

# 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 12 - 19/6/2020

## Welcome to our 12th 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 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 17 June 2020 the total number of confirmed cases of COVID-19 in the Aneurin Bevan University Health Board area was 2603.

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

**DO YOU HAVE SYMPTOMS OF CORONAVIRUS?**



**(COUGH, LOSS OF TASTE OR SMELL, OR FEVER?)**

**YOU SHOULD ISOLATE AND BOOK A TEST**

**ONLINE @ [WWW.GOV.WALES/CORONAVIRUS](http://WWW.GOV.WALES/CORONAVIRUS)  
OR PHONE 119**

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**GET A TEST. STOP THE SPREAD.  
KEEP WALES SAFE.**



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## Facebook Live with Primary Care Colleagues

This week, Aneurin Bevan University Health Board went live on their facebook with a brilliant live question and answer session. Primary Care colleagues - GP Alun Edwards, Dentist Vicki Jones, and Pharmacist Ross Porretta answered a wide variety of questions from the public.

Watch it here:

[https://www.facebook.com/watch/live/?v=1591882994294241&ref=watch\\_permalink](https://www.facebook.com/watch/live/?v=1591882994294241&ref=watch_permalink)

## Mount Pleasant Practice

This video filmed by some of the staff at Mount Pleasant Practice in Chepstow gives you an insight into how GP practices across Gwent are adapting their services during the COVID-19 pandemic, so they can still see and assess you in the safest way possible.

<https://www.facebook.com/AneurinBevanHealthBoard/videos/625204311420538/>

## Research at Aneurin Bevan University Health Board

We wanted to say thank you to all of our researchers and a special thank you to everyone who has participated in our Coronavirus research so far.

We're very proud of the cutting edge research taking place at our Health Board!

Thank you again to everyone taking part, your efforts could help millions of people around the world.

Also a big thank you to our healthcare workers who are participating in the Covid-19 vaccination study.

- **17 COVID-19 research studies - involving 1335 patients across Gwent**
- **200 healthcare staff recruited for COVID-19 vaccination study**
- **One of first UK sites to recruit for recovery trial (Dexamethasone)**



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## Have you heard about Education Programmes for Patients (EPP) Cymru?

Provides a fantastic range of free, self-management health and wellbeing courses and workshops for people living with, or caring for someone with, a health condition. All courses are delivered by tutors living with their own long-term health condition.



[Here is access to the EPP Facebook page](#) where you can find a full range of relaxation videos and a list of upcoming training opportunities .

Missing a walk along the beach? Why not try [this EPP visualisation video](#).



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# GWENT WELLBEING CHAMPIONS COMMUNITY WELLBEING & INFