

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 15 - 17/7/2020

Welcome to our 15th newsletter.

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

We should all stay local and follow social distancing rules:

- 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.

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 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 15 July 2020 the total number of confirmed cases of COVID-19 in the Aneurin Bevan University Health Board area was 2709.

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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Testing and contact tracing are only one way of preventing the spread of Coronavirus.

There are actions we can take to protect ourselves, the people we care about, and our communities.

It is vital that we all continue to:

Stay at least 2 metres apart from people you don't live with.

>> This also applies in the workplace: breaks, meetings and travel to and from work.

Catch coughs or sneeze into tissues, dispose of them and clean your hands as soon as possible.

Wash your hands regularly for at least 20 seconds with soap and water, or use hand sanitiser.

Do not touch your face unless you have thoroughly cleaned your hands.

Regularly disinfect surfaces and objects at home and work.

Welsh Government advise people in Wales to wear three-layer face coverings in situations where social distancing is not possible or more difficult..

Remember - these three-layered face coverings will be mandatory on public transport in Wales from 27 July

Anyone who does have symptoms should not go out, even if they are wearing a face covering.

On the first day of your symptoms you should book a Coronavirus test.



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Coronavirus ICU Rehabilitation

Last week we mentioned we'd recently attended the Geraint Thomas Velodrome, where a number of our patients are recovering after being discharged from intensive care.

The COVID Rehabilitation Programme set up by Aneurin Bevan University Health Board is the first programme in Wales to rehabilitate patients who were seriously ill with Covid -19 and ventilated in intensive care.

Last week BBC Wales attended one of the sessions and spoke to the patients to find out how the programme is helping them on their journey to recovery.

See the full coverage below:

<https://www.bbc.co.uk/news/uk-wales-53421233>

More coverage, filmed by the Aneurin Bevan Health Board Communications Team, available on Facebook here:

<https://www.facebook.com/AneurinBevanHealthBoard/videos/vb.146844022043550/775471479863243/?type=2&theater>



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Cervical Screening

Cervical Screening Wales are now sending screening invitations out to the people who need an early repeat test.

Find out more here: <http://www.cervicalscreeningwales.wales.nhs.uk/home>

Restarting Health Board Services

Please see the latest information about restarting the services on our website <https://abuhb.nhs.wales/restarting-services/restarting-services/>

Please note, the information for each individual service will be updated as regularly as possible, and is subject to change at short notice.

Protect your colleagues, stay at home if you have any coronavirus symptoms no matter how mild!

If you go to work with coronavirus symptoms, you're putting your colleagues at risk.

If you have symptoms, stay at home, get a test and keep your workplace safe.

Welsh Government have produced this short guide to the financial support that might be available to help you right now.

<https://gov.wales/sites/default/files/publications/2020-07/financial-support-leaf-let.pdf>

We understand that the outbreak of Coronavirus can be especially worrying if you have difficulty paying your bills and/or your rent.

There is help and advice available to assist you.



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Mental Health and Well-being Pg 1

We want to let you know about services, apps and helplines available to support you if you need support with your mental health. Please share this information if you think it might be relevant for someone you know.

If you just need to talk, at any time of day or night, you can contact one of these free listening services:

These services offer confidential advice from trained volunteers. You can talk about anything that's troubling you, no matter the topic.

Support is available to help you.

116 123 to talk to **Samaritans**, or email: **jo@samaritans.org** for a reply within 24 hours - text "SHOUT" to 85258 to contact the Shout Crisis Text Line, or text "YM" if you're under 19

If you're under 19, you can also call **0800 1111** to talk to **Childline**. The number will not appear on your phone bill. They offer an online chat service.

There's also a service dedicated for men: **Campaign Against Living Miserably (CALM)**, contact **0808 58 58 58** (5pm to midnight every day) www.the-calmzone.net

There is also a confidential listening and support service for everyone in Wales: **Community Advice and Listening Line (C.A.L.L)** which offers a confidential listening and support service.

Available 24 hours a day, 7 days a week and 365 days a year

Visit <http://www.callhelpline.org.uk/>

Freephone 0800 132 737

Or text 'help' to 81066



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Free Mobile Phone Apps

Stay Alive - A confidential suicide prevention app for people living in the UK. It is packed full of resources, useful information and tools to help you stay safe or help keep someone safe in times of crisis.

Suicide Safety Plan - A free app allowing people to record their own warning signs that a crisis might be developing. It contains information about coping strategies for dealing with suicidal urges, places for distraction, friends who can help and more.

DistrACT - This app provides easy, quick and discreet access to general health information and advice about self-harm.

Hub Of Hope - Hub of Hope believes that no matter what you're going through, you shouldn't have to do it alone. Enables you to find services local to you using geolocation technology

Free training on suicide awareness and understanding

Zero Alliance provides a range of free awareness training options, which provide a better understanding of the signs to look out for and the skills required to approach someone who is struggling, whether that be through social isolation or suicidal thoughts.

Take a look on their website - <https://www.zerosuicidealliance.com/training>



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SURE | FOR MENTAL HEALTH

New Pathways' SURE for Mental Health Community Project is providing a variety of fully funded mental health webinars to members of the community to build confidence in supporting people with mental health issues.

Upcoming courses include Post-lockdown Anxiety, Mental Health Awareness, and workshops on depression, anger, stress and assertiveness (the latter will be scheduled very soon).

Free training is bookable via Eventbrite (<https://www.eventbrite.co.uk/o/new-pathways-15318719638>), and we are continuously scheduling more training, so please follow us on Eventbrite, Facebook (SUREforMH) And Twitter (@SUREforMH) to keep up to date.

Sure also offer funded 'in-house' training on a variety of mental health topics including suicide awareness, Understanding PTSD and Active Listening Skills.

Organisations can get in touch via email (SUREforMH@Newpathways.org.uk), to make an enquiry.



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