

# Gwent Wellbeing Champions Coronavirus (COVID-19) Newsletter

*This newsletter provides you with up to date official information for you to share. This includes content from Aneurin Bevan University Health Board, Public Health Wales, and Welsh Government.*

*We will regularly provide you with important information from sources you can trust. Please share this newsletter.*



Edition 19 - 14/8/2020

## Welcome to our 19th newsletter.

Remember, our greatest asset to stopping the spread of Coronavirus (COVID-19) is you.

- Keep two metres from others.
- Wash your hands regularly, especially when you return home.
- Wear a 3 layer face covering when social distancing is not possible or more difficult, and always on public transport.

**It's really important to book a Coronavirus test if you have:**

- A new continuous cough
- A high temperature
- A loss of/change to your normal sense of smell or taste

You can book online or call 119

Tests can be posted to you or you can attend a drive through testing centre.

<https://gov.wales/apply-coronavirus-test>

## COVID-19 in the Aneurin Bevan University Health Board area

As of 12 August 2020 the total number of confirmed cases of COVID-19 in the Aneurin Bevan University Health Board area was 2755.

Aneurin Bevan University Health Board continue to deliver healthcare services.

[Click here](#) for the latest information and guidance from different departments.

For daily updates from Public Health Wales [click here](#)

Here are the local authority contact numbers for support\*;

Blaenau Gwent- 01495 311556  
Caerphilly- 01443 811490  
Monmouthshire- 01633 644696  
Newport- 01633 656656  
Torfaen- 01495 762200

\*Please note support may be different across differing areas.



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## Welsh Government-News for Tenants

A temporary increase in the notice period for eviction will come into force in Wales on the 24th July 2020. This will provide greater protection from homelessness for tenants in private rented and housing association accommodation in Wales.

The change, means that unless a tenant is being evicted on the grounds of anti-social behaviour, they will be entitled to six months' notice instead of three.

This will apply for all notices issued until at least the end of September. While the changes only apply to those renting their homes from private landlords or housing associations, the Welsh Government is working with local authorities to ensure their tenants benefit from the same protection. Full information can be found [here](#).

## Restarting Aneurin Bevan University Health Board Services

The Covid-19 pandemic has caused significant disruption to our NHS services. We have continued to provide care as normal to patients who need urgent treatments (through A&E, Cancer services etc) although many routine appointments and treatments have been postponed.

As we see fewer Covid-19 cases in our hospitals, we will restart many of the routine services that have been put on hold. If you are required to attend one of our Hospital Sites or Community Clinics, you will find that the way they are run has now been altered slightly to accommodate Social Distancing Regulations.

<https://abuhb.nhs.wales/restarting-services/restarting-services/>



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## Pause on Shielding

This Sunday, 16 August, Welsh Government will be putting a pause on shielding.

We know many of you may feel anxious about this change. There is help and advice to help you return to your day-to-day lives, including;

- Going out more
- Doing exercise
- Going shopping
- Going to work
- Going to school

Full guidance can be found [here](#)

Getting out and doing exercise is good for our physical and mental health. As shielding is paused we're encouraging

everyone to consider taking some exercise as part of their day to day activity, such as going for a walk or a swim - whatever is suitable for you. Remember to keep 2m distance and wash hands.

Many of you will be preparing to return to work for the first time since lockdown. There are policies in place to help the transition back to the workplace.

There is clear guidance to employers to ensure workplaces can operate safely: [www.gov.wales/workplace-guidance-employers-and-employees-co...](http://www.gov.wales/workplace-guidance-employers-and-employees-co...)

Welsh Government have also designed a risk assessment tool for health and social care workers: [www.gov.wales/covid-19-workforce-risk-assessment-tool](http://www.gov.wales/covid-19-workforce-risk-assessment-tool)

## Staying safe if you've been shielding



### From 16 August, you can:



#### Go out more

But keep contacts to a minimum when you go out



#### Take exercise

Consider what is suitable for your mobility or fitness



#### Go to work

Speak with your employer about changes to keep you safe



#### Go shopping

Go at quieter times and only when you need to



#### Go to school

If you are in school, you can return in September

### To keep safe when you go out, plan ahead and:



#### Keep physical distancing

2 metres or 3 steps apart



#### Wash your hands often

Carry hand sanitiser



#### Wear a face covering

Where required

Together we'll keep Wales safe.

## VJ Day 75

This Saturday marks #VJDay75 and remember the sacrifices made in the Far East and Pacific.

To commemorate this anniversary and remember those who served in the Far East, the BBC will broadcast two special programmes.

*VJ Day 75: The Nation Remembers*

*BBC One, Saturday 15 August 2020, 9.30-11.30am*

*VJ Day 75: The Nation's Tribute*

*BBC One, Saturday 15 August 2020, 8.30-10pm*

Victory over Japan 75 years ago brought mixed emotions for those fighting in the malaria ridden jungles of the Far East. Relief and joy that the end of the war had finally arrived, but sadness at the human cost.

