

Spring / Summer 2024

cwtch

from Tŷ Hafan Children's Hospice

This issue:

Cai's story

Our big ambition

Meet the Youth Board



Even through
all the dark days,
Cai would bring
sunshine.



CAI'S MUM



Tŷ Hafan

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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



Welcome

I hope this message finds you enjoying the longer, brighter days of spring.

It is such a beautiful time of year in our hospice gardens where we have literally thousands of donated daffodil bulbs in bloom, thanks to the efforts of our gardening volunteers.

It has been a very busy but productive few months at Tŷ Hafan. Thanks to the incredible support of our donors and supporters, our match funded *When Your World Stops* appeal generated a record breaking £524,792, helping to offset our ever-increasing costs.

We welcomed more families into the hospice and to our Community Hubs, launched our first Youth Board to give voice to the inspiring young people accessing our services and progressed several important refurbishment projects, including our hydrotherapy pool.

It has also been a time of change.

My very capable deputy, Jason Foster, is stepping up as Interim CEO as I step away.

It has been my immense privilege to lead the charity through many challenging times over the past four years, and Tŷ Hafan will always have a very special place in my heart. I couldn't have done it without your incredible support, and that of my amazing colleagues.

Diolch!

Maria Timon Samra
Chief Executive Officer

May 2020 – February 2024



hello

Our big ambition



On the 25th of January, we marked 25 years of Tŷ Hafan. On that day, we were as inspired as ever by the incredible drive and determination our founder, Suzanne Goodall, showed in creating Tŷ Hafan, the first children's hospice in Wales.



Since we began supporting families all those years ago, Tŷ Hafan has supported 1,091 children and families through life, death and beyond.

As we reflect on the past 25 years, we acknowledge how much has been achieved, but also how much more there is to do.

The ***Children in Wales Requiring Palliative Care: Trends in Prevalence and Complexity*** report, jointly commissioned with the Welsh Government and published last year, found that the number of children with life-shortening conditions in Wales increased by a quarter between 2009 and 2019, and the complexities of the conditions those children are living with continues to increase.

That means the families of 1 in 172 children in Wales are facing the unimaginable: their children are expected to die in childhood.

More importantly for Tŷ Hafan, the research showed that for every child and family in Wales we can support, there are 9 more that we are yet to reach. That's thousands of families who live every day knowing their child's life will be short, and they face it without any hospice support or palliative care.

Donate



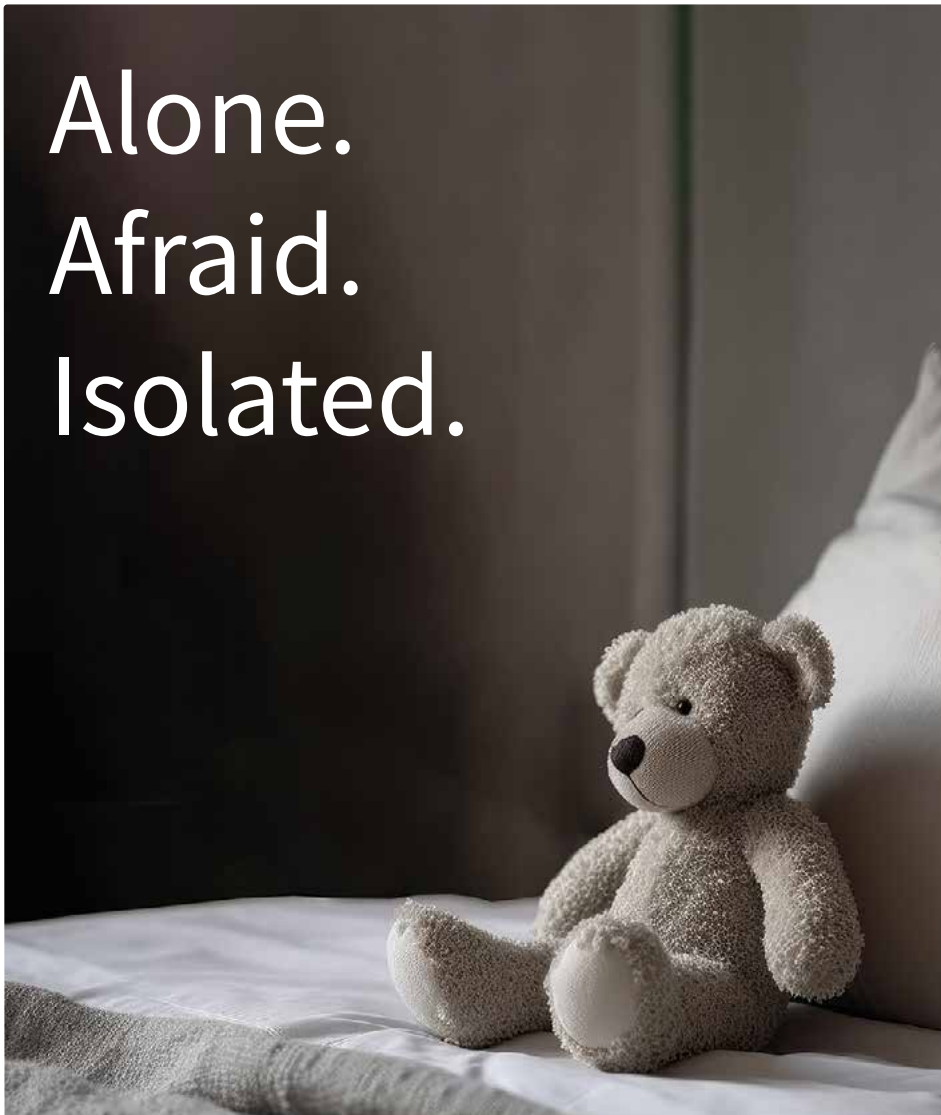
That's why the next 25 years are so important.

