



Daring to Dream Our Strategy

2023 - 2026



daringtodream.wales

What is the main challenge that Daring to Dream seeks to address?

Nearly half of all adults in Wales are estimated to be living with at least one longstanding illness.

Of those, the lives of more than half are either somewhat or severely limited by their illness.

Illness not only has a physical impact on us, but also an emotional one.

Health professionals treat and support the physical impacts of living with illness, both in hospital and in the community.

It is essential to also support the emotional health of people living with physical illness.

THIS IS WHY DARING TO DREAM'S AIM IS:

The advancement of health for public benefit by promoting the emotional health and wellbeing of individuals (aged 16 years and over) who are under the care of hospital clinics in Wales.



About Daring to Dream

Who we are:

The national Welsh charity shining a light on the emotional health and wellbeing of adults living with physical illness.

Our Mission:

Supporting the emotional health and wellbeing of adults in Wales living with physical illness.

Our work is driven by our values:

-  Culture of integrity
-  Kind and caring
-  Patient-centred
-  Working with others in partnership and collaboration
-  Inclusive in all we do

Our Vision:

Every adult living with physical illness has emotional health support, enabling them to enjoy their life, living it to the fullest possible.





Our strategic goals 2023 – 2026

Strategic Goal One:

Becoming a resilient and sustainable organisation.

Strategic Goal Two:

Delivering our mission in equal partnership with patients, their families, and professionals.

Strategic Goal Three:

Adopt and spread: Expanding engagement with and impact of the delivery of our mission from ‘pilot’ to ‘pan Wales’.