Those who had fought on through the final three months, largely forgotten by people at home, could finally look forward to returning to their loved ones, and some sort of normality.



For many who had toiled for years in the brutal battlefields, or been prisoners, the end of the war didn't mean the end of their suffering. The memories of what they endured and the loss of their comrades would live with them, forever.



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## What you can do to eat well?

You know your eating habits better than anyone else. Have they changed?

What do you think you can do to improve them?

Eating well can help us keep strong, healthy and optimistic and with some planning, make our money go further.

Here are some of the ways people from across Wales are using food to look after themselves and each other:

- *Plan the weekly shop --> Click [here](#) for example lists and plans.*
- *Eat a variety of foods --> Lots of people use the [Eatwell guide](#) to help them eat a healthy, balanced diet.*
- *Swap unhealthy snacks for healthy options --> There's some ideas here:  
<https://www.nutrition.org.uk/healthyliving/resources/weeklymealplanner.html>*
- *Keep to a regular meal pattern*
- *Trying some home cooking*

Home cooking can mean the food you cook is healthy as well as tasty- and it can help you save money too. Many people also find cooking relaxing.

Here are some ideas:

<https://www.nhs.uk/oneyou/apps/#one-you-easy-meals>



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## **We all have a part to play in #KeepingWalesSafe**

Maintaining social distancing will reduce the spread of Coronavirus and save lives.

There are actions we must all continue taking to protect ourselves and one another.

Are you distance aware?

We're proud to support the Distance Aware campaign.

<https://www.bevancommission.org/distance-aware>

**Be distance aware.  
Keep others safe.**



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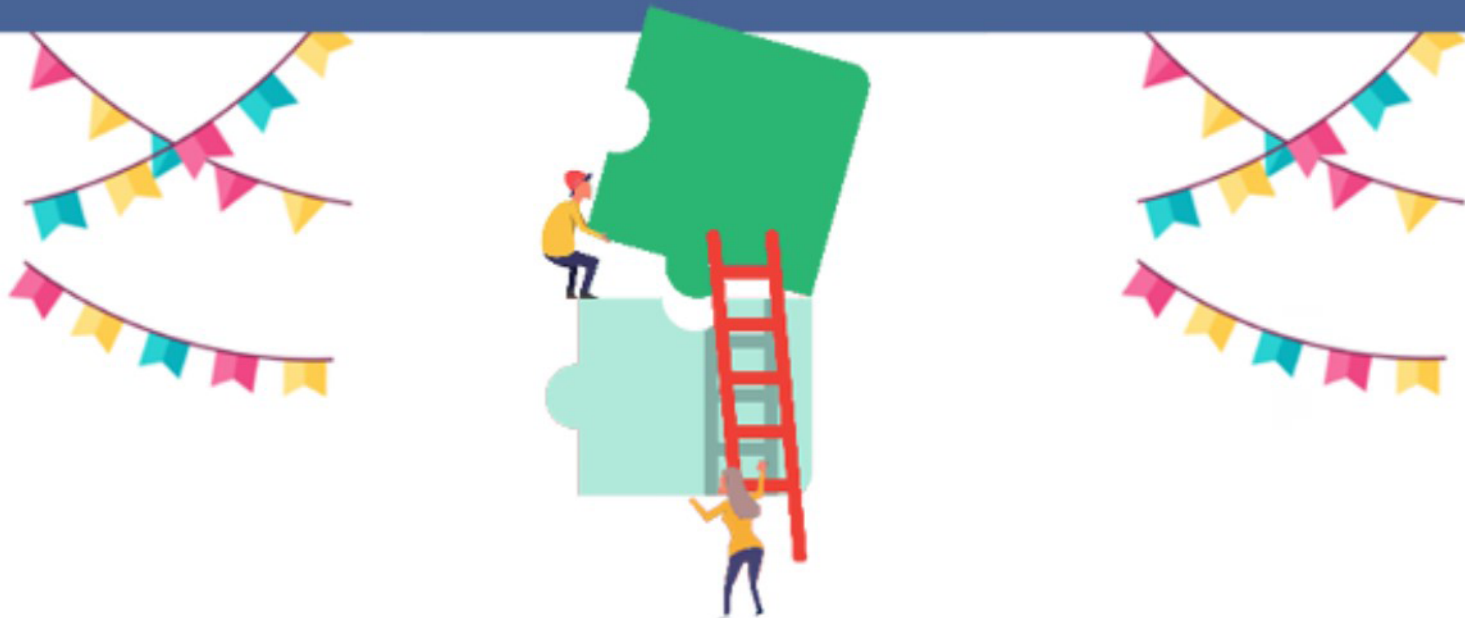
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## ***Coffee Morning Celebrations***

This week we held an awards ceremony as part of our weekly coffee morning to thank everyone who has supported this weekly event.

We will be back in September with a monthly coffee morning!



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