Our ambition is that when a child's life will be short, no family should have to live it on their own. Today, too many families are living it alone.

This is a huge ambition. It means we must re-align our services so that every family has access to the right care, at the right time, in the right place, delivered by the right person. We must support more families closer to their homes, so they don't have to travel long distances to access the specialist care and support they need. We must make sure that families have more choice about where their child dies, including at home, and work closely with others so that families get the support that is right for them.

It's not going to be easy, but together we can make this happen.

25 years ago, Suzanne Goodall knew it wouldn't be easy to build Wales' first children's hospice. But thanks to her vision and perseverance - and the support of the people of Wales - she made it happen.



Imagine a Wales where **every** child has access to the services they need, where they need them and when they need them. A Wales where families have a choice about the care they receive. A Wales where no family faces the death of their child alone.

We don't just imagine this Wales, we believe in it. **We hope you will too.**



Meet the

YOUTH BOARD

Last year saw the beginning of Tŷ Hafan's first ever Youth Board!

The young people who come to Tŷ Hafan are full to the brim with brilliant ideas and passion for making a difference. The Youth Board gives them an opportunity to talk openly about the issues they care about and to make a real difference in their communities.

Find out more about the fantastic young people on the Youth Board below!



Seth

“ My name is Seth. I am 14 years old. I am in a wheelchair, but that doesn't stop me! I love gaming and playing Lego. I am a member of the Welsh Youth Parliament and have been for the past two years. I have two brothers and live in Dinas Powys. I play boccia at Disability Sport Wales and love it. I am passionate about making a change and helping others. ”



Pavil

“ My name is Pavil, and I am 12 years old. My favourite colour is red. I have had a kidney transplant. I am a good artist and I enjoy gaming in my spare time. I also enjoy playing basketball in my wheelchair. Finally, I love travelling. ”



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“ My name is Amanah, and I am 19 years old. I care for my older sister, my little brother and my mother. Being part of the Youth Board has been so empowering for me. It’s been such a delightful experience. My favourite food is chicken with lots of hot spices. I love all colours and my hobbies are sewing, crochet, jewellery making, my family, art and walking. I am very passionate about being part of my community and carrying out voluntary work. ”



Frank



Amanah

“ My name is Frank, and I am in Year 7. I love swimming and I’m in the best swimming academy in Wales! I’m a very good team player; I play football, rugby and cricket. I have an aunt and uncle who live in Dubai. My other aunty and uncle live in Swansea. My favourite colour is yellow. My favourite food is Indian cuisine. ”



“ Hi. My name is Theo, and I am 15 years old. I am in year 11. My hobbies are playing tennis, going swimming and going to the gym. My favourite food is pasta with pesto. My favourite colour is yellow. I have three brothers and we live in Penarth with my mum and dad. My main aim is to go and study medicine at university. ”



Theo



Tal

Hi, my name is Tal. I am in Year 8. My favourite food is pasta, and my favourite colour is light blue. I love animals but my favourite is a dog because they are always so loyal. My favourite teams include Cardiff Rugby and Liverpool F.C.. My favourite sport is rugby and my happy place to visit is Penarth Pier. I have two brothers called Math and Aneurin. I am a proud fluent Welsh speaker.



Hi. My name is Reggie, and I am 12 years old. I am in Year 8. My hobbies are art, playing rugby and designing things. My main hobby is gaming with my brothers, Seth and Eli. My favourite food is chilli bites from Lid! They are delicious. My favourite season is winter because I literally LOVE Christmas!

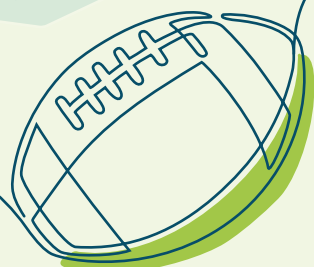


Reggie

Hi, my name is Hussain. I am 12 years old and love coming to Tŷ Hafan with my two sisters. My favourite colour is blue, which I wear a lot! I simply love chicken nuggets. They are amazing! I have an unusual hobby of collecting pens and keys. My family are very important to me. I love them very much. I like coming to Tŷ Hafan to help people and to enjoy the food!



