



# Impact Report

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YEAR ENDED MARCH 2022

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[daringtodream.wales](https://daringtodream.wales)

# A message from our Trustees

**We understand that approximately 1.2 million adults in Wales live with at least one long-standing (chronic) physical illness. Over 800,000 of those adults' lives are somewhat limited, and approximately 350,000 of those adults' lives are severely limited. These figures are truly staggering.**

Although a young charity, established in 2020, Daring to Dream is here to ensure that the emotional health and wellbeing of adults in Wales with chronic or ongoing illness is supported.

Supporting the emotional health and wellbeing of people living with longstanding physical illness is a huge, under-served and under-represented inclusion agenda.

Our mission is of significant importance because when any of us live with physical illness, we each experience that illness not only physically but also emotionally. How a patient responds emotionally to their physical challenges of illness and treatments is really important. It is well-recognised that patients who are both physically and emotionally robust, or can be supported to be so, make better recoveries. Some adults, who are living with chronic illness, without a doubt have to face the increasing fear factor of returning to hospital repeatedly at times with ongoing treatments or even additional acute crises ... so to do that with a long term health condition very much requires an increasing focus on emotional health and wellbeing.

**Daring to Dream drives forward its mission by:**

- Raising awareness of the need to support the emotional health and wellbeing for all adults living with physical illness in Wales
- Providing that support through the creation of non-clinical, interior designed 'safe havens' one room at a time, in hospitals for patients, their relatives and the staff who care for them by transforming the environment of Quiet Rooms, Patient Day Rooms, and Relatives Rooms to make them conducive to promoting open conversations that are not only clinical but also acknowledge emotional responses. Our transformed rooms do not feel or look like 'hospital rooms' but offer spaces for patients to connect and chat with others, an important space for relatives to rest in, when keeping bedside vigil with a loved one. The Quiet Rooms provide a much-

needed comforting safe space for a patient or their family to talk with clinical teams, including for those really tough medical conversations. The feedback from patients, their families and staff has been wonderful; the totally non-clinical, interior designed environments make them everyone feel supported, creating a better place for those very sad, emotional, and extremely tough conversations.

- Facilitating services and activities (e.g. live music, hairdressing, creative writing workshops) that support the wellbeing of patients (be they at home or in hospital), including our annual live-streamed flagship Lleswyl (Wellbeing) festival.

This report summarises the highlights of a very busy and impactful year for the charity. Thank you for your time, support, and engagement. Together, we will never walk alone.

**Barbara Chidgey,  
Chair, Daring To Dream**



Please do watch 'Our Story'  
<https://vimeo.com/692635428>

**“** A clinician's role is to focus intensely on investigation of physical illness of our patients but often leaves behind the emotional support and wellbeing of patients and families and carers.

Daring to Dream provides practical support, services, and comfortable environments for everyone, from our patients and their families, to the staff caring for them, in order to have the emotional support and space they need.

Through the services provided by Daring to Dream we have enhanced provisions for patients, their families and the staff who care for them and created real change.

I am very proud to be involved with a charity that has already made such a huge impact.

**Dr Nav Masani,  
Consultant Cardiologist,  
Trustee of Daring to Dream**



# The creation of four new safe spaces

**Highlight: The creation of four new safe spaces for patients, their families, and staff in hospitals across Wales.**

Partly with the help of funding from The National Lottery Wales, as well as fundraising activities and with support from partners including John Lewis & Partners Home Design team in Cardiff, in the financial year we transformed the environment of four more rooms. The Quiet Room and Relatives' Room in Critical Care together with Ward B1 Day Room and the Quiet Room in the outpatients' department of the Cardiothoracic Directorate.

These Quiet Rooms, Patient Day Rooms, and Relatives' Rooms in University Hospital of Wales all support open, compassionate conversations that are not only clinical but also acknowledge and support the emotional responses of patients, their families, and their clinical teams.

These rooms are helping support and comfort families and medical teams during tough times and conversations, as well as provide additional wellbeing spaces for staff.



