



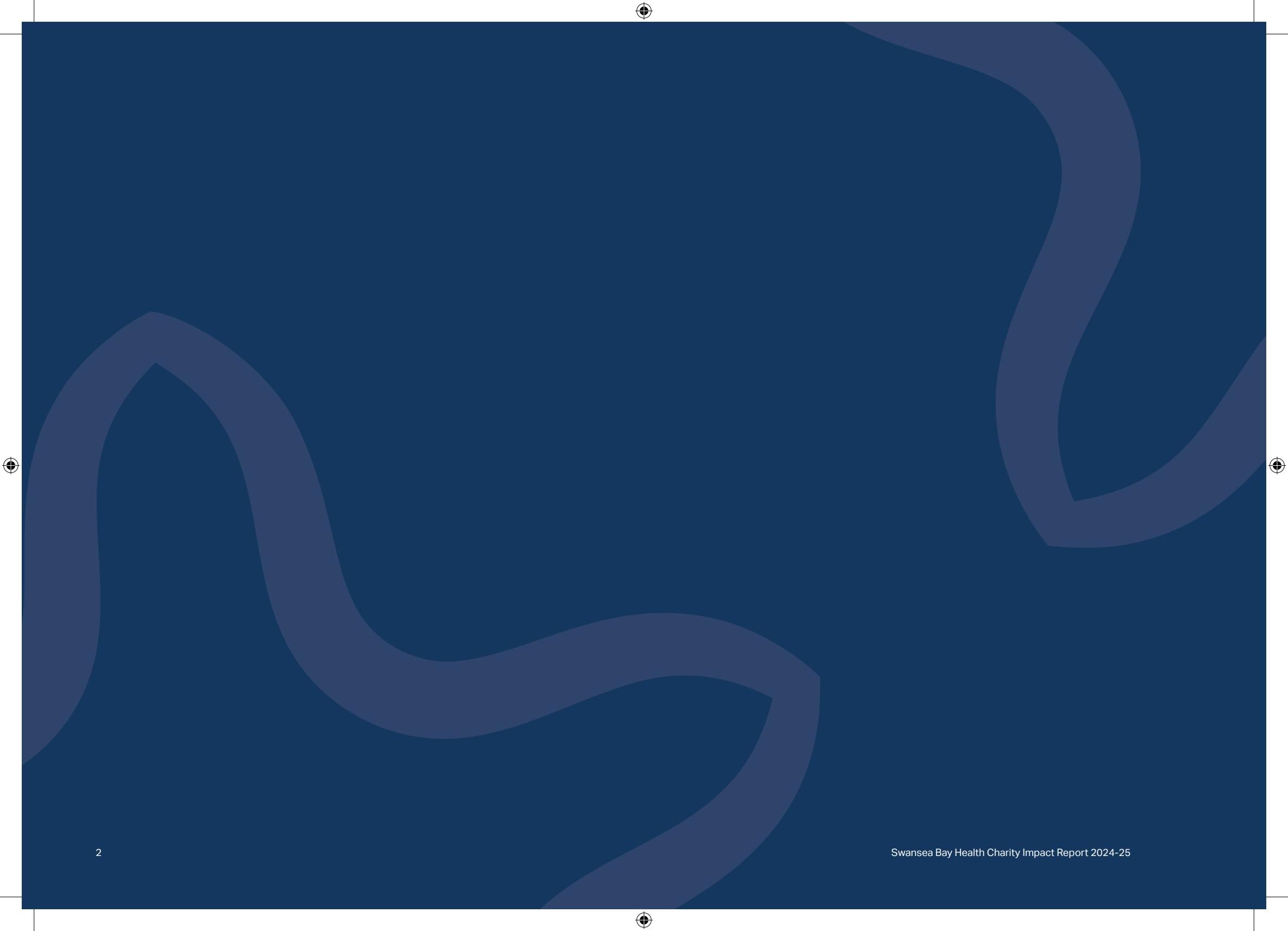
Our Impact

Swansea Bay Health Charity Impact Report
2024-2025

Registered with/Cofrestrwyd gyda'r
FR FUNDRAISING
REGULATOR
RHEOLEIDIWR
CODI ARIAN



Elusen Iechyd
Bae Abertawe
Swansea Bay
Health Charity



Contents

Welcome and thank you	4
What we do	5
Our impact in 2024-25	6
How your donations were invested in 2024-25	7
Pioneering research	8
Cutting-edge equipment	12
Enhancing buildings and spaces	16
Patient and family wellbeing	20
Staff wellbeing and training	24
Small Grants Scheme for voluntary and community groups	28
Why our supporters give	30
Now and next	32
How to donate to and fundraise for Swansea Bay Health Charity	34

Welcome and thank you

I am delighted to introduce the second edition of Swansea Bay Health Charity's Impact Report.

Building on the foundations of our first report, these pages show how the ongoing commitment of our fundraisers and supporters continues to make a tangible difference for our patients, their families, and our staff.

During 2024-25, the generosity of our community enabled Swansea Bay Health Charity to raise over £1.2 million through donations and fundraising, despite ongoing pressures on families and services. This support allowed us to enhance patient care, improve hospital environments and provide additional support for staff across our Health Board.

Within our overall income, one area that saw significant growth was legacy giving, with £500,000 received from former patients and supporters. These generous gifts will continue to support our patients and staff, both now and into the future.

In addition, key partnerships with Swansea City Football Club, Principality Building Society and other local businesses successfully helped raise over our goal of £160,000 for the 'Cwtsh Clos' appeal, to refurbish houses on the Singleton Hospital site and provide

accommodation for families with babies in the Neonatal Intensive Care Unit. In the same year, we launched our newest appeal 'Going the Extra Mile for Cancer', helping to enhance care and support for people affected by cancer by raising money to refurbish the disused Chemotherapy Day Unit to a new modern Outpatients Centre during its 20th anniversary year.