Hussain



Donate



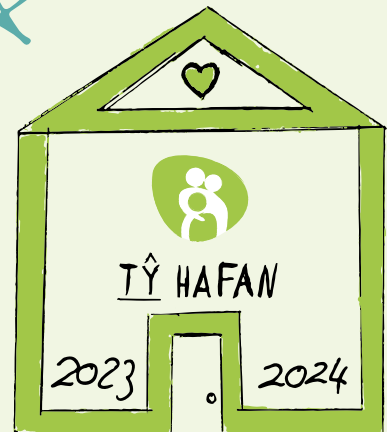
🗨️ My name is George, and I am 15 years old. I have one sister and a brother. I like gaming, telling jokes, meeting new people and watching films. I love Tŷ Hafan because of its calming environment, the staff and the way it allows me to be free and be myself. My favourite colour is purple, and I enjoy watching Gravity Falls on Disney+. I love all animals but my favourite three are falcons, squid and dogs. I learn a lot from YouTube as I spend most of my time watching it. Summer is my favourite season because it's when I can go to school to see all my friends and teachers. 🗨️



George



Members of the Youth Board

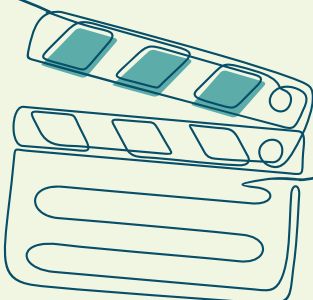


Youth Board
Bwrdd Ieuenctid

The Youth Board designed their own logo!

Get involved

If you have any opportunities for the Youth Board to get involved in social action projects in the community, please get in touch with our Youth Social Action and Participation Practitioner, Katie Simmons, by emailing katie.simmons@tyhafan.org.



Mark 25 years with a

tea party this May!



We would love it if you came together to mark **25 years** of **Tŷ Hafan** with us!

Tea for Tŷ Hafan is a sweet way to get together with friends, family, colleagues and neighbours this spring. Your tea party can be big or small, indoors or outdoors – you can make it entirely your own.

The icing on the cake

The best part is that any money you raise on the day will go towards making sure that families in Wales living with the unimaginable reality that their child's life will be short won't have to live it alone.

To raise money, you could charge a small entry fee to your tea party, sell cakes, biscuits and sandwiches or have donation buckets at your event.

Here are some venue ideas that we love:

- Your home or garden
- Your street
- Your local village hall
- Your school, college or university
- Your workplace.

Monday 6th May is a Bank Holiday, so we think it would be a great day to host a tea party, but you can have your party whenever is best for you and your guests.

25

Sign up to Tea for Tŷ Hafan this May



www.tyhafan.org/tea-for-ty-hafan



supportercare@tyhafan.org



02920 532 255

Tea parties aren't everyone's cup of tea

If you'd rather host a bottomless brunch, a G&T party or another style of get together to raise money, that would still be fantastic! Please let our Supporter Care Team know so that we can make sure you have all the fundraising materials you need.

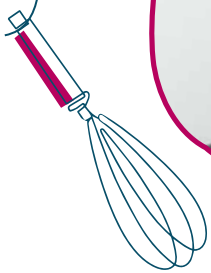




Tŷ Hafan Chefs



Rob, one of the skilled Chefs at Tŷ Hafan, has kindly shared his recipe for this moreish lemon loaf for your tea party.



Lemon loaf

Ingredients

For the cake

210g plain flour
 1½ tsp baking powder
 ½ tsp salt
 120ml warm milk
 140g blueberries
 3 tbsp lemon juice
 170g unsalted butter
 200g white granulated sugar
 1½ tbsp lemon zest
 3 large eggs
 2tsp vegetable oil
 14g cornflour.

For the lemon syrup

85g caster sugar
 Juice of 2 lemons.

For the lemon glaze

240g icing sugar
 3 tbsp lemon juice.

Method

For the cake

1. Preheat the oven to 160°C (320°F) with the fan on and line an 8.5 x 4.5 inch loaf tin
2. Sieve together the flour, cornflour, baking powder and salt
3. Combine the warm milk and lemon juice in a small bowl and let it curdle
4. Cream the butter, vegetable oil, sugar and lemon zest until light
5. Add the eggs one at a time, mix in half of the milk and lemon juice mixture
6. Combine half of the dry ingredients, add the remaining milk mixture and finish with the rest of the dry ingredients; avoid overmixing

7. Stir in the blueberries

8. Pour the batter into the tin and bake for one hour or until a skewer comes out clean

9. Cool for 15 minutes.

For the lemon syrup

1. In a saucepan, heat the sugar and lemon juice until the sugar dissolves to make the syrup

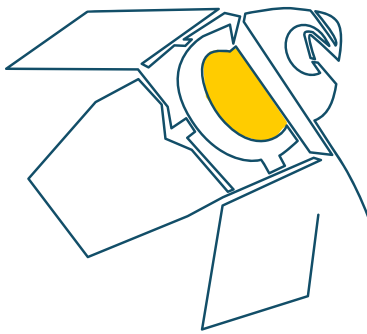
2. Remove the loaf from the tin and cover it with the lemon syrup.

For the lemon glaze

1. Combine the icing sugar and lemon juice in a bowl

2. Drizzle on top of the loaf and add lemon zest for decoration.





News from our care services

2024 is well and truly underway and we have lots of updates from our care services in the hospice and in the community that we're delighted to share with you.

Spotlight on... Jemma, our Neonatal Clinical Nurse Specialist

In our last edition, we explained that we have seen an increase in referrals from Neonatal Intensive Care Units.

With medical advancements meaning that babies born very prematurely or with complex health conditions are living longer, along with the increasing awareness of the options when a baby comes to the end of their life, creating a new role specifically for palliative care support for babies at Tŷ Hafan was necessary.

