

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 11 - 12/6/2020

Welcome to our 11th 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 10 June 2020 the total number of confirmed cases of COVID-19 in the Aneurin Bevan University Health Board area was 2587.

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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Coronavirus (COVID-19) symptoms?

Isolate and get a test as soon as possible.

You can book to attend at a drive through testing centre or have a test posted to you.



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Apply for a test

You can book online or call [119](tel:119)

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



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Contact Tracing

A contact tracer will phone people who test positive for Coronavirus and ask for details of people they have been in close contact with, for example at home or at work.



This information will remain confidential, the contact tracer will not give your name to your contacts without your permission.

Contact tracing allows us to find out quickly who has Coronavirus and who is at risk of having caught it so they can self-isolate and prevent it spreading.

This will reduce the spread of the virus in the community, and is an important part of being able to ease the Government lockdown measures.

Contact tracing is not about monitoring where people have been or what they've been doing.

The purpose of contact tracing is to protect the health of people in Wales and to control the spread of the virus. It is not about enforcement or surveillance.

Participation is voluntary but strongly encouraged.

If you are contacted:

Please be vigilant for any signs of cyber security, spoofing, phishing or fraud.

You will NOT be asked for any financial information, bank details or passwords as part of the contact tracing process.

For further information visit:

<https://gov.wales/test-trace-protect-html>

Welsh Government Advice

In Wales, the advice remains: work from home if you can.

Businesses that are open must take all reasonable measures to keep staff safe. In Wales, the 2 metre rule is law.

Here's some useful advice to help you stay safe at work if you can't work from home:

https://gov.wales/coronavirus-regulations-guidance?fbclid=IwAR3iIY2W-mQF6doDMLOnkJAES4LOacAJlss-UID-wd1_BrSeUzDktKBI1TWSU#section-39241



3 Layer Face Masks - Guidance Updated

Keeping a 2m distance and regularly washing your hands are still the best way to protect yourself and others from coronavirus.



Updated Welsh Government guidance recommends the use of 3 layers face coverings in situations where social distancing is not possible or more difficult.

If you're crafty, you can create your own mask – see instructions in this great guide --> [click here](#)

There's also this video from Welsh Government which shows another creative method you can use to make your own mask. Wash your socks first!

<https://www.facebook.com/watch/?v=247318243230468>



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Stay Safe Online

Older people in Wales should continue to be vigilant to protect themselves from crime and scams during the Covid-19 pandemic as they can be a particular target for criminals.

Covid-19 related scams that have been identified include:

Online shopping scams where people have ordered face masks, hand sanitiser, testing kits and other products that have never arrived.

Victims receiving a call with an automated message purporting to be from the government, which states that all individuals now need to wear a face mask when they leave their home. The message tells the victim to press 1 in order to purchase a mask.

Text messages purporting to be from HMRC advising individuals they can get a tax refund of up to £400. The message includes a link to a fake website where people believe they can check their eligibility for a refund.

Other Covid-19 scams include requests for donations from individuals and fake charities, phishing scams offering grant money from the World Health Organisation, and fake bills being emailed to customers demanding payment.

But with a few simple steps, we can all protect ourselves from these kinds of crimes:

Take a moment to think before parting with any money. Reject or ignore any unexpected communications or requests for payments you aren't sure about. IF YOU HAVE ANY CONCERNS - you can confirm requests are genuine by using a known phone number or email address to contact organisations directly. Stay safe!

There's never been a more important time for neighbours to look out for each other – particularly as we self-isolate.

Find out about being a 'Good Neighbour' here

<https://www.iwngwent.wales/beagoodneighbour>



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Carers Week

This week was carers week, we would like to say a massive THANK YOU to all carers for being there and doing what you're doing. You aren't acknowledged enough for the brilliant work you do.

If you would like more information, support or would like to make a pledge, please go to the Carers Week website: <https://www.carersweek.org/>

Are you an older carer?

Age Cymru and Carers Trust Cymru want to hear about your experiences.

To assist with a new project which aims to help you overcome some of the day-to-day problems many carers face.

Please get in touch:

Telephone: 08000 223 444

Email: carers@agecymru.org.uk

New online parenting courses gives a little extra support to parents

Being a parent can be tough. Being a parent on lockdown is tougher still. Public Health Wales is offering all parents, parents-to-be, grandparents and carer-givers free access to a series of online courses designed to help them understand the development and emotional milestones of their children, covering everything from pre-birth to late teens.

Amy McNaughton, Consultant in Public Health at Public Health Wales said:

“Healthy family relationships are important in supporting children’s well-being and development, particularly in the earliest years of life. Families in Wales are living through extraordinary times. I can’t stress enough that it is completely normal to need help; and that it is ok to ask for and accept it.”

“The courses explore topics including play, styles of parenting, sleep, temper tantrums, communications and more, and are all available online from now until May 2021.”

To get access the free online course just need to visit www.inourplace.co.uk and use the code ‘NWSOL’ if you live in North Wales, and ‘SWSOL’ if you live in Mid, West or South Wales.

Then simply choose the courses that are most relevant to their child or children, split into four easy to use sections covering:

- Understanding pregnancy, labour birth and your baby
- Understanding you baby
- Understanding your child
- Understanding your teenager’s brain



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Trace your Family Tree

Lots of us are looking for a new challenge during this time so why not start with drawing your family tree. Why research your family history/genealogy?

It's fun and can be hugely rewarding. You might find some relatives you didn't know you had!

You can do it online and it's relatively cheap

Good for your wellbeing!

Start with drawing your family tree.

Here are some websites to get you started.

Free site to find information Births, Deaths and Marriages:

www.freebmd.org.uk

Obtaining births, deaths and marriages records:

Order from: www.gro.gov.uk

PDFs - £7: 4 working days

£11 postage for hard copies

Use the census returns and parish records:

www.ancestry.co.uk

www.findmypast.co.uk

Let us know if you have a go!



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SPOT THE DIFFERENCE!

Find 10 differences between the 2 pictures!



Here's another fun activity for our Wellbeing Champions!

Spot the Difference! We'll give the answers next week. Good luck!



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