



Cardiff & Vale  
**HealthCharity**

Supporting the *hospitals* and *community*  
of Cardiff and the Vale of Glamorgan

# CAMU YMLAEN ER BUDD CLEIFION WALK FOR WARDS

16<sup>th</sup> May 2015 Registration Pack



Cardiff & Vale Health Charity is proud to be a member of the



## **Walk for Wards - 16<sup>th</sup> May 2015 Registration Pack**

*Support your local hospital wards by Walking for Wards*

### **What is Walk for Wards, and who is it for?**

Walk for Wards is for anyone – it's a way to raise extra funds for particular wards in the hospitals in Cardiff and Vale that you may have a connection with. All of us who've spent time on a hospital ward probably know exactly what could be done to make it a better place for both patients and staff.

Feel free to set yourself a fundraising target – and make suggestions for what the money you raise could be spent on!

### **Where and when is it?**

Walk for Wards in Heath Park, Cardiff, will take place on Saturday 16<sup>th</sup> May at 10am. We'll be walking around Heath Park, starting off from the University Hospital of Wales concourse – only just over a mile in total – which is the perfect way to raise some money for a good cause! You could even make the event your start for a much longer walk . . .

### **Why should I Walk for Wards?**

From before birth to the very oldest people in our community our hospitals across Cardiff and Vale provide healthcare for just about every conceivable medical condition.

Your fundraising target could go towards a new cure, a new breakthrough in research and treatment of disease. It could help towards the treatment of thousands with heart disease, cancer, stroke, visual impairment or expectant mothers, premature babies or those in need of support at times of loss.

It won't replace NHS money: it will bring extra value or support pioneering and innovative work for the benefit of those that need it. You can decide how you would like your money to be spent – we have 300 endowment funds, one for each ward or department.

### **How do I get involved?**

Sign up to do a sponsored walk on Saturday 16<sup>th</sup> May from 10am. Tell your friends and family, in case they'd like to come on the walk too. Then, ask people to sponsor you! Remember – you're not asking for yourself. It's brilliant you're doing this, but it's

not about you! Tell your potential sponsors about the difference raising extra funds to help patients and staff on the wards could make.

The registration form is at the very end of this pack – fill in the details, tear it off, and send it to the Fundraising Office, Brecknock House, University Hospital Wales, Heath Park, Cardiff CF14 4XW.

### **What else do I need to know?**

The route we've chosen avoids stairs, is about a 1.5 miles in length and is mainly on concrete paths. As such it should be appropriate for wheelchairs, mobility scooters or prams. However, for safety reasons, we ask that participants do not bring bicycles, scooters or roller skates. Cardiff & Vale Health Charity and Cardiff & Vale University Health Board cannot be held responsible for any accidents or incidents connected with this event.

Refreshments will be available for purchase from the concourse starting point, though participants are welcome to bring their own. Unfortunately we will not be able to store any bags for participants during the walk. Please be prepared for extremes of weather in May – both hail and heatwave are possible so do bring a hat, suncream, or waterproofs depending on the forecast on the day.

Please also remember to bring asthma/hayfever medication and insect repellent as required.

Children under 18 must be accompanied by a parent or guardian at all times. They are responsible for the child's safety, behaviour and overall well-being.

There will be other park users around at the time of the walk, so please be aware of people walking dogs. Responsible dog owners are welcome to bring dogs, but dogs cannot be brought on to the concourse. In the park dogs must be kept on a lead and cleaned up after.

Heath Park has a car park (£3 per car) and there are good transport links to the hospital: bus routes include 1, 2, 21A/23A, 35/36, 38/38A, and 64/65. Heath Park also has two train stations a short walk away – Heath High Level and Heath Low Level – linking the park and hospital to Cardiff Queen Street Station.

We've set the minimum sponsorship level at £10 per adult. Children do not have a minimum sponsorship level.

### **What's the best way to get the money in?**

Justgiving.com is a great way to encourage your friends and family to sponsor you – they can donate by the website, by facebook, or by text! If you prefer paper, we've included a handy sponsorship form at the end of this registration pack.