Now, Jemma David has joined the Tŷ Hafan team in the new Neonatal Clinical Nurse Specialist role.



Jemma also helps with 'parallel planning', which is supporting families to consider what they want in place should their baby die, but also having a plan in place so that the family has the support they need to take their baby home if they do survive.



Jemma explained:

“Tŷ Hafan provides more flexibility for families facing end-of-life care with their baby. As much as hospitals offer fantastic clinical care and support, it's still a clinical environment.”

At Tŷ Hafan, quality time and memory making are a huge focus. Some families have taken their baby out to the gardens, overlooking the sea, to die in their arms in a peaceful setting - that kind of flexibility simply isn't available elsewhere.”

Welcome to the team, Jemma.



Working with babies can be very different to working with older children and teenagers, and this new role spans many areas. Jemma offers antenatal support to parents who find out that their baby's future is uncertain during pregnancy and can attend appointments with them to help them better understand their baby's health problems.

Keep in touch

Stay in the loop with the latest news and developments from our care services.

www.tyhafan.org/latest-news



Scan the QR code to sign up to our mailing list!



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Two key redevelopment projects commence

Also in our last edition, we told you about our plans to redevelop our hydrotherapy pool and our sanctuary. We needed to secure funding for these projects, and we're thrilled to tell you that we now have the money we need thanks to generous supporters!

Works on both projects have now started which means that, very soon, families will be able to use these much more accessible, state-of-the-art spaces.



Introducing... Family Support Volunteers

Following funding from the Hodge Foundation, we have started introducing Family Support Volunteers as part of a pilot project in Swansea Bay and Neath Port Talbot.

These volunteers help out in the homes and communities of the families we support. They take on basic DIY tasks, shopping, driving and housework to relieve some of the pressure on families who already have a lot to deal with.

A key part of this project is Debbie Allison, our Family Support Volunteer Manager. Debbie explained:

“Having well-trained, well-recruited volunteers in homes and communities can be really beneficial. It's like a warm hug in the community, bringing a bit of Tŷ Hafan into the home to relieve pressure and social isolation.”



From one Board to another!

The Youth Board attended the Board of Trustees' away day in November and it was a tremendous day.

The Trustees gave the Youth Board a series of topics to research, based on how Tŷ Hafan can be improved for young people. The Youth Board then presented their findings.

The young people delivered a confident and powerful presentation outlining their ideas and opinions on moving the organisation forward with bucket loads of passion. Their attitude and maturity were praised by all members of the Board.

Great work!



Cai's story

Matthew and Micaela were 21 when they had their baby boy, Cai.

The joy of being first-time parents in a baby bubble quickly turned to fear and heartbreak when Cai became seriously unwell at just a few weeks old.

A cardiac arrest left him with extensive brain injuries and cerebral palsy. Matthew and Micaela were told the agonizing news that their baby only had one day to live.

But Cai survived the next day. And then the next. And the next. Even though he was still very unwell, Matthew and Micaela were just happy and grateful that their baby was alive.

But their relief turned into further devastation. Cai was diagnosed with an incredibly rare, incurable condition, Vici syndrome, which meant his life would be short.

The medical team looking after Cai said that he wouldn't live past two years old, and he would live those short years with profound physical challenges. Heartbroken, they grieved for the life they thought they would have with their son.

Life was going to be very different for this young family. Instead of taking Cai to football practice on weekends, they lived a life of uncertainty beside his hospital bed.

Cai's medical team offered them a referral to Tŷ Hafan, but the thought of Cai going to a hospice seemed so final and Matthew and Micaela were not ready to say goodbye.

When they came visit, the hospice was not what they expected. It was warm, bright and homely, full of smiles and laughter. They instantly felt it was a safe and friendly place, full of love and life.

But there was no time to process what was happening. Weeks turned into months, and they had to live for each day.



Donate



The financial pressures and time constraints that came with caring for Cai full time meant they were just getting by and surviving. But they knew Tŷ Hafan was there for them every step of the way.



Even through all the dark days, Cai would bring sunshine.

He was always a happy little boy, full of character. He showed immense courage and bravery throughout his journey. He had the most infectious smile and, all his life, he defied the odds that were stacked against him.

When the time came to say goodbye, Matthew and Micaela knew they wanted Cai to die peacefully at Tŷ Hafan. The moment he entered the hospice, he opened his eyes. He was somewhere he felt safe.



Matthew and Micaela knew their baby boy, and they knew those were going to be his last moments. He had never been that poorly before. Seeing him like that was even more painful than him not being here anymore.

Cai died when he was 11 years old. His death was peaceful. There was no struggle. It wasn't horrible. He just fell asleep in his dad's arms and didn't wake up.

He was surrounded with love and, when he died, Matthew and Micaela didn't feel alone in their grief. They felt the staff at Tŷ Hafan lost Cai, too. The emotion, support and love the staff showed brought great comfort.



It's because of your generosity that we could be there for Matt, Micaela and Cai throughout Cai's life, death and beyond.

But there is more work to be done. It's only with donations that we will be able to reach every family in Wales who needs us. Please help us make that Wales a reality.

Donate

www.tyhafan.org/donate
Scan me to change lives!



'All about me' by Pavil

I was born with numerous medical issues, including chronic kidney disease and complex cloacal anomaly, but I had a chance to live.

