

Support the work of Daring to Dream

Who are we?

[Daring to Dream](#) is the only Welsh charity that supports the emotional health and wellbeing of adults in Wales who live with a physical illness. That's about 50% of the adult population – roughly 1.2 million people! And all illness has a huge emotional impact, meaning that emotional health and wellbeing is essential to live well with illness.



What we do:

- Raise awareness
- Create comforting safe spaces in hospitals (Quiet Rooms, Relatives' Rooms and ward Dayrooms) for all those tough conversations; places within which to support each other and express emotions
- Facilitate services and activities (e.g. hairdressing, live music) for those in hospital and reach out to those at home with our flagship, free, live-streamed Wellbeing festival Lleswyl.

Why support the work of Daring to Dream?

As a business or organisation we understand that you are keen to support your local community and the local causes that engage the hearts of your employees, suppliers, and customers. Your employees want to be part of a business or organisation that is ethical, that cares about its people and the people and causes they care about. This is why you already invest so much in your commitment to corporate social responsibility.

We know that so many charities, with such important causes, are already tugging at your heart and purse strings.

So why should you now consider including Daring to Dream in the list of charities that you already support? Because physical illness affects roughly half the adult population, this means that every one of your employees, suppliers and customers are closely connected to the impact of physical illness: through their close family, friends, and colleagues. Supporting people emotionally, as they live with illness, is something everyone understands and is close to their hearts. Your employees all understand it through their own personal experiences.

Daring to Dream is bringing its work into local communities in Wales, as we create, one room at a time, the safe, comforting spaces in hospitals – each one in different

clinical areas. Each one supporting tough conversations, each room being used daily by so many people.

Please read just some of the heartfelt feedback from patients, families and staff in our [Impact Report 2023](#). Here are two extracts for you:

One lady who tragically lost her husband in 2022 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, Cardiac Specialist Nurse

Projects that will support your community:

- A specific project to create a comforting and comfortable, interior designed, non-clinical 'cwtsh' in a hospital close to you, for patients, their families and the staff who care for them. One that engages your staff and that they want to support. For example: [click here](#) or this one: [click here](#)
- Support individual wellbeing activities e.g. 10 weeks of hairdressing costs or a year of a weekly live music event.
- Help create resources for activities. PwC staff volunteered to create an incredible library of photographic resources for the patients in the Care for the Elderly wards at Bridgend: [click here](#)
- Fundraise to help us buy and distribute more and more 'pick-me-up packages' to young adult patients and help give them a real boost. [Click here](#) to see our packages for young adult cardiac patients, inspired by Amy Penn.
- Then we have Lleswyl 2024 – [What is Lleswyl?](#) We are seeking sponsors for #Lleswyl2024 which is on February 23rd 2024 and hosts for Lleswyl Watch Parties. A chance for a great team building night?

Ways to support our work include:

- Select Daring to Dream as your charity of the month or charity of the year
- Select Daring to Dream as the named charity for your annual conference, dinner, or awards.
- Become our headline sponsor for Lleswyl 2024
- Become a corporate sponsor for Lleswyl 2024
- Sponsor The Daring to Dream Summer Ball and Auction, June 21st 2024

- Hold your own fundraising initiative e.g. a cake sale, a team run, a quiz night, a Lleswyl Watch Party etc in support of our work
- Match fund the fundraising of individual or teams of employees
- Donate gifts for our charity auctions or raffle prizes
- Discuss with us ways in which your employees could volunteer, as PwC Cardiff staff did.
- Maybe consider Daring to Dream as the focus for payroll giving?

Find out more about supporting our work:

Contact us daringtodream@learningpathays.info or on 07989 385114 to discover more about how we can work together to support our work.

Thank you for your time in considering us for your support.

Registered with/Cofrestrwyd gyda'r



Daring to Dream is registered in England and Wales. No 1190590.

Registered address: Unit 4 Ynys Bridge Court, Gwaelod y Garth, Cardiff, CF15 9SS