## Walk for Wards, 16<sup>th</sup> May 2015 – The Route

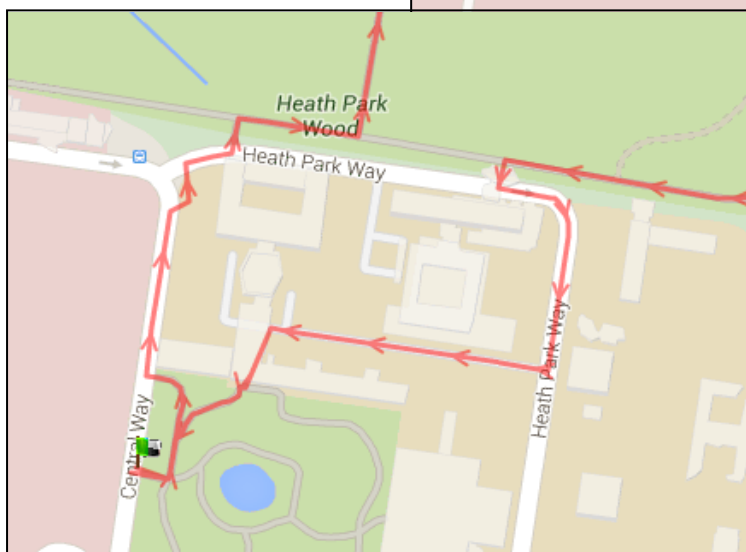
The walk starts from the University Hospital of Wales concourse, where toilets are available and refreshments can be purchased from the concourse concessions.

**Registration will open at 9:30am before the walk begins at 10am.** The walk will start with a photo of all the walkers outside the concourse by the lake (as long as it's not raining!)

Volunteers will be stationed at points along the route to help ensure the safety of all our participants.

A short distance in the route will be on the pavement of a residential area, with cars using the road. Please take special care on this part of the walk.

We anticipate the walk will take just under an hour, but the registration stand will be at the concourse until the last walkers return, so please do make sure you sign out at the concourse before going home!



This map shows a close up of the route through the hospital grounds. Volunteers will be available to help with directions.





Name	Home address including number (only required if you are Gift Aiding your donation). Please do not put your work address here	Postcode	Amount £	Gift Aid? ✓
<b>Total:</b>				

**Please make all sponsorship donations by cheque payable to Cardiff & Vale Health Charity. IMPORTANT: Please ask as many people as possible to sign the Gift Aid column on this sponsor form.**

## Walk for Wards, 16<sup>th</sup> May 2015 - Registration Form

Name:  
(Mr, Mrs, Ms, Miss, other)

Age range:  18-30  
 31-60  
 60 and over

Address:

Postcode:

Email:

Phone:

Emergency contact:

Will you be bringing anyone with you? (Please complete a separate registration form for adults)

No of children:

Please include ages of children:

Which ward/department at which hospital have you chosen to raise money for?

Ward/department:

Hospital:

Please let us know if you have any mobility issues we should be aware of on the day: (for example: you will be bringing a guide or hearing dog; you will be using a wheelchair; you will need support crossing roads)

What is your fundraising goal? (minimum sponsorship is set at £10 per person)

This question is to help us with our future fundraising efforts: How did you hear of this event?

- I give my permission for my photo, if taken, to be included in any subsequent advertising or publicity by Cardiff & Vale Health Charity.
- I give Cardiff & Vale Health Charity permission to contact me in future with reference to other fundraising events [Cardiff & Vale Health Charity will not pass on your details to any other organisations, charitable or otherwise]

Signature:

Date:

**Please return this form to the Fundraising Office at the address given below:**

**Thank you . . .**

**. . . for registering with Walk for Wards 2015 in aid of the different wards and departments of Cardiff & Vale University Health Board.** The money you raise will go to improve the everyday experiences of staff and patients, over and above what the core NHS budget provides. Some of the projects funded by donations, fundraising and legacies include the following:

### **Overnight Chairs (£19,440)**

Previously there were no facilities for parents to stay on the wards overnight whilst their children were being treated in hospital. Though limited parent accommodation was available it wasn't widely used, with most parents choosing to stay at their child's bedside.

With the purchase of transformable upright chairs/beds, the limited space available on the ward was made better use of, and stress for children, their parents, and the nursing staff was minimised.

### **A Software Upgrade for Mammography Machine (£98,000)**

The Breast Centre has 2 full-field digital mammography machines, one of which now has the capacity to make 3D images of the breast. This increases the diagnostic sensitivity and accuracy of mammography, especially in younger women, compared to conventional 2D mammography. This means:

- The machines enable detection of cancer at a smaller size and therefore at an earlier stage.
- Earlier diagnosis reduces the need for repeat radiological tests – this reduces the anxiety of patients who previously had to wait for a diagnosis.
- More accurate diagnosis results in fewer incidences of invasive surgery, and less time taken for operations.
- Fewer patients undergoing invasive surgery reduces the number of patients going on to have further reconstructive surgery. This releases theatre time, which means patients are treated more quickly.
- This results in shorter stays in hospital and more efficient use of beds!

### **Reminiscence Pods (£3,000)**

Often, people with dementia find it difficult to express themselves. They can feel isolated, and lonely, and misunderstood. The Reminiscence Pods contain things to see, touch and interact with, and provokes people's memories. It promotes conversation initiated by people with dementia, allowing them to increase their confidence, communicate more and feel a sense of community.

For other ideas on ways you can contribute to the work of Cardiff & Vale University Health Board, please see the charity's website, [www.cardiffandvaleuhbcharity.com](http://www.cardiffandvaleuhbcharity.com).