry sheet	1 tsp chopped or dried parsley
150g your favourite cheese (dairy or vegan)	1 tsp flour (for dusting).
Fillings of your choice (optional)	

Method

1. Preheat the oven to 190°C
2. Line a baking tray with baking paper
3. Lightly dust a flat surface with flour and unroll your puff pastry
4. Cover the flat sheet of pastry with your cheese and any additional fillings
5. Sprinkle the parsley over the toppings
6. Roll up the puff pastry like a Swiss roll
7. Slice the rolled up pastry into 10 rounds and set them down on your baking tray
8. Bake for 15 - 20 minutes until the pinwheels are lightly browned.



Tŷ Hafan in Numbers

1st January - 30th June 2023

currently

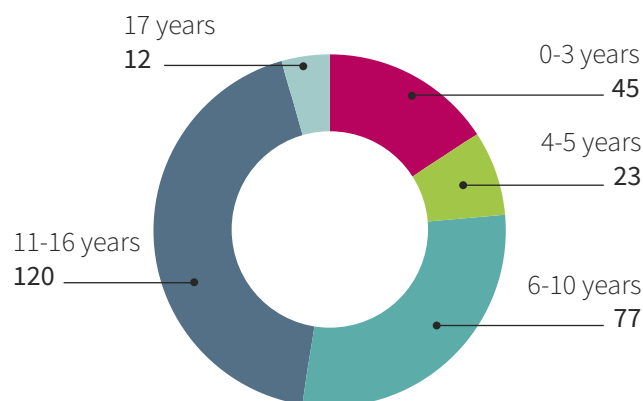


*including transition support to adult services

since 1999

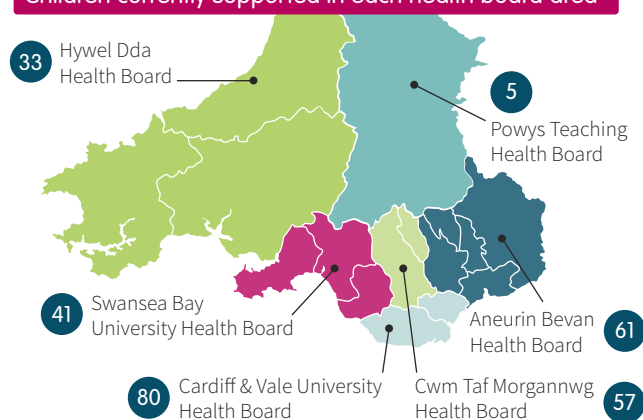


Current age of children in care*



*not including transition support to adult services

Children currently supported in each health board area*



*not including transition support to adult services

1
year

Average age at referral in the last 12 months

22

Children who died 1st Jan - 30th June 2023

9

Young people who have transitioned from children's services 1st Jan - 30th June 2023

155

Number of families accessing bereavement support

Running costs of care 2022/23

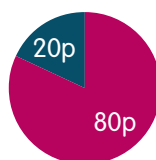
Annual running costs of care

£5.6
million

80p in every pound of income contributes to care. Costs incurred in the operation of commercial activities are excluded.

daily cost of care

£ 1 5 , 2 7 5



365

Number of families receiving community/family support 1st Jan - 30th June 2023



49

Number of children accessing a crisis care stay 1st Jan - 30th June 2023

Number of lottery players

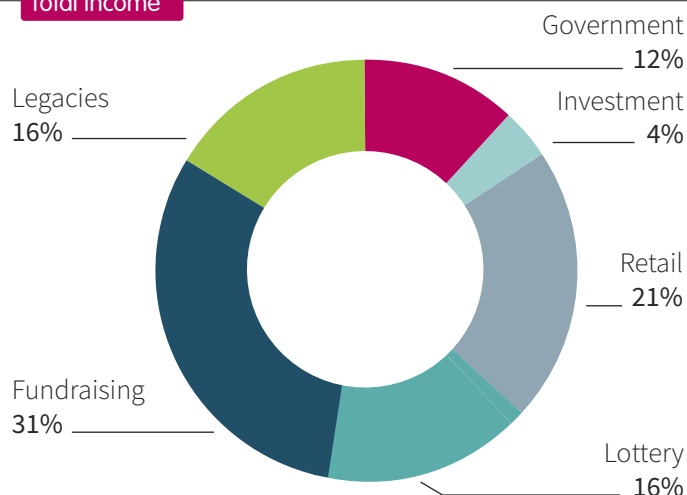
2 7 , 1 0 0

crackerjackpot

Number of Volunteers (excluding events)

517

Total income



Number of Tŷ Hafan shops



Your donations count

£15,275

could pay for a day of expert medical care and support at our hospice for several families.



£8,300

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

£4,500

could pay for a **specialist hoist**.



£1,150

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

£210

could pay for a **hydrotherapy session** in our pool.

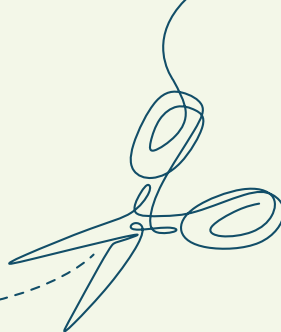
£125

could supply **food for the children and families** for a day.



£50

could pay for an **hour of music therapy**, giving children the chance to make lasting memories together.



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 with
FUNDRAISING
REGULATOR

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

Christmas with Treorchy Male Choir

Monday 4th December, 7.00pm
St David's Hall, Cardiff



Spend an evening with **Treorchy Male Choir** and
Treorchy Comprehensive School Choir this Christmas.
This festive performance of classic Christmas songs,
presented by BBC's **Lucy Owen**, is in support of Tŷ Hafan.

Standard tickets: £16.00 | £20.00 | £22.00 | £26.00

Concessions: Children under 16 (Half price)

Wheelchair user plus one companion: £16.00 each ticket

Book online: www.stdavidshallcardiff.co.uk

Tŷ Hafan



St David's Hall
Neuadd Dewi Sant

sponsored by:



euro
COMMERCIALS