

# CENTRALLY FUNDED PROJECTS



After a break enforced by COVID, the Changing for the Better Small Grant Scheme was back this year.

The Grant Scheme is sponsored by Swansea Bay Health Charity and is targeted to voluntary and community groups who provide or intend to provide local services which improve the health and wellbeing of the local population in Swansea, Neath Port Talbot or across these area.

As usual, the scheme was significantly oversubscribed with over three times the amount available being applied for. For this year, £52,728.00 was awarded to ten projects:

**Afan Valley Community Leisure Ltd** – Active Afan Valley project received £4490.

It enables the company to provide additional sessions at Afan Valley Swimming Pool to enable those in need to use the pool. Taster sessions & trials of different activities have been made available so that the community can see if they like them. It is hoped the outcome will be improved emotional and physical wellbeing.

**Chinese Autism CIC** – Move on me project received £1360.

To provide physical exercise opportunities for Chinese Parent Carers in the Swansea And Neath Port Talbot areas.

**Interplay** – Enabled.

£7716 was awarded to this project which is designed to promote both physical and mental health wellbeing to young people with extra support needs; aged between 18-25, through a range of activities

**F.A.N Community Alliance** – Yoga for balance.

The aim of this project was to support physical improvement in balance and exercise tolerance in older adults; combined with existing community projects for motivational and wellbeing benefits – encouraging competent self-management and facilitating community resilience. It was awarded £5000.

**Neath Port Talbot Mind** – Mums matter project received £5000.

The Mums Matter Perinatal project is a support service for new mothers and those who are experiencing or at risk of experiencing mental or emotional health problems. It offers a safe, relaxed environment to gain support, information and advice from staff, as well as helping to reduce isolation, develop social connections and build support relationships with other new mums.

**Your Voice Advocacy Project** – Casglu (Gathering)

£8049 was awarded to establish opportunities for neuro-diverse people (who don't necessarily have a learning difficulty) to meet, socialise and integrate into the community in a safe environment.

**Tai Chi 4 all** – Tai Chi for 4 all project.

£1320 was received for this project, to promote the health and wellbeing of older people living in Clydach and the surrounding areas through the provision of weekly Tai Chi and social activities. Tai Chi is an ancient Chinese martial art, sometimes called “shadow boxing” or “meditation in motion”. It's a series of different postures that flow into each other in slow movements. But, although it looks gentle, studies suggest it is as effective as conventional exercise for reducing weight and visceral fat. And because Tai Chi is a mix of exercise and meditation, the brain get a work out too, leading to better brain function. It improves heart health, and has been shown to boost your immune system.

**Resolven Building Blocks** – Journey to wellbeing project was awarded £5000.

The COVID and Cost of Living crisis have left many families in difficulty with a lack of social interaction with others and this is causing anxiety. Resolven Building Blocks identified that this is a growing issue, and one which is impacting on individuals' health and wellbeing. This funding runs group workshops to help encourage beneficiaries to connect with others and learn new skills with the overall aim on being that individuals can learn to better manage their mental and physical wellbeing.

# CENTRALLY FUNDED PROJECTS



## Cardiff Institute for the Blind (Sight Life) – Tech Skills for Life.

This project received £5000, and during the grant period has enabled the Cardiff Institute for the Blind to support blind and partially sighted community in Swansea, Neath and Port Talbot to engage in exercise activities and use technology to improve their health and wellbeing. Engaging with local community providers and activity produces such as gyms to ensure accessibility for blind and partially sighted people. Training volunteers to provide bespoke support and training to people with sight loss and roll out program of training to providers in the community.

## Swansea Women's Aid – Mindful Living (£5000 received)

Swansea Women's Aid offers strength based, needs led, trauma-informed support to women experiencing violence, domestic abuse and sexual violence. The women often have multiple disadvantages with poor physical and mental health, substance misuse issues, low self-esteem, underachievement educationally, lacking support networks and living on low incomes. The aim of the project is to support them to address their health and well-being through the provision of complementary therapies and trauma informed group mindfulness activities. This will enable women to focus on their recovery and integrate into the community in a safe environment.

## HELPING HANDS BIDS PANEL

Christmas is a difficult time to be away from family and friends, so for those patients that had to stay in hospital over the Festive Period, and the staff required to come into work to look after them, The Charitable Funds Committee allocated just over £10,000 in Christmas Monies to be used to decorate areas and celebrate the festive season. A wellbeing boost to both patients and staff.

The panel also approves small bids that can make all the difference to a group or team, such as:

- Litter Pick up sticks for a Wellbeing Event on 6<sup>th</sup> December
- Yoga Wellbeing Session for Speech and Language Therapy staff
- Microwave for ground floor corridor HQ
- Purchase of vouchers re Flu Incentives
- Refreshments for finance wellbeing event

## NATIONAL BOTANICAL GARDENS OF WALES

The Charitable Funds Committee approved a major project - Inspiring Spaces. Partly funded by the Health Board Charity and partly by NHS Charities Together, and at a cost of approx. £57,000 over three years; in conjunction with the National Botanical Gardens of Wales, the project will enhance the facilities within the grounds of our hospital. This initiative will support the Health Board in delivering the objectives of the Future Generation's act, working with community to deliver a greener environment.

The Charity Team successfully secured £297,000 from the Stage 3 round of funding from NHS Charities Together in response to the COVID-19 pandemic to fund two projects.

The first, for £100,000, are for lasting outdoor tributes to the impact of the pandemic. Designed by artist Nigel Talbot (pictured above) the memorials take the form of stone seating pods, with timber benches. The dry-stone walls sheltering the seating will be inlaid with hand-made, personalised clay tiles, each reflecting the thoughts of NHS staff, made by schoolchildren from Rhosafan Primary School and members of the public in the area. There will be one on each of the following hospital sites – Morriston, Singleton, Neath Port Talbot and Cefn Coed.

The Second project, for £197,000 is to build cycle shelters around the many Health Board sites, for staff to use. This will provide a safe and secure area for the bicycles of those who wish to cycle to work. Cycling as we know is a great form of exercise and can enhance your wellbeing. It also means that staff are contributing to reducing our carbon footprint and being greener.

Both projects are due for completion by late Spring or early Summer 2023, when they will be officially unveiled.