Charitable funding enables us to provide the 'little extras' that NHS funding alone cannot always cover. During the impact report, you will find out more about how Swansea Bay Health Charity uses your donations to enhance pioneering research, cutting-edge equipment, enhancing buildings and spaces, patient and family wellbeing and staff training. These investments play a vital role in improving patient experience and supporting compassionate care.

On behalf of the Charity Trustees, thank you to everyone who has supported Swansea Bay Health Charity this year. Your generosity is making a real and measurable difference to patients, families and staff across our communities.

Diolch a gallon,

Jan Williams

Trustee of Swansea Bay Health Charity and Chair, Swansea Bay University Health Board

“

Your generosity is making a real and measurable difference to patients, families and staff across our communities.

”



What we do

Swansea Bay
Health Charity
is *your* official
local NHS charity.

We raise funds for items, projects and services that go beyond what core NHS funding can cover.

Your generosity allows us to provide these additions that support patients and staff, create better healthcare environments and improve the lives of people of all ages and backgrounds across Swansea and Neath Port Talbot.

Each year, donations help us fund:

- pioneering medical research
- specialist medical equipment
- improvements to hospital spaces and facilities
- projects that support patient and family wellbeing
- staff training and wellbeing initiatives

More than 250 wards, departments and community services across the Health Board benefit from charitable support each year.

How we raise money

We are supported by individuals, families, charity champions and ambassadors, and corporate partners who share our commitment to improving healthcare across Swansea Bay.

Funds are raised through:

- donations from patients and members of the public
- sponsorships and contributions from businesses
- gifts left in wills and donations made in memory of loved ones
- community fundraising activities and events
- funding bids to grant-making bodies, such as NHS Charities Together and the Arts Council for Wales.

Our impact in 2024-25



£1.2 million

Invested to improve care across Swansea Bay



250+

Wards and departments supported



14,000

NHS staff supported through wellbeing initiatives



15

Young burns survivors supported through a confidence-building trip



5

Family homes renovated for NICU parents



6

Neonatal monitoring systems purchased



4

Hospital spaces transformed to become supportive environments for patients and families

Who your donations helped this year

Your generosity supported people across our communities, including:

- premature babies and their families
- children with additional needs
- people living with cancer
- brain injury patients
- young burns survivors
- NHS staff delivering care
- community groups improving wellbeing

And much, much more...

How your donations were invested in 2024-25

Thanks to your support, thousands of people across Swansea Bay benefited from charitable funding this year.

During 2024-25, we invested more than £1.2 million to improve patient care, support staff and improve healthcare environments across the region.

This included funding for:



Pioneering research
£203,000



Cutting-edge equipment
£241,000



Enhancing buildings and spaces
£83,000



Patient and family wellbeing
£134,000



Staff wellbeing and training
£197,000

The following pages highlight just some of the ways your generosity is improving healthcare across Swansea Bay.

Pioneering research

Patients across Swansea Bay are benefiting from new research that is helping clinicians improve treatment planning and develop better care for the future.

This year we significantly increased our investment in research, rising from £107,000 in 2023-24 to over £203,000 in 2024-25. This included:

- supporting the third year of a partnership initiative with Swansea University exploring ways to diagnose pancreatic cancer earlier using scans, blood tests and artificial intelligence
- purchasing a TwinCool Frequency Conversion freezer to store patient samples in precisely controlled conditions, helping researchers achieve more reliable results

The following stories show how charitable funding is helping clinicians and researchers develop new knowledge that benefits patients locally and across the UK.



Improving the accuracy of cancer scans using a phantom head

An innovative model head is making radiotherapy treatment more precise

Patients diagnosed with brain tumours are benefiting from more accurate imaging and greater confidence in radiotherapy treatment planning.

This improvement has been made possible through the purchase of a high-tech model head known as a 'phantom'.

Radiotherapy works by delivering carefully targeted doses of radiation to destroy cancer cells. When planning treatment, clinicians rely on detailed scans of a patient's body to identify the exact position of the tumour and nearby healthy tissue.

Both CT scans and MRI scans are used to create this picture. When combined, they provide clinicians with a much clearer understanding of the tumour and how best to treat it.

Thanks to an existing partnership between the South West Wales Cancer Centre and Swansea University – supported by charitable funding – patients can now receive both scans on the same day, helping clinicians begin treatment more quickly.

But due to the way MRI machines form images with magnetic fields, scans can sometimes contain very small distortions. Manufacturers of MRI incorporate distortion correction technology into the machines, but it only goes so far.

The phantom head contains a detailed internal grid which allows specialists to detect and measure these distortions. By identifying and correcting them, clinicians can now plan radiotherapy treatment with greater precision. This helps ensure tumours receive the correct radiation dose while protecting surrounding healthy tissue and reducing the risk of patients experiencing side effects.



SRS MR Distortion Phantom

Image: © Sun Nuclear, a Mirion Medical Company

Pioneering research: how we make a difference

Shaping the future of radiotherapy treatment

Funds raised by Jiffy's inspiring cycling journey are supporting research that is improving radiotherapy for people across the UK

Research into radiotherapy techniques and outcomes for oesophageal and gastric cancer patients was funded for another year thanks to Jiffy's Cancer 50 Challenge bike ride and the Swansea Bay University Health Board Radiotherapy Research Fellow Fund.

The work was led by Dr Jonathan Helbrow, who explored ways to strengthen an important aspect of radiotherapy treatment: quality assurance. His research aimed to ensure that patients across the UK receive consistently high standards of care when undergoing radiotherapy.

Radiotherapy for oesophageal and gastric cancers is already delivered to a very high standard. However, Dr Helbrow's research examined how quality assurance processes could be improved further so that treatment delivered in different hospitals and research centres is as consistent and accurate as possible.

To do this, Dr Helbrow analysed data from patients who had taken part in a number of radiotherapy studies across different centres. By reviewing the results and comparing how treatment approaches were applied, he was able to identify areas where processes work well and where further improvements could be made.

