

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 7 - 15/5/2020

Welcome to our 7th newsletter.

We would like to re-iterate in Wales that we are following the guidance set out by Mark Drakeford (First Minister for Wales.) We are still using the stay at home message.

-Staying at home is the best way you can protect yourself and others.

-If you do need to leave the house for essential purposes, including exercise, it is vital that you keep 2 metres apart from others.

-Everything you're doing, from social distancing to careful hygiene measures, is helping to stop the spread of coronavirus.

-We must continue to follow these guidelines to avoid a second wave.

-We know it's hard, but please continue to stay at home

For the latest advice from [Welsh Government click here.](#)

COVID-19 in the Aneurin Bevan University Health Board area

As of 14 May 2020 the total number of confirmed cases of COVID-19 in the Aneurin Bevan University Health Board area was 2359.

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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500th patient discharged!

This week the 500th Coronavirus patient was well enough to go home from one of our ABUHB hospitals in Gwent.

We're celebrating this milestone, which brings hope in the fight against this virus.

We all have a part to play, stay home, protect lives, protect the NHS.



International Nurses Day

On Tuesday it was International Nurses Day, where we celebrated our amazing Nurses and all the invaluable work that they do.

Without our incredible nurses, we simply wouldn't be able to care for patients in the way that we do now.

Thank you nurses! We are very proud of you indeed.
#InternationalNursesDay2020

Remember

The advice in Wales remains unchanged.

Stay at home

Protect our NHS

Save lives

[CLICK HERE](#) for latest guidance on coronavirus in Wales.



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Dementia Friends

There are 700,000 people with Dementia in UK .

Research shows that more than 2/3's are feeling lonelier & more isolated due to Coronavirus.

This week would have been Dementia Action Week. It's postponed but you can still help by becoming a Dementia Friend.

A Dementia Friend is somebody that learns about dementia so they can help their community. Too many people affected by dementia feel that society fails to understand the condition they live with.

Dementia Friends help by raising awareness and understanding, so that people living with dementia can continue to live in the way they want.

Coronavirus means face to face training is postponed but you can attend on-line learning. [To become Dementia Friend visit their website.](#)



Critical - Coronavirus in Intensive Care

Just in case you missed it, there was a BBC Wales special on Coronavirus on Monday 11th.

The 1 hour programme was filmed in the Gwent and provides an amazing insight into life in Intensive Care in March and April of this year.



Dr David Hepburn and Tanya Weaving (staff from the ICU unit at the Gwent) feature in the documentary. They also answered a live Q and A on Facebook on Monday about Coronavirus - [catch up here.](#)



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Free training session for Champions

- *Using Zoom to access online events*

We, The Gwent Wellbeing Champions Team, are offering a 60 minute 'how to' session for anyone who wants to learn how to use Zoom to access online learning, events or training sessions from home.

When? Tuesday 19 May at 11am until 12pm.

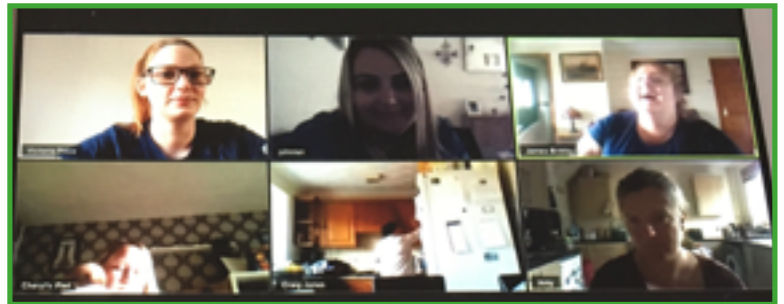
Who can join?

Anyone signed up as Gwent Wellbeing Champion can join the session.

How? To join the session, please click this link and enter;

<https://us02web.zoom.us/j/85688565309?pwd=bFprUGN-QQ0ZBd0oxNG9OZTRL0UhpQT09>

Meeting ID: 856 8856 5309
Password: GwentWC



What do I need?:

To access the session you will need a laptop, tablet or smart mobile device. You don't need a Zoom account already. Just click on the link and follow the set up instructions. We recommend you do this a few minutes before the session start time.

Do I need to book on?:

No need to book. Just click the link above and enter the meeting ID and password.

[Digital communities Wales](#) are also holding series of webinars which are free to access and may be of interest

Online Safety – May 20 at 10.30am <https://bit.ly/35zo1p6>

Staying in Touch – May 27 at 10.30am <https://bit.ly/2SIKk6m>

Keeping Occupied – June 3 at 10.30am <https://bit.ly/2SII2Ep>



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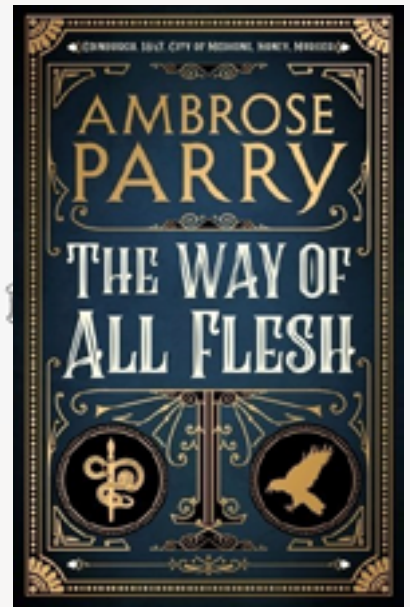
Book Club

If you're missing your usual Book Group, go along to the Welsh Libraries facebook page and join their new Online Book Group Wales!

The title that they've chosen to read this month is The Way of All Flesh by Ambrose Parry

This can be downloaded as an e book from BorrowBox

Why not set up a virtual book club with your friends and even choose the title yourselves. We would love to hear from anyone who is already doing this!



Huw Aaron Drawing Tutorials

Huw Aaron is posting daily drawing tutorials for children on YouTube in Welsh.

Whether you are a Welsh speaker or not you will be able to follow these how to drawing tutorials.

Here is [Huw's YouTube Chanel](#) to take part.



Thank you! A little bit of kindness goes a long way!

Ty Cyfannol, a mental health ward at Ysbyty Ystrad Fawr would like to say 'THANKS A MILLION' for the lovely gardening donations they have received.

The staff and patients have been overwhelmed by the kindness and generosity of the public over the past month. Amongst many other things, they have received a donations of flowers, plant pots and compost.

This is so important, now more than ever, as like many at the moment our patients are finding isolation and staying indoors particularly difficult.

On behalf of the Health Board and Ty Cyfannol Ward staff and patients, thank you for your little bit of kindness which has gone a long way!



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Mental Health Awareness Week

The 5 Ways to Wellbeing

This edition, for Mental Health awareness week, we want to let you know about the 5 ways to wellbeing - an evidence based approach to improving and maintaining your mental health.

Because of Coronavirus many of us are experiencing pressures we haven't felt before. Some will be isolating and spending more time at home, some will be working away from our families and many of us will be experiencing high levels of stress and anxiety.

It's important you do what you can to look after yourself and the people around you. We hope our daily posts this week give some ideas to do this.

There are five steps we can all take to improve our mental and physical health. They are called the Five Ways to Wellbeing. They are:

Connect

Be Active

Take Notice

Keep Learning

Give

Keep an eye on Aneurin Bevan's Social Media channels next week, we'll focus on a different Way to wellbeing each day.

[*Click here for more information on the Five Ways to Wellbeing*](#)

[*Click here more information on Mental Health Awareness week*](#)