The wonderful doctors and staff at Great Ormond Street Hospital and the University Hospital of Wales took care of me for a year until I was taken in by my foster carers.

My foster carers faced me having lots of medical procedures, especially when I had a kidney transplant at the age of four.

After 12 scary days in the high dependency unit, my new kidney woke up! This was a new start in my life, but many more operations and scary moments were to come.

The transplant operation made me more able, so I was allowed to travel. I have been to Australia, Thailand, Spain and Portugal. Australia is my favourite destination. Next year, I am going to Disney World in Florida, and I am looking forward to the adventure.



I am in Year 7. Starting at a new school was daunting, but I have settled in and enjoy the different lessons. History is my favourite lesson at school. My hobbies are playing Xbox, Fortnite and Roblox, and I like drawing which I am very good at.

I am on the Youth Board at Tŷ Hafan. We debate topics around disability and social issues. We have recently been to Cardiff Museum to look at the issues that affect disabled people there, and to highlight changes that would benefit those with disabilities.

I have made many friends at Tŷ Hafan and I look forward to making many more. My journey in life will throw up challenges, but let's stay positive! Onwards and upwards!

Keep in touch with us!

Do you want to be the first to hear about our latest news, events and stories from the heart of our work in the hospice and the community? Sign up to our mailing list!



Sign up: www.tyhafan.org/hear-from-us



Donate



Thank you, Johnny and Michele!

Johnny and Michele have supported us for a long time. They were inspired by Johnny's mum, Margaret, who was also a long-time supporter of our work.

Now, they've kindly decided to leave a gift to Tŷ Hafan in their wills!



"My mum always supported charities, but she wanted to support a charity that was local so she could see how her money helped," remembers Johnny.



"When she died, we gave Tŷ Hafan a little something from her estate because we knew that's what she would have wanted.

"I'd encourage anyone to leave something to Tŷ Hafan," adds Johnny.

"So, when it came to writing our wills, Tŷ Hafan was the first thought. It was a straightforward process. We liked that there was someone you could ring and speak to for help. The solicitors were great, too."

“Tŷ Hafan is something that will continue, but they need help. The thought that you can do that when you're gone, well there's nothing better.”

"It's lovely to know that Tŷ Hafan will benefit from what we leave behind, because you can't take it with you," explains Michele. "It's going to help more families in their time of need, so it's a good feeling."

Johnny and Michele, you are marvellous. Thank you!




Write your will free of charge

We have partnered with the National Free Wills Network to give you the opportunity to write a simple will, or pair of mirror wills, with a local solicitor for free.

By leaving a gift in your will, you will help ensure that no family in Wales lives their child's short life alone.

Discover more about leaving a gift to Tŷ Hafan in your will.

 02902 532 255

 www.tyhafan.org/gift-in-a-will

DID YOU KNOW?



1%

of an average estate could pay for over two years' supply of oxygen used at the hospice.

3%

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

10%

of an average estate could pay for a Tŷ Hafan nurse to provide specialist paediatric palliative care to a family for an entire year.



Chick on a stick!

To celebrate the arrival of spring, the very talented Penny who runs Tŷ Hafan's Handcrafted project, shares a tutorial on how to create adorable 'chicks on sticks'!

These decorative chicks are perfect for using as cake toppers and plant pot, vase or Easter egg hunt decorations. If you prefer, you can skip the stick and use your chick to decorate a greetings card or as a place marker at your dinner table.



You'll need:

Scissors

A sturdy stick (a straw, a lollipop stick, a balloon stick)

Glue and/or sticky tape

Decorative materials (pens, crayons, feathers, sequins, glitter).

1

Cut out the chick template below.

2

(optional)



Paint your chick, colour it in or glue on some patterned card.

3

Decorate your chick. You can use glitter, feathers and crayons – be as creative as you like!

4

Secure your decorated chick to your stick using sticky tape or glue.



DID YOU KNOW?



Handcrafted is a project by Tŷ Hafan where skilled volunteers create and sell quality, upcycled crafts, and all the proceeds go to Tŷ Hafan. Handcrafted also runs crafting activities for children and families at the hospice and in the community.

Shop Handcrafted

Visit the Handcrafted Etsy shop – the proceeds go to Tŷ Hafan!

'Don't worry bee happy' bunting £12.00



A cwttch in a bag £5.00



Sheep hanging decoration £5.00



SHOP HERE

Shop: www.etsy.com/shop/handcraftedbytyhafan

Spring at the hospice

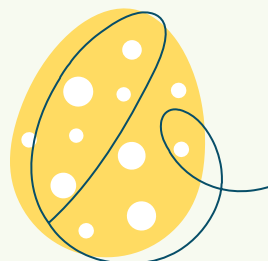
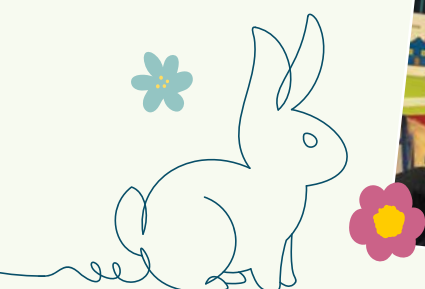


Spring is a magical time at the hospice.