These insights will help inform future radiotherapy studies and may also guide how newer treatments, such as proton beam therapy, are assessed and delivered. Ensuring that protocols are followed consistently across different hospitals is vital for making sure clinical trials produce reliable results and that patients everywhere receive the same standard of care.

The research also explored ways to make radiotherapy more precise. For example, when treating oesophageal cancer the heart sits very close to the treatment area. Modern techniques allow clinicians to minimise radiation exposure to the heart, but further research is essential to helping identify which areas are most important to protect while still ensuring the tumour receives the correct dose.

By improving the precision and consistency of radiotherapy treatment, this research has the potential to reduce side effects while maintaining the effectiveness of treatment.

Charitable funding allows clinicians like Dr Helbrow to dedicate time to research alongside their clinical training, helping drive improvements in cancer treatment.

Patients in Swansea Bay are already benefiting from this work, as local services take part in national radiotherapy studies and apply the latest evidence in clinical practice.

Supporters of Jiffy's annual bike ride have raised £300,000 to date.



Researcher Dr Jonathan Helbrow



Join Jiffy's
Cancer 50 Challenge

Scan here to
sign up for this
year's charity
ride with Jiffy



Pioneering research: how we make a difference

Clearer scans for better cancer treatment

MRI scanning is making radiotherapy more targeted and effective for patients that need it

Thanks to a collaboration between the South West Wales Cancer Centre and Swansea University – made possible through charitable funding – some patients receiving radiotherapy are now able to have an additional MRI scan to help plan their treatment.

These scans take place at Swansea University's Institute of Life Science 2 (ILS2) and are carried out at the same time as a CT scan which is used to design a patient's radiotherapy treatment.

MRI scans provide much clearer images of soft tissue than CT scans alone. This allows clinicians to see tumours and surrounding organs in greater detail, helping them plan treatment more precisely. By improving the accuracy of radiotherapy planning, clinicians can better target the tumour while reducing the risk of damage to nearby healthy tissue.

Dedicated planning MRI scans are also taken with the patient positioned exactly as they will be during treatment, ensuring the images are as accurate and up to date as possible.



Additional scans help with treatment planning

This approach has already become a standard option locally for patients receiving radiotherapy for brain and liver tumours. MRI scans are also now being used to support treatment planning for other cancers, including pancreatic, gastrointestinal and bone cancers, with work underway to introduce the technique for prostate cancer in the near future.

Alongside the clinical programme, clinicians and physicists from Swansea Bay are establishing a new research study known as MRinRT. This multi-strand study will assess the role of MRI in radiotherapy planning and help build evidence for its wider use in cancer treatment. When recruitment opens, it is expected to be one of the first studies of its kind in the UK.

Cutting-edge equipment

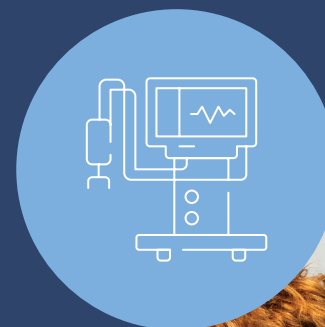
Patients across Swansea Bay are receiving faster test results and support on wards thanks to new medical equipment funded through charitable donations.

This year we invested £227,000 in medical equipment and £14,000 on computer equipment, helping staff provide the best care for patients.

This included:

- an advanced arm support that can be attached to a surgical table to allow for rapid setup and easy repositioning during breast surgery
- a virtual reality headset (Meta Quest 3) for the children's department, helping younger patients relax and providing distraction from pain during hospital stays
- audio equipment to support the MS team when hosting patient and health care professional information events

The following stories highlight how this equipment is making a difference to patients.



Cutting-edge equipment: how we make a difference

Digital monitors support the best care for patients at the start of life

New gas monitors are helping nurses and medical staff provide the best care to NICU babies

Six new digital monitors, purchased using charitable funds, are helping staff care for some of the Health Board's smallest patients at the Neonatal Intensive Care Unit (NICU).

Based in Singleton Hospital, the NICU provides specialist intensive care for babies born as early as 22 weeks gestation from across Swansea Bay and south west Wales.

Advanced monitoring technologies are essential to the care of the sickest and most vulnerable babies and give staff the ability to quickly identify problems or trends that may require extra or different types of treatment.

The new SenTec Digital Monitors are small, non-invasive devices that are placed on a baby's skin. Each one monitors carbon dioxide and oxygen levels, providing continuous updates and alerting medical and nursing staff if there are any changes. While staff at the NICU used similar monitors previously, these upgraded versions are more sensitive, so there is a more robust approach to care.

The early warnings given by the new monitors allow clinicians to respond quickly if treatment or ventilation needs to be adjusted. This means babies receive faster care while also reducing the number of blood tests they need, helping minimise discomfort during their first days of life.



New monitors help staff keep a close eye on our tiniest patients

Cutting-edge equipment: how we make a difference

Bringing blood testing to bedsides

Hand-held testing units are cutting waiting times for blood results

Healthcare professionals can now do lab-quality blood tests at a patient's side, thanks to the purchase of an i-STAT Alinity point-of-care system.

This portable, hand held device delivers results in minutes, so samples do not need to be sent to a central laboratory where it could take longer for tests to be conducted and results delivered.

Disposable test cartridges containing microsensors and calibrators make the i-STAT easy for staff to use and prevent cross-contamination. It can also be integrated with electronic medical records and laboratory information systems to streamline workflows and manage data.



The i-STAT Alinity is a portable blood analyser, delivering lab-quality blood test results at the bedside.

© Abbott

Cutting-edge equipment: how we make a difference



Portable unit gives patients breathing room

A portable unit has expanded lung function testing capabilities for Swansea Bay patients

A new portable lung function testing machine at Neath Port Talbot Hospital has transformed how some patients receive diagnostic tests.