“As a Cardiothoracic Directorate we are delighted and extremely grateful to have had the opportunity to work collaboratively with Daring to Dream charity to transform our patient, visitors, and staff rest rooms. It has been such an extremely challenging two years for everyone personally and professionally but with the support and investment from the charity during this time, this has provided positivity and a boost to everyone's moral.

The refurbishment of these rooms is contributing significantly to the positive patient experience and very much increased staff moral and value.

**Ceri Phillips, lead nurse,  
Sian Williams, senior nurse,  
Bev Oughton, senior Nurse,  
Cardiothoracic Directorate,  
University Hospital South Wales**



# Having an important impact on our beneficiaries

Highlight: Having such an important impact on our beneficiaries and supporting them emotionally

“Daring to Dream has given me the opportunity to speak to other patients in similar situations to me. I've been able to tell people about my story, so that others can benefit from my experience, and we understand that emotional and physical health care and support is required.”

**Helen Presdee-Jones,**  
Renal and cancer patient

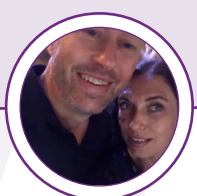


“Juliette Llewellyn, a musician living in Cardiff who has a chronic illness, joined the Lleswyl festival after becoming aware of it via social media. “As a songwriter, I love seeing live music, but living with chronic illness means that going out socially is difficult and, at times, impossible. Attending Lleswyl helped me reconnect again. It was invigorating hearing artists and bands I had been unable to see for a few years and others that were new to me. It was also joyful to share the evening with friends and family”.



“Louise Lloyd tragically lost her husband in recent months said: “I just want to thank your fantastic charity for providing a space that really supported us all when we spent 5 days on the Critical Care ward, University Hospital of Wales.

As a very close family, up to 11 of us were present in the transformed Relatives Room on occasions. During the most difficult week, we were so grateful to be in such a supportive space, close to my husband and be able to await news as opposed to being further away in the hospital with no privacy or worse still being miles away at home”.



“Having the dedicated space that isn't clinical just to sit down, take all the time you need and close the door can make all the difference to someone with a life long illness.”

**Sarah Finch,**  
Adult Congenital Heart  
C-Specialist nurse



“Dr Julie Highfield is Consultant Clinical Psychologist in Critical Care in University Hospital of Wales. She describes the importance, for families and staff, of the spaces that have been transformed by Daring to Dream in Critical Care Directorate.”



**Please click to watch  
Dr Highfield's video**



# Lleswyl free inclusive music festival

**Highlight:** Lleswyl, our first ever, flagship, free and inclusive music festival-at-home reaching so many people across Wales for whom going to live events and festivals is not possible.

Lleswyl: The Daring to Dream Festival was streamed live and free of charge, to bring a festival experience to everyone, including those with a chronic illness or disability. As a charity we were also raising awareness of the need to support the emotional health and wellbeing of those living with long term illness. Over 8 acts took part including performances from Welsh music icons Calan, the Root Doctors, Dr and the Medics, and Afro Cluster.

Lleswyl 2023 is planned for February 17, 2023.

"Lleswyl 2021 brought people together in an immersive celebratory experience, and for some members it was their first experience of a live music festival". Our strategic partner, Innovate Trust, a charity that supports disabled people, were delighted to share Lleswyl live through their Insight app.

**“** A highlight of my year was co-hosting Lleswyl. It was fantastic to be involved and help bring a festival-at-home experience to support the well-being of people who can't attend live events because of chronic illness, disability, or loneliness.

**Sian Lloyd,**  
TV journalist and presenter



## Enjoy last year's performances

<https://daringtodream.wales/line-up/>

This link takes you to the band performances from Lleswyl 2021



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Daring to Dream® is a charity registered in England & Wales (No: 1190590). Registered address: 4 Ynys Bridge Court, Gwaelod y Garth, Cardiff, CF15 9SS

# Working together and reaching out

**Highlight: Connecting, engaging, inspiring, working together and reaching out to support the emotional health and wellbeing of so many more adults living with physical illness.**

As a charity, we approach everything we do in a spirit of co-production, co-creation, and collaboration, connecting with other individuals and organisations. And over the last year we have found that our partnerships and collaborations are hugely important to our ability to create real change with positive impact.