The days are longer and brighter and the flowers that the volunteer gardeners lovingly plant begin to bloom. Not to mention there's always lots of smiles, spring-themed activities and, of course, plenty of chocolate at Easter.

The children have a lot of opportunities for fun and creativity at the hospice at Easter. They can get creative by making Easter bonnets and crafts and, every year, we have an inclusive egg hunt in the hospice grounds that children of all abilities can take part in.

And to top it all off, the Easter Bunny comes to visit the children every year!



A day in the life of... a Family Support Worker

Family Support Workers are a key part of our Family Wellbeing and Outreach Team. As well as working in the hospice, they work in local communities in Wales to make sure families get the specialist help they need wherever they need it.

We spoke to Amy, a Family Support Worker at Tŷ Hafan, to find out more about her crucial role.



“Family Support Workers work with families to support their emotional wellbeing. That could be long term, or until they start counselling,” Amy explains.

“We work one-to-one with families and in groups, putting on lots of events at the hospice and in local communities.”

“The events are really varied. They can have a particular focus on mums, dads or siblings, or they can be for whole families. Each member of the family has different support needs, so we work hard to give everyone tailored support.

“My colleagues Emily, Dan and Kelly-Jo and I work together to make sure everyone who accesses Tŷ Hafan gets an equal service.

“Mine and Emily’s community-based work is split geographically so that we can ensure each area is receiving an equal service. This is extremely important for our families in rural communities.

“Kelly-Jo primarily offers support for siblings, Dan primarily offers support for dads and me and Emily mainly offer support for mums and for whole families.”



Tŷ Hafan events are driven by what families want to do. We put on spa days, coffee mornings and meet-ups in a variety of areas. We’ve noticed that some families want to do more adventurous activities, so a group of mums went axe throwing recently and it was a lot of fun!

Amy explains: “I love getting a large group of people together. It helps people connect. At these events, families might find out that they live just down the road from each other, or their children go to the same school. These events help families make their own connections and find a support system near to where they live.

“One-to-one time with families is also crucial. Having a regular, reliable person to speak to who they know can understand their experiences can really help a family’s wellbeing.”



Donate



“Bereavement support and memory making is a big part of my job, too,” adds Amy. “When a child comes to us for end-of-life care, I help families create precious memories with their child through activities like making hand casts, creating artistic canvasses with handprints and saving locks of hair.

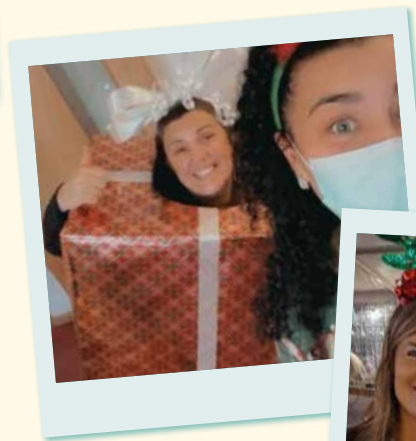
“My days are really varied. I can be running an event in the morning and, that same day, I may be needed to help a Family Support Practitioner with memory making.

“I love everything about my job. I always knew I wanted to help people and I started volunteering with children with complex needs from a young age. I’m so grateful to work somewhere I feel is my forever place.

“Our Community Hubs are also a big part of what we do. They take Tŷ Hafan’s services into local communities in Wales so that we can reach as many families as possible.”

“A lot goes on at the Community Hubs! The Family Support Workers’ roles are to make sure families can connect and make friendships within their local communities. We do this by ensuring all the family has as much fun as possible, as well as being a listening ear.”

Our Complementary Therapy Team goes along to Community Hubs to give families relaxing treatments like massage, and crafts and therapeutic play are both important features of these monthly community events.”



“We can have very difficult days at Tŷ Hafan, but there’s so much more than sadness.

“Amazing things happen at Tŷ Hafan. It isn’t just a place where children come to die – it’s a place to make the most beautiful memories as a family. We do everything we can to make a very short life a very happy life.”

Join team Tŷ Hafan!

Make a difference. Join Team Tŷ Hafan. Find our latest care, Head Office and retail vacancies www.tyhafan.org/careers



Last autumn, we hosted four fun run events called 'Dark Runs' for the very first time. They were so much fun!



Caldicot Castle Dark Run

Thank you to all of you who took part, raised money and volunteered. It was amazing to see so many familiar faces there, as well as lots of brand-new supporters.



we were so proud that some of the families we support kicked off each run by sounding the claxon!

Neon and Halloween-themed dress up were encouraged, and participants did not disappoint...

Not only were the Dark Run events an absolute hoot, but they also raised £66,574 for Tŷ Hafan, which means more families in Wales will get support through the unimaginable reality that their child's life will be short.

These events wouldn't have been possible without the incredible Principality Building Society, who kindly sponsored the runs and matched all the money raised, donating £27,000 on top of their event sponsorship.

SPONSORED BY



Barry Island Dark Run



Swansea Dark Run



DID YOU KNOW?



Taking part in a fundraising event is a great way to raise money for Tŷ Hafan while taking on a new challenge. Read more about our upcoming events on the next page!