Traditionally these tests are carried out inside a small glass cabin. Patients sit inside and perform a series of breathing exercises so clinicians can measure lung capacity and other important indicators of lung health.

However, some people find the enclosed space uncomfortable or difficult to access due to mobility issues. In the past, this has meant some Swansea Bay patients have had to travel to other health boards for testing.

Thanks to charitable funding, staff can now use a mobile MiniBox+ system, allowing the same detailed tests to be carried out while patients sit comfortably in a chair or wheelchair in a clinical room.

This means more patients can access tests locally – reducing the need for patients to travel to other Health Board areas, and cutting delays while improving the overall experience. Many patients have said the new MiniBox+ feels much less stressful than the enclosed cabin.

Clinicians also receive complete results more quickly, helping them diagnose and manage lung conditions more efficiently.

Enhancing buildings and spaces

Patients and families across Swansea Bay are experiencing more welcoming and supportive healthcare environments thanks to improvements funded by charitable donations.

In 2024-25 we spent £83,000 on enhancing buildings and spaces across the health board

This included:

- privacy curtains in the stretcher area at the South West Wales Cancer Centre, creating a more comfortable and respectful environment for patients and families
- radios and televisions for hospital wards, allowing patients to stay connected to everyday life during their recovery

These improvements help create more comfortable and welcoming spaces for patients and their families.

You can read about how charitable funding has improved buildings and spaces across the Health Board area on the following pages.



The houses in Cwtsh Clos have been updated and made more comfortable thanks to your donations

Providing a home away from home for NICU families

Refurbished family homes give parents comfort, proximity, and peace of mind during stressful times

In 2024, the Cwtsh Clos appeal was launched with the aim of raising £160,000 to refurbish five two-bedroom houses in the grounds of Singleton Hospital, used by families of babies in the Neonatal Intensive Care Unit (NICU).

Since 2016, these five houses have provided essential accommodation for families, with some parents staying for more than three months during what is often one of the most challenging times of their lives. Located in a quiet close adjacent to the NICU, they offer a welcome retreat for families who live too far to travel back and forth.

Having been well used over the years, the houses had deteriorated, and feedback from the Singleton Neonatal Family Support Group highlighted the need for repairs and refurbishment. It also became apparent that renovation was essential to ensure the homes continued to meet the British Association of Perinatal Medicine's standards.

High-quality accommodation is vital not only for parental wellbeing, but also for the healthy development of babies. Stress-free, supportive environments help parents cope with the pressures of having a baby in intensive care, and their wellbeing directly impacts the baby's emotional and physical development.

Lisa from St Clears, West Wales, stayed in one of the houses when her son James was born prematurely in December 2022. Speaking about her experience she said, "The house offered me a little bit of home. I'd spend all day over in NICU and when I'd come back across the road, to the house, I could have dinner, sit on the sofa, and watch some telly. A home comfort that definitely helped my healing.

"You've got no control when your child decides to come into the world. You've got no control of what's happening in NICU. You've got alarms going constantly and you're trying to understand all of the new medical terminology that is being used.

"Having a house across the road meant I had control over something; I had control over when I could see my son. I didn't have to waste two hours a day travelling. That was huge for me. The house was a complete lifeline, it really was."



Community fundraising during 2024-25 raised more than £100,000, helping the appeal reach its £160,000 target by October 2025. The appeal was chosen as Swansea City AFC's official charity partner for its 2024-25 season too, and championed by Swansea Bay Health Charity ambassador Mal Pope. One of the houses, Tŷ Dylan, was also sponsored by Principality Building Society.

Throughout the appeal, more than 250 fundraisers gave their time to the cause and more than a thousand donors contributed to the renovations. The refurbishments now ensure that hundreds of families can continue to stay close to their babies every year, providing comfort, dignity, and support during their NICU journey

Cwtsh Clos ambassador Mal Pope celebrates the opening of the newly renovated houses

Reducing anxiety for brain injury and neuropsychology patients

Brain injury and neuropsychology patients have a new 'safe space' that promotes their recovery

The clinic at Morriston Hospital's Brain Injury and Regional Neuropsychology Service has been transformed into a welcoming and supportive environment for patients and their families.

Many people who receive treatment at the clinic have been through life-changing and traumatic events, and often spend a long time in hospital. Knowing how important a warm and inviting space was to patients and their loved ones, the service team decided to refurbish the space, making significant improvements to help reduce anxiety and promote recovery.

Charitable donations meant that they were able to repaint the walls in soft, calming colours and put up bright and uplifting murals and inspirational artwork. New furniture and plants were also put in the waiting area, and the music therapy space was improved to foster a sense of relaxation and wellbeing.

"Our service is about more than just delivering high-quality NHS care; it's about truly caring for our patients and their families," Suzanna Charles, team coordinator said.

"We understand how vital it is to create a warm, comfortable, and less clinical setting, one that helps to reduce anxiety and promote wellbeing."

Speaking about the new space, a patient said, "The murals create a really friendly and calming environment. They will make it much easier for new patients to relax during what is often an intimidating experience."

"The words 'safe place' come to mind. Even though I've been in these rooms countless times before, the murals make me feel much more relaxed, and I find comfort sitting among them when things get overwhelming."

These upgrades would not have been possible without the kindness of donors, particularly the South West Wales Brain Injury Group (SWWBIG) who donated £1,000, and a brain injury patient that was treated at the unit, who raised £2,751.25 through a JustGiving wedding fundraiser, asking guests to donate in lieu of gifts.



Murals, soft colours and plants help reduce patients' anxiety

Enhancing buildings and spaces: how we make a difference

A warmer, welcoming space for cancer patients

Refurbishments and a new wellbeing room are helping create a calmer, more supportive environment for patients receiving cancer treatment at Singleton Hospital

Thanks to the generosity of charitable donors and patient-led fundraising, significant improvements have been made to the Chemotherapy Day Unit (Ward 9) at the South West Wales Cancer Centre.

