

Please join us, and be 'In for a Penny!'

In for a Penny is a payroll giving scheme run by Cardiff & Vale Health Charity, giving Cardiff and Vale University Health Board (UHB) staff the opportunity to be part of their success by giving a minimum of 1p and a maximum of 99p every time they get paid. Signing up to 'In for a Penny' means agreeing to donate the pennies from the end of each pay every month – or for three months of the year if paid weekly. This scheme is simple to join and simple to set up.

Working together, the pennies donated could make a real difference to these two chosen causes:-



Ein Berllan – Our Orchard

An area for rest, recovery and rehabilitation.

A unique space within the University Hospital Llandough grounds but also open to the community and fully wheelchair accessible. It will be a place where patients and staff can get away from the hustle and bustle of daily hospital life, and be outside in the fresh air with their visitors, friends and family.

Dr Rhys Jones, Cardiff University Lecturer, reptile specialist, broadcaster and Our Orchard Ambassador, said, "Ein Berllan – Our Orchard is a really exciting project. Your donations will help provide an accessible space for everyone to enjoy the outdoors, the wildlife, trees and plants, and time outside the confines of a traditional hospital ward will have a positive impact on wellbeing and recovery."

This initiative is a great example of the Health Board and the Health Charity's commitment to the Well-being of Future Generations Act; Acting today for a better tomorrow.



Children's Cancer Care - Sierra Leone

This initiative is part of the Health Board's commitment to the Wales for Africa programme which is a partnership between Welsh Government, Health Board staff and expert charities including Mothers of Africa, Life for African Mothers and Penarth and District Lesotho Trust. Your donation will help to send staff to sub-Saharan Africa, taking life-saving equipment and knowledge with them.

Meriel Jenny, Clinical Board Director for Children and Women's Services Clinical Board said, "There is a team from Cardiff and Vale UHB working with the children's hospital in Freetown, Sierra Leone to support the care of children with cancer. We are raising money to provide training for the nurses, doctors and laboratory staff, helping to improve the diagnosis and the safe delivery of treatment and to contribute to the chemotherapy and other direct costs of care. There is a long way to go to develop a full children's cancer service however many children are being treated and helped."

The children are treated at Ola During Children's Hospital in Freetown, the capital of Sierra Leone. Ola During Children's Hospital is the only designated government children's hospital in Sierra Leone

Thank you – your support really does make a real difference.

Cardiff & Vale Health Charity - every donation making healthcare better

[Email: fundraising.cav@wales.nhs.uk](mailto:fundraising.cav@wales.nhs.uk)



IN FOR A PENNY

I wish to participate in the In for a Penny project and authorise Cardiff and Vale UHB as my agent to collect each pay period from my salary such odd balances (maximum 99p per pay period) and to donate to the Cardiff & Vale Health Charity (registered charity number 1056544) on my behalf.

In for a Penny will support two Health Charity funds from October 2017:

- **The Ein Berllan - Our Orchard fund**
- **The Wales for Africa fund**

In January 2020 members will be able to nominate new Health Charity funds to receive this support from April 2020, and so on every year thereafter.

This authorisation is effective from the date below and shall remain in force until cancelled in writing. I confirm that I pay income tax and give my consent for Gift Aid to be reclaimed on my donation (an additional 25p for every £1 donated).

Signed: _____

Full name: _____

Employee no: _____

Home address: _____

Date: _____

Please complete and return this form to the Fundraising Office, Woodland House, Maes y Coed Road, Cardiff, CF14 4TT. Alternatively you can scan and email your completed form to fundraising.cav@wales.nhs.uk

Cardiff & Vale Health Charity is the official charity fundraising to support all the work of Cardiff and Vale University Health Board. We manage more than 300 funds dedicated to every ward, department and research area. Your donations never replace NHS funding; they support equipment purchases, training and research projects over and above what the NHS can provide.

For more information about the Health Charity and the impact your donations have on patients and staff, please access our website, www.healthcharity.wales, or follow us on www.facebook.com/HealthCharity and www.twitter.com/Health_Charity.

For any queries or comments, please email fundraising.cav@wales.nhs.uk