While the charity began in the Cardiothoracic Directorate at University Hospital Wales focusing on cardiac patients, a particular highlight for us has been the real success we've had in developing patient (beneficiary) voice and involvement across other clinical directorates and health boards - so much so that we have now developed our own waiting list!

Connection with other support charities includes Kidney Wales, Popham Kidney Support, Youth@Heart, Innovate Trust as well as our partnership with Hospital Radio Glamorgan that has taken us into a different media channel.

**“** Making and building upon a range of different productive partnerships has been integral in us being able to grow our mission which is providing continuing emotional wellbeing support for adult patients and those coping with chronic health conditions throughout Wales. **”**

**John Chown, Treasurer,  
Daring to Dream**



**“** Here at Radio Glamorgan, we are excited to be working with the charity 'Daring to Dream'. **”**

*Both of our organisations are committed to the importance of music in supporting and connecting with patients who are at home or on hospital wards.*

*Together we are supporting and promoting the emotional health and well-being of adult patients (both those on wards and then as they become out-patients).*

**Jamie Pritchard,  
Chair,  
Hospital Radio Glamorgan**



# Remembering Amy

A very special memory and huge thank you to Amy Penn:

Amy Penn was a vivacious, courageous, and enthusiastic young cardiac patient. Amy tragically passed away in June 2021.

Despite living with a life-limiting condition, she lived a full life always campaigning to raise awareness and support for people living every day with a life-limiting condition and was an inspiration for Daring to Dream.

Together with Amy's parents, family, and friends we are taking forward Amy's fund raising wishes and ensuring her legacy becomes a reality. We are raising funds and putting plans in place to provide services and activities to support the emotional health & wellbeing of young adult cardiac patients who are being cared for by teams within the Cardiothoracic Directorate in University of Hospital of Wales.



<https://vimeo.com/673249750>

Hayley Penn, Amy's mother, tells us about her very special daughter and also explains Amy's fundraising hopes and intentions.



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# Thank you so much – we can't do it alone!

Our income last year was just over £35,000, an increase of more than 400% on the previous year. Income was raised through fundraising events, individual donations, and successful grant applications. We have been able to focus funds raised to fulfil our social purpose and create real change for our beneficiaries.

A massive, heartfelt thank you to the many individuals, volunteers, donors, funders, organisations together with our ambassadors and patrons that have supported Daring to Dream over the last year.

Your support is so important; it is deeply humbling to realise you share and believe in our mission to support the emotional health of adults in Wales living with physical illness.

Thank you



THANK YOU!

## Download our Report & Accounts

To download a full copy of our annual report and accounts visit

<https://daringtodream.wales/wp-content/uploads/2022/11/Daring-to-Dream-Annual-Report-and-Financial-Statements-20212022-Final.pdf>



## Ways to get involved

### Volunteering opportunities

If you can spare the time to help, and support our work, please do get in touch to find out more via [www.daringtodream.wales](http://www.daringtodream.wales)

### Social Support:

Please follow and engage with us to help spread awareness of our stories and activities on social media.

Twitter / Instagram / Facebook  
all @DaringtoDream5)

### Donations are always welcome:

-  Make a one-off donation via [www.daringtodream.wales](http://www.daringtodream.wales)
-  Make a regular donation via [www.daringtodream.wales](http://www.daringtodream.wales)
-  Donate via our JustGiving page. <https://www.justgiving.com/daringtodream>
-  Please gift aid your donation, adding 25% more to your gift
-  Fundraise for us
-  Support us whilst you shop online with Amazon Smile <https://smile.amazon.co.uk/ch/1190590-0>
-  You can also leave a legacy <https://daringtodream.wales/leave-a-gift-for-the-future/>





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