Around £67,000 of charitable funding was used to refurbish the unit, helping create a brighter and more welcoming environment for patients undergoing treatment. The refurbishment included removing walls to create a more open space, installing new flooring, carpets and lighting, and redecorating the unit to make it feel lighter and more comfortable.

Artwork and murals inspired by seaside and woodland scenes were also installed in waiting and treatment areas, helping create a calmer and more uplifting atmosphere.

Enhancements were also made to patient treatment areas, including lighting, electrical work, and IT modifications to support a safer, more efficient clinical environment.

New Lotus Suite

Charitable support has also helped create a dedicated wellbeing space within the centre. The Lotus Suite, located on Ward 10, was made possible through a generous £25,000 donation from the Swansea and Gower Cancer Self Help Group, which supported people affected by cancer in the Swansea area for more than 25 years.

The welcoming room includes comfortable furniture, a meeting table, projector and screen, and a calming lavender mural that stretches along one wall. Together with views across Swansea Bay, the space creates a peaceful setting away from the clinical environment of the hospital.

The Lotus Suite provides a place where patients, families and staff can take time out, attend wellbeing activities or have important conversations in a more relaxed and private setting.

Together, these improvements are helping reduce anxiety and create a more supportive environment for people receiving cancer treatment.



Go the Extra Mile for Cancer with us

We are now raising money to create a new outpatients department within the former chemotherapy unit at Singleton Hospital.

Scan the QR code to find out how you can support this campaign.



Patient and family wellbeing

Patients and families facing some of the most difficult moments in their lives are receiving additional emotional and practical support thanks to charitable funding.

In 2024-25 we invested more than £134,000 in patient welfare and amenities. These funds supported initiatives that improve dignity, wellbeing and emotional support for patients and families.

This included:

- continuing the Intensive Care Unit's compassionate tradition of providing memory boxes to families who lose a loved one
- funding a monthly support group for people affected by secondary breast cancer
- purchasing cookbooks for traumatic brain injury patients to support rehabilitation and therapy

The following examples highlight how these initiatives are supporting patients and families across Swansea Bay.



Cwtsh Natur ambassador Joel Oates and paediatric physiotherapist technician Sarah Mitchell enjoy the new sensory room



The new sensory room has been specially designed to help children and young people with additional needs



New sensory room is a place of comfort and possibility

Thousands of children with additional needs are benefiting from a new therapy space in Neath Port Talbot

A special therapy sensory room for children and young people is improving the treatment experience at Neath Port Talbot Children's Centre.

The newly renovated welcoming area – works on which were made possible by charitable donations – has been designed to be an interactive environment which supports therapy and development in a non-clinical setting.

The room provides opportunities for play, creativity and exploration while helping children build confidence and develop new skills. It is also a calming space where children can relax and process their emotions.

Speaking at the grand opening, Pacer, whose son Malaki receives treatment at the Children's Centre said, "For children with Prader-Willi Syndrome, early consistent intervention and therapy is essential. A sensory room provides a safe and structured environment where he can work on his physio and occupational therapy, strengthen his muscles and regulate his sensory needs.

"This space isn't just a room. It is a place of progress, comfort and possibility. It will allow him to focus, to feel safe and to build the strength that will support him throughout life."

Malaki and his mother at the grand opening of the therapy room.



Cwtsh Natur

Following the interior renovations, we are now aiming to raise £200,000 to transform the garden at the Children's Centre.

This protected outdoor space has become outdated and unsafe over time, but with charitable funding the aim is to make it a secure and sensory-rich area for therapy outdoors.

Once transformed, the garden will be an additional peaceful sanctuary for children and families, allowing them to connect with nature and wildlife to support wellbeing and development. It will be a place for sensory play and relaxation where children and young people with additional needs can make the most of inclusive and accessible outdoor equipment suitable for all abilities.

Every year between 3,000 and 8,000 children benefit from the Children's Centre's services. The renovation of the sensory room has already expanded the specialist support they receive, and it is hoped that the outdoor space will extend it further.



Support Cwtsh Natur

Scan this QR code to find out how you can support Cwtsh Natur.



Wigs and cold caps support patient wellbeing and dignity during cancer treatment

A new cold cap machine and wigs are helping cancer patients feel more confident during treatment

Losing hair can be one of the most distressing side effects of chemotherapy, and a visible reminder of illness at an already difficult time.

But charitable funding has ensured patients receiving care at the South West Wales Cancer Centre can access support that helps reduce this anxiety.

For another year, charitable funds supported the centre's wig voucher scheme, which offers each patient a £100 voucher to put towards a wig of their choice. Wigs can help patients feel more like themselves and maintain confidence during treatment.

Funds were also put towards the purchase of an additional cold cap machine for the chemotherapy day unit. This means more patients can access scalp-cooling therapy during their treatment sessions.

Cold cap therapy works by cooling the scalp during chemotherapy treatment. This reduces the amount of chemotherapy drugs that reach the hair follicles and helps

protect them from damage, which can minimise or prevent hair loss.

Scalp-cooling is offered when hair loss is an expected side effect of treatment, and it may help patients retain around 50% of their hair. It is most often offered to breast cancer patients at the centre, as this group already faces multiple changes to their body image, which can make adjusting to a cancer diagnosis even more difficult.

Maintaining their hair can make a significant difference to how patients feel about starting treatment.

"Complete hair loss is a very visible outcome from some treatments and patients are constantly reminded of their change in image, in every reflective surface or the well-meaning looks of strangers", junior sister Emma Morgan explained.

"The offer of wigs and scalp cooling offers an element of control so that our patients can still look like themselves, which can help hugely with coping with this life-changing diagnosis."



