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 22 - 4/9/2020

Welcome to our 22nd 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 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 2 September 2868 the total number of confirmed cases of COVID-19 in the Aneurin Bevan University Health Board area was 2778.

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
Monmoutshire- 01633 644696
Newport- 01633 656656
Torfaen- 01495 762200

*Please note support may be different across differing areas.

Schools Back!

Whether they're starting a new school or going into a new year group; going #BackToSchool may seem a bigger challenge as we head into the 'new normal'

Support is available to help young people take care of their #MentalHealth during this period of change

Here are a few resources that can help.

Work from Home where you can

In Wales, we continue to advise you work from home if you can.

We know there'll be lots of cases where this isn't possible. Your employer must take all reasonable measures to keep staff safe.
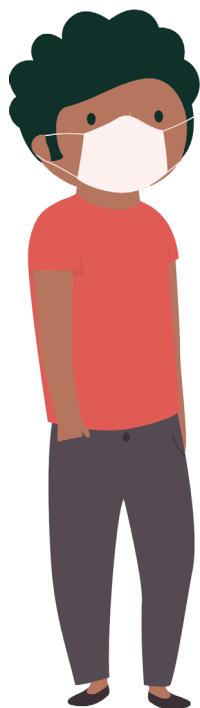Here's some advice to help you stay safe at work.

https://gov.wales/workplace-guidance-employers-and-employee…

Face Coverings

We recommend a face covering indoors, when you can't keep a 2m distance.
If you choose to wear one, please consider a re-usable one. This saves you money and reduces waste.

You can even make a face covering from things you already have at home
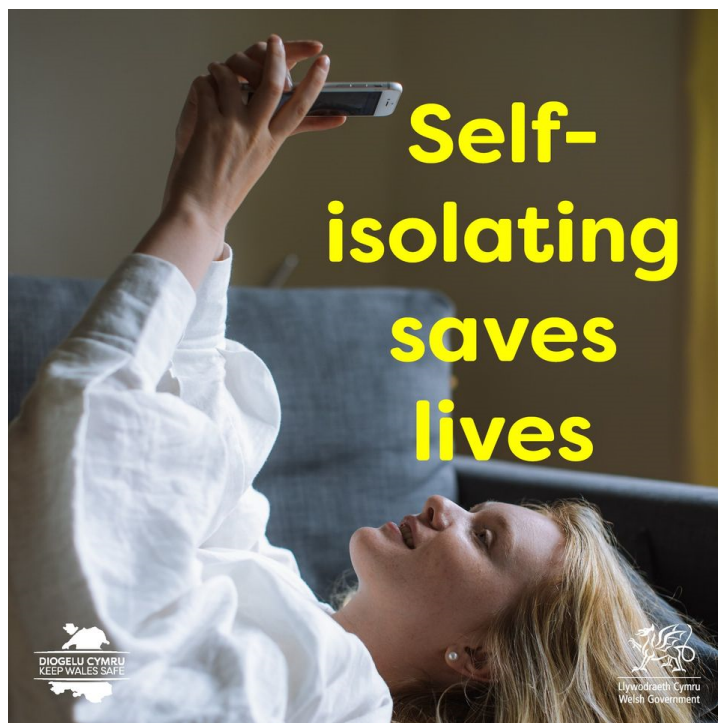Don't forget, you must wear a face covering when using public transport.

Read Welsh Governments FAQs on face coverings here

Quarantine

If you self-isolate when returning from a country that requires quarantine or when asked to by contact tracers, we can break the chain of transmission.

A few cases can quickly become an outbreak without your help to keep them under control.

https://gov.wales/test-trace-protect-your-questions

Self-isolating saves lives

Struggling financially because of Coronavirus?

You can get an Employment + Support Allowance if you have a disability or health condition that affects how much you can work.

If you're ill or self-isolating because of Coronavirus find out if you can apply here: https://gov.wales/employment-and-support-allowance

GIG CYMRU NHS WALES | Iechyd Cyhoeddus Cymru | Public Health Wales

Keep Wales Safe

Worried about the impact of Coronavirus?

Support is available.

Active Mental Health Monitoring

Many of us are experiencing new and difficult feelings because of the coronavirus pandemic.

It's important to do what you can to maintain your mental and physical health.

If you feel like you need help to manage your feelings, you can sign up to a free guided self-help service from Mind here:

https://www.mind.org.uk/about-us/mind-cymru/active-monitoring/

GIG CYMRU NHS WALES | Bwrdd Iechyd Prifysgol Aneurin Bevan University Health Board

RHWYDWEITHIAU LLES INTEGREDIG GWENT INTEGRATED WELL-BEING NETWORKS

GAVO

The Grange University Hospital

The Grange University Hospital will officially open mid-November this year, instead of the original planned date in March 2021. The new facility based in Cwmbran, which has received over £360m Welsh Government funding will provide emergency and urgent care, bringing together services previously provided at the Royal Gwent Hospital in Newport and Nevill Hall Hospital in Abergavenny.

Parts of the hospital were made available to the NHS early as a field hospital to assist with the Coronavirus pandemic. The 60 acre site will have a 471 bed capacity and feature a 24 hour specialist assessment facility, intensive care facilities, and comprehensive diagnostic facilities, inpatient beds for major emergencies and complex surgery, and theatres.

A consolidated list of services will remain at the Royal Gwent and Nevill Hall Hospitals with inpatient and outpatient care including diagnostic tests, therapies, minor injuries treatment, and midwifery-led birthing services. The aim is that these will join Ysbyty Ystrad Fawr, Ysbyty Aneurin Bevan, St Woolos, Chepstow and County Hospitals to provide a network of hospitals able to provide the majority of care for their local communities.

Alongside the hospital providing state of the art facilities the hospital has helped to create over 600 jobs during its build. The hospital will employ over 3,000 people when it opens, with circa 600 members of staff on shift at any one time.

Remember, if you have a new continuous cough, high temperature or loss of smell and/or taste, you could be spreading coronavirus.

Get a test online :

https://gov.wales/apply-coronavirus-covid-19-test

or phone 119

#KeepWalesSafe

2m is 6.5ft

2020

eiliad golchi dwylo
seconds hand wash

fetr pellter
metre distance

esgus
excuses

GIG CYMRU NHS WALES | Bwrdd Iechyd Prifysgol Aneurin Bevan University Health Board

RHWYDWEITHIAU LLES INTEGREDIG GWENT INTEGRATED WELL-BEING NETWORKS

GAVO