We're delighted to be bringing Dark Run events back this autumn. So, keep an eye on our website or social media pages to be the first to find out the dates and locations! To register your interest, please email events@tyhafan.org



Cyfarthfa Castle Dark Run

The Dark Run events are fun runs that take place after the sun goes down. Perfect for families, they're all about having fun and having a go, whether you run, jog or walk.

In 2023, we held the Dark Run events in Barry Island, Swansea Bay, Caldicot Castle and Cyfarthfa Castle, and

Donate



New year, new challenge

Put your best foot forward and take on one of these amazing challenges to help seriously unwell children in Wales.



Cardiff Half Marathon

One of the most popular races in Europe, the Cardiff Half Marathon is truly an amazing experience. The crowds of spectators are renowned for bringing an incredible atmosphere year after year.

Event details

Date: 6th October 2024
Location: Cardiff City Centre

[Sign up here](#)

www.tyhafan.org/events/cardiff-half-marathon

Signing up to run the 2024 Cardiff Half Marathon for Tŷ Hafan is just £10 and you'll get lots of perks:

- A Tŷ Hafan hospice tour
- Access to our Facebook group for runners
- A free running vest when you raise £100
- Training and nutrition guides.

Psst! The Cardiff Half Marathon is part of the SuperHalf series – by completing the race, you'll earn a stamp for your SuperPassport!

ABP Newport Wales 10k, Half and Marathon

This trio of road races this spring gives you the opportunity to pick between a 10k, a half marathon or a full marathon distance.

Taking place in Newport, runners will benefit from a largely flat route, making this an ideal event for beginners or those chasing a PB!

Event details

Date: 28th April 2024
Location: Newport

[Sign up here](#)

www.tyhafan.org/events/abp-newport-10k-half-marathon-and-marathon



Welsh 3 Peaks

The GE Aviation Welsh 3 Peaks is back!

Event details

Date: 8th June 2024
Location: Pen-y-Fan, Cadair Idris, Snowdon (Yr Wyddfa)

[Sign up here](#)

www.tyhafan.org/events/welsh3peaks

Welsh 3 Peaks is where team bonding, perseverance and striking scenery meet. When you take on this challenge, you and your team will scale Pen-y-Fan, Cadair Idris and Snowdon in one day - it's tough but it's awesome.

Standing the test of time, this is the oldest yearly event in the Tŷ Hafan calendar, and it has raised a huge amount of money for us since 1998. Could this be the year it hits the £1,000,000 mark? That's up to you!

[See our full list of upcoming events](#)

www.tyhafan.org/events



DISCOVER OUR UPCOMING EVENTS



Fundraising heroes

Daryl loves running. Jen, not so much!

But, when the duo jetted off to the Sunshine State this January so that Daryl could take on the *Dopey Challenge* – yes, you read that correctly! – Jen couldn't resist joining him for the second leg, raising money for Tŷ Hafan as she ran.

“Daryl has always been a keen runner and this year he set himself a new challenge – more specifically, the *Dopey Challenge*,” says Jen.



“We travelled to Walt Disney World in Florida where Daryl completed the *Dopey Challenge* – a 5 km run, a 10 km run, a half marathon and a full marathon over four consecutive days, clocking up a total of 48.6 miles with his own two feet.

“I joined him for the 10 km race in support of Tŷ Hafan and, in an attempt to maximise our donations, we gave people the chance to donate and choose our costumes.


“As promised, we completed the race as Jasmine and Aladdin on a very chilly morning, made even more difficult by the 5 am start time.

“Despite the challenges, we were delighted to have raised a total of **£855** for Tŷ Hafan – we were also delighted that Daryl's hat stayed on the whole way!”

Well done, Jen and Daryl, and thank you for raising money for us! What a fantastic way to fundraise and a terrific experience to boot.



Jen recounted her and Daryl's Disney World experience on Instagram – visit her page to see more!

 [@jens_run_disney_adventure](https://www.instagram.com/jens_run_disney_adventure)



Fundraising for Tŷ Hafan

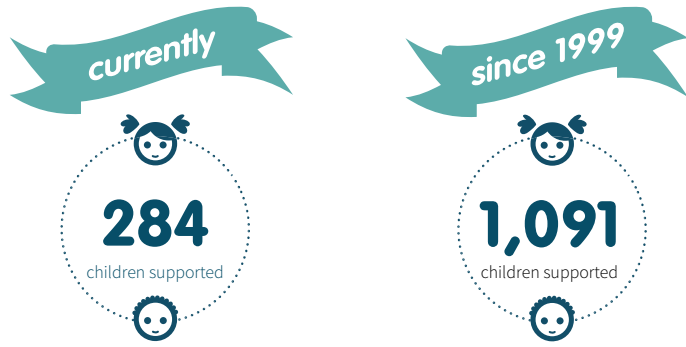
Inspired by this story? Fantastic!

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!

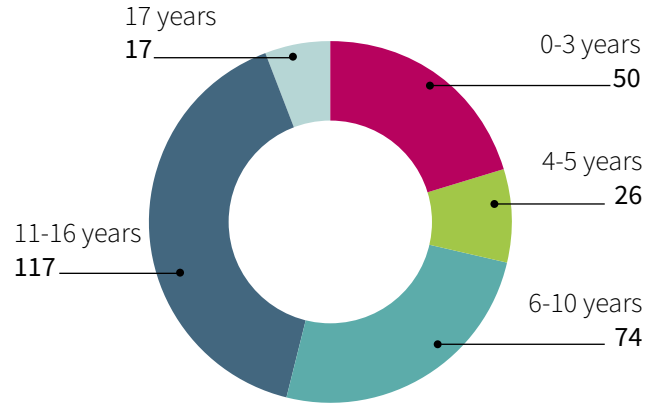
Our Supporter Care Team will be with you every step of the way. Get in touch with them by emailing supportercare@tyhafan.org or calling 02920 532 255.