Cold caps help many Swansea Bay patients to maintain some of their hair during cancer treatment



Sharon Nesham said she hasn't looked back since having her wig

Heather Drake, owner of hairdressing and non-surgical hair replacement specialists Inspirations, which provides the service to patients of the South West Wales Cancer Centre, said she focuses on quality, choice – offering up to 12 different brands – and comfort.

She said: "The best bit is when you see clients leave the salon feeling empowered and totally different ladies. It's a whole transformation."

Together, these forms of support help patients maintain their dignity, confidence and sense of identity during cancer treatment.

Rebuilding the confidence of young burns survivors

An annual trip has built connections, self-esteem and memories for children and young people who have experienced burns

A group of 15 young burns survivors enjoyed the Welsh Dragon Burns Club trip to Bluestone National Park Resort this year, giving them a chance to enjoy the fresh air and different activities alongside others who have experienced burn trauma.

The club was set up more than 22 years ago by chairman and Advanced Clinical Nurse Specialist Louise Scannell to help children and young people who had experienced burns move from being trauma victims to trauma survivors. Over the years, the club has helped numerous children and young people rebuild their self-esteem, and connect with others who have experienced burns in a safe and supported environment.

As the club relies entirely on grants and sponsorship, donations to Swansea Bay Health Charity were used to fund the club's annual trip to Bluestone in 2024. Fifteen children and young people aged seven to 17 enjoyed the time away, along with hospital staff including Louise.

At Bluestone, club members took part in a range of activities targeted at building their confidence and connections with each other and staff

outside the clinical settings where they receive medical treatment.

"For some of the children, this is the only holiday they have in the year," Louise said. "Spending time away means they can learn lots of tips and hints from each other on living with body altering conditions.

"Being able to see how others live with their scars makes all the difference too. Lots of people don't even want to even expose their bodies, but when we go swimming and we're all together in our costumes it makes a huge difference."

The club members made the most of the opportunities to push themselves physically during climbing sessions too, and thoroughly enjoyed the pamper sessions, where they learned about how to use make-up to cover scars if they wanted to.

An important reason why the club exists is encouraging children and young people to support one another. Spending time on a trip away means that – as well as doing group activities – they have a chance to talk to one another. The club's older participants often take on a mentorship role, and help the younger ones navigate things that they are facing in their lives, such as bullying.



The Welsh Dragon Burns Club trip to Bluestone was made possible by your donations

Scan this QR code to donate to the Welsh Dragon Burns Club fund



Staff wellbeing and training

The care patients receive depends on the wellbeing and skills of the people delivering it.

More than 14,000 staff members work across Swansea Bay University Health Board, in a variety of different clinical and non-clinical roles. In 2024-25, we invested more than £137,000 in a wide range of staff training, and more than £60,000 in staff wellbeing initiatives, including:

- providing a free canteen breakfast for nurses on International Nurses Day
- celebrating Swansea Bay UHB's volunteers with a pre-Christmas appreciation event
- funding a wellbeing day for the Cleft Lip and Palate team
- purchasing kitchen appliances for staff areas

You can read more about how your donations contribute to improving staff wellbeing and training on the following pages.



Giving staff space to share HOPE

An award-winning therapeutic arts project continues to support staff wellbeing

An award-winning therapeutic arts programme has been a crucial outlet for staff this year, helping more than 170 people improve their mental wellbeing through creative outlets.

Sharing HOPE was first established to help staff process the challenges and trauma they faced during the COVID-19 pandemic. As NHS services recovered from the pandemic, research suggested that the moral trauma experienced by NHS staff puts them at higher risk of poor mental health.

So the project has since continued, with more than 1,500 staff members taking part in more than 250 different art and creative sessions since 2022. This past year alone, 177 staff members have enjoyed 46 wellbeing sessions, including ceramics, raku firing, textiles, creative writing, movement/dance and printmaking.

Created and run by a multi-disciplinary team consisting of mental health clinicians and arts leads, Sharing HOPE has won numerous awards since it began, and is praised by Swansea Bay staff. People who took part in 2024-25 said that the sessions provided relaxation and stress relief; meaningful social connection; as well as opportunities for creativity and self-expression. They also said it gave them a sense of achievement, and was a psychologically safe space to engage and unwind.

Supporting staff wellbeing also helps ensure patients continue to receive compassionate, high-quality care.

Building on this success, Sharing HOPE is going to be integrated into an ambitious wider project called Creative Hospitals. This will be focused on further improving staff wellbeing and is being planned for launch in 2026-27.



Here's what some other participants said about the project this year:

"I really, really did appreciate today because it wasn't just about the art, it was also about being able to interact with like-minded people too."

"It's just giving time out from a busy schedule, so it just relaxes you in order to maybe be more productive...been nice actually to talk with fellow colleagues as well."

"I felt calm during my session and my mind was taken away from the stress of the ward."

"It was great to set time aside for myself and to be creative."

Health Board staff enjoy a ceramics workshop.



Staff wellbeing and training: how we make a difference

Investing in staff training

We provide funding for Health Board staff to go to training courses and conferences that are above and beyond those covered by core NHS funding.

These sessions mean staff can learn about medical breakthroughs, new techniques and standards of care, and bring them home to Swansea Bay.

Training that staff undertook in 2024-25 included:

- British Burns Association's emergency management of severe burns course
- British Dietetic Association's SG renal nutrition course
- MSc advanced critical care practitioner at University of Plymouth
- Professional nursing and midwifery courses (online) at Canterbury Christ Church University
- All Wales Palliative Care Conference
- Communications Tools for Palliative Care and End of Life Care Course at Cardiff University
- Diverse Excellence Cymru courses
- A haemochromatosis nursing study day
- Community-led and person-centred approaches to wellbeing training
- Paediatric advancing diabetes care training
- Motion management in radiotherapy course at London South Bank University



Staff wellbeing and training: how we make a difference

Continuously improving patient care with new skills

Helping staff develop new skills is essential to improving care and support for patients. Here are just a handful of training opportunities and programmes that we funded this year



Personalised care and supported self management for those affected by cancer

This course gave staff members the tools and knowledge they needed to transform the way patients with cancer are supported beyond clinical treatment.

The training has equipped them to focus on holistic, personalised care that helps people live well with and beyond cancer. Since attending, better support for patients to manage the physical, emotional, and practical challenges of cancer through structured education and tailored care plans has been put in place. It has also strengthened the participants' abilities to have meaningful conversations with patients about their care, ensuring they feel heard, informed, and involved in decisions.

MSc Advanced Clinical Practice Radiotherapy and Oncology

Funding for staff to study this MSc at Sheffield Hallam University has elevated their ability to deliver safe, precise, and patient-centred cancer treatment, and ensure equitable access to advanced therapies across the region.

They have since taken on advanced responsibilities related to specialist areas of oncology, and have expanded the scope of their work so that they can contribute to more complex aspects of patient care. Treatment pathways are now smoother for patients too, and care is more tailored to their individual needs.

TRiM

The Trauma Risk Management or TRiM programme allows non-medical personnel to do specific training to help them to understand the effects that traumatic events can have upon people. Once trained, staff then have the tools to train other colleagues and cascade the programme through their organisation. This helps to identify and treat the symptoms of trauma in both patients and staff, and build up resilience.

Radiographers Rhianna Evans, Nadia Saunders, Alecia Hatherley, Sophie Jones and Caitlin John undertook the MSc Advanced Clinical Practice Radiotherapy and Oncology at Sheffield Hallam University

Small Grants Scheme for voluntary and community groups

The Small Grants Scheme is sponsored by Swansea Bay Health Charity and administered by Swansea Council for Voluntary Services. It funds community organisations that help improve health and wellbeing across Swansea and Neath Port Talbot.

Many factors that affect health happen outside hospitals. By funding local initiatives, the scheme helps people stay active, reduce isolation and access the support they need.

Projects funded reach a wide range of communities – including people living with dementia, isolated parents, minority ethnic communities, veterans and young people experiencing mental health challenges.



The Musical Memories Choir benefits people living with dementia and carers

© Musical Memories

Small grants scheme: how we make a difference

Our small grants scheme supports different projects across Swansea Bay that are targeted at improving people's health and wellbeing.

In 2023 and 2024, 13 projects received funding, including:

- Swansea Community Farm's farm club which supports young people with behavioural and mental health challenges.
- Resolven Building Blocks's 12-week 'Journey to Wellbeing' programme, covering a range of ways to help participants improve their own health, wellbeing and resilience.
- Musical Memories Choir's dementia resources library, to enrich quality of life and wellbeing at home for people living with dementia, and support carers with micro respite.

Looking ahead to 2025/26, Swansea Bay Health Charity will be funding projects such as:

- The Poppy Factory's navigator service which supports veterans with physical and mental health conditions who want to find meaningful employment in the future but face barriers that make returning to work difficult.
- Chinese in Wales Association's work to raise awareness and understanding of digital health tools such as the NHS Wales App among the Chinese community in Swansea and Neath Port Talbot, helping people access reliable information and manage their health more easily.
- Bikeability Wales's provision of free cycling activities using standard and adapted bikes for people who self-refer or are referred by NHS staff or social prescribers. This is a low impact, accessible form of outdoor exercise which aims to improve mood, reduce isolation and increase physical wellbeing.
- Mums and Toddlers Foundation's bilingual peer wellness pilot for isolated BME mothers, which aims to build resilience and promote prevention and self-care by connecting isolated BME mothers with trained peer mentors.



Why our supporters give

“

We will be forever grateful for the care that saved our daughter Mari Glyn's life and the compassion that carried us through our darkest days.

Supporting Swansea Bay Health Charity in their renovation of Cwtch Clos accommodation is our way of giving back – helping ensure families facing unimaginable challenges have comfort, dignity, and the very best care close to their babies when they need it most.”

Bethan Wyn

Charity supporter



Bethan Wyn Evans and husband Carwyn supported the Cwtsh Clos appeal, after staying in one of the houses when their daughter Mari Glyn (pictured) was born prematurely



“

Back in September 2023, my daughter went into early labour. Gulliver was born at 22 weeks and was rushed into the NICU at Singleton Hospital. Despite every effort, sadly Gulliver left us after around eight days of intensive care.

As I left I said to the staff if there was ever anything I could do to say thank you all they had to do was ask...and so began my journey with Cwtch Clos. I was told we needed to raise £160,000. Now I've always been a dreamer but that seemed like a huge mountain to climb.

Over the following months I spoke at every event that would allow me to tell my story. I shed a lot of tears but they were more than outweighed by the smiles when we opened the first Cwtch Clos refurbished house: Tŷ Gulliver.

I can't thank the staff at the NICU and charity team for all of their love and support.”

Mal Pope

Charity supporter

“

We were delighted to work with Swansea Bay Health Charity on the Cwtsh Clos appeal. The appeal was something which was close to the hearts of many people at the club – including our men's goalkeeper Lawrence Vigouroux and lounge host Mal Pope.

It was lovely to work with the charity team on a project where the money raised ultimately went towards providing a home away from home for a family going through such a challenging experience.

We are proud of our involvement in the project and of the Swansea City house – Gulliver's House after Mal's grandson – which stands proudly on Cwtsh Clos.”

Hayley Ford

Head of Supporter Services,
Swansea City AFC



Swans players meet four-year-old Jacob, who was cared for on the NICU when he was born

“

For much of its history, our Swansea branch has played a key role in supporting local charities and community initiatives.

Our partnership with Swansea Bay Health Board has developed into a meaningful collaboration that supports NHS staff and the families they care for. We've delivered financial wellbeing workshops to NHS colleagues across hospital sites, providing practical guidance to busy professionals.

We're also proud to support Swansea Bay Health Charity's Cwtsh Clos appeal, helping families of premature and critically ill babies stay close to the Neonatal Intensive Care Unit at Singleton Hospital. By combining fundraising, local engagement and on-site support, we're strengthening local connections and making a tangible difference to the health and wellbeing of our communities.”

Alun Parker

Senior Retail Manager, Principality Building Society



Get involved

Scan this QR code to find out how you can support Swansea Bay Health Charity

“

Newhall is honoured to support Swansea Bay Health Charity. As a local business rooted in this community, we see first-hand the difference the various projects make. The dedication to patient care and staff wellbeing truly resonates with our values and inspires our ongoing support.”

Stuart Powell

Director, Newhall Janitorial Limited



Lewis Bradley, Charity Manager, and Stuart Powell, Director, Newhall Janitorial Limited

“

Host a tea party or coffee morning, run a 10K, take on a sponsored walk. Every effort, big or small, makes a difference.”

Kev Johns

Swansea Bay Health Charity Ambassador



Charity ambassador Kev Johns with chemotherapy nurse Courtney Davies

Now and next

Alongside our wider fundraising, we are now running a number of large appeals and planning different events to support further ambitious projects that will transform patient care.

Going the Extra Mile for Cancer

Every year, thousands of people walk through the doors of Singleton Hospital for cancer treatment and support. Patients and families have told us that the environment plays a big role in their experience. However, the hospital's outpatients department currently feels clinical and outdated.

With your support, we want to raise £200,000 to transform the department into a warm and welcoming environment. Together, we will be able to reduce stress and anxiety for patients; improve the coordination of appointments and treatments and offer spaces that feel less like a hospital and more like a community of support.

Going the Extra Mile for Cancer ambassador Kev Johns with staff from the South West Wales Cancer Centre



Sharing HOPE

Special arts and crafts sessions help hundreds of members of Health Board staff relax, and process the difficult things they face in work every day.

The Sharing HOPE initiative sees local artists offering safe spaces for people to express themselves creatively. Since 2022, it has been praised by teams across Swansea Bay and won a number of national awards.



Cwtsh Natur

The Neath Port Talbot Children's Centre supports thousands of children and young people every year with a wide range of physical, developmental and mental health needs.

After reaching our fundraising goal and renovating the indoor sensory room, we are now looking to update the centre's outdoor space. The garden has become outdated and unsafe so, through the Cwtsh Natur appeal, we want to create a peaceful sanctuary for children and their families.

The aim is to make it an area with inclusive, accessible outdoor therapy equipment where children can relax, enjoy sensory play and connect with nature and wildlife to support their wellbeing and development.

Cwtsh Natur ambassador Joel Oates hears about plans for the garden from staff members Jenny Reed and Sarah Mitchell



Touched by Cancer Touch Rugby Tournament

Following the incredible success of our 2025 women's touch rugby event, in aid of the Going the Extra Mile for Cancer appeal, the tournament will be returning for 2026.

This is more than just a day of sport – it's a celebration of strength, community and hope. 20 teams from Swansea, Neath, Port Talbot, and Powys have already signed up to play, with each committed to raising a minimum of £500.

Find out more about the 2026 tournament by visiting swanseabayhealthcharity.com/events



Jiffy's Cancer 50 challenge

Rugby legend Jonathan 'Jiffy' Davies will be back in the saddle again in August 2026, for his annual cycle challenge. In 2025, more than 330 cyclists joined Jiffy for the 50 mile ride from Cardiff City Stadium to Swansea's Bracelet Bay, raising a total of £48,000.

Over the past five years, £300,000 has been raised by riders and sponsors in support of cancer services at Singleton Hospital's South West Wales Cancer Centre and Velindre Cancer Charity.

Sign up for this iconic event by visiting swanseabayhealthcharity.com/events

Lighting up Lives at Christmas

We will be running our Christmas campaign again this year, and we would love you to be part of it.

This special opportunity gives patients, families, and NHS staff the chance to place personal messages on Christmas trees displayed across our hospital sites. These heartfelt messages are written on bespoke decorations featuring our charity's logo, creating beautiful displays of hope, remembrance, and gratitude.

By supporting this appeal, you will help us bring festive cheer to those spending the holidays in hospital.



Support our appeals

Scan this QR code to find out how you can support each of these initiatives





How to donate to and fundraise for Swansea Bay Health Charity

There are so many ways you can help make a real difference to healthcare in Swansea Bay



Fundraise or host an event

Whether you have a fundraising idea or want to organise your own event, we'd love to hear from you. From sponsored walks to community challenges, every effort counts. For guidance and ideas, visit swanseabayhealthcharity.enthuse.com or email swanseabay.healthcharity@wales.nhs.uk.



Make a donation in someone's memory

Many of our wonderful supporters choose to give in memory of a loved one, or leave a gift in their will. Gifts can be a fixed sum or a percentage of your estate, and every contribution makes a lasting difference. Guidance on planning a legacy is available via our website, or you can contact us directly.



Become a Charity Ambassador or Champion

You can help raise awareness and support our work by becoming a Charity Champion or Ambassador, promoting campaigns, advising on fundraising, or volunteering at events. Get in touch to find out more.



Increase your donation through Gift Aid

If you are a UK taxpayer, you can increase your donation by 25% at no extra cost by completing a Gift Aid declaration.

Every donation and every action counts. To find out more about donating, fundraising, or supporting us in other ways, visit swanseabayhealthcharity.com

Head to our website for more information on how you can support Swansea Bay Health Charity.





Thank you

We would not be able to fund these projects, initiatives and equipment without the support of our communities and charity partners.

Your generosity through time, donations and fundraising is making a real difference to healthcare across Swansea Bay.

To learn more about our work, donate to the charity or get involved in fundraising, please visit: swanseabayhealthcharity.com



visit us
at our new hub
in the main entrance
at Singleton
Hospital

You can also find us on social media



Scan me to donate



Registered charity number 1122805