Tŷ Hafan in Numbers

1st July – 31st December 2023

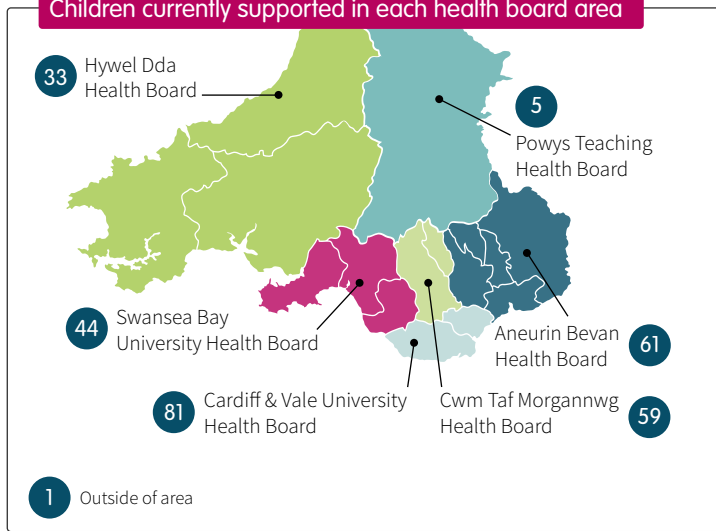


Current age of children in care*



*not including transition support to adult services

Children currently supported in each health board area



0 year

Average age at referral
1st July – 31st December

21

Children who died
1st July – 31st December

10

Young people who have transitioned from children's services
1st July – 31st December

379

Number of families accessing bereavement support
1st July – 31st December

194

Number of children referred for one-to-one play or specialist therapies
1st July – 31st December

79

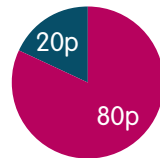
Number of children accessing a crisis care stay
1st July – 31st December

Running costs of care 2023

Annual running costs of care

£5.7 million

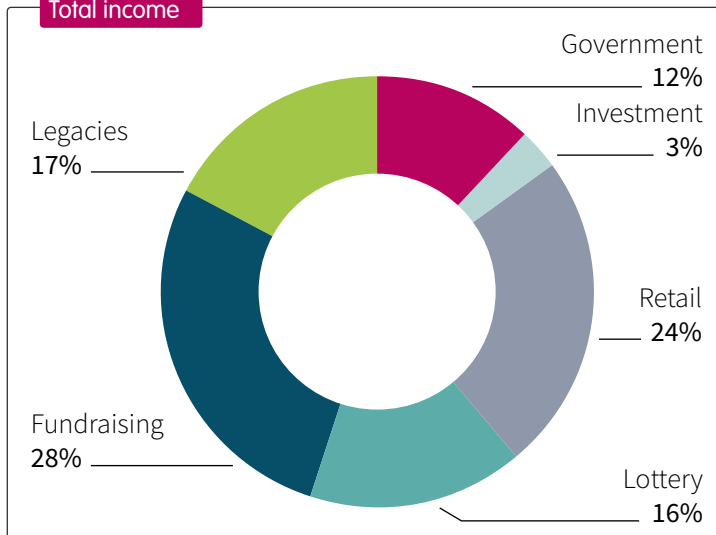
How many pence in every pound of income contributes to care: 80p



Daily cost of care

£ 1 5 , 6 0 4

Total income



Number of lottery players



Number of Volunteers
1st July – 31st December

480

crackerjackpot

Number of Tŷ Hafan shops



Your donations count

£4,500



pays for a specialist hoist.



£125

supplies food for the children and families at the hospice for a day.

£1,150

supplies all the medical equipment used at the hospice for a month.

£50

pays for an hour of music therapy, giving families the opportunity to make lasting memories together.



£210

funds a hydrotherapy session in our specialist pool.

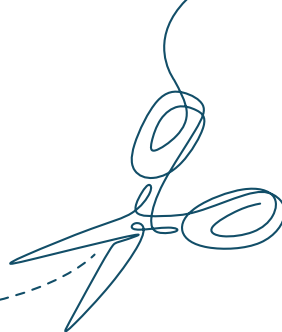
£25



pays for an hour of care from a nurse, allowing parents a break from worrying about their child's medical care.

£200

pays for the oxygen used at the hospice for a month.



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

Sign up today



GE Aerospace



Tŷ Hafan

CHILDREN'S HOSPICE
HOSBIS I BLANT

Welsh 3 Peaks Challenge

Saturday 8th June 2024



Registration fee



Professional photographer



Fully marked and marshalled route



Water stations



Exclusive event technical t-shirt



Certificate of completion



Finisher medal



Hot meal

Team places are limited, join the adventure
www.welsh3peaks.co.uk



GE Aerospace



Registered in Wales No: 3077406
Registered Charity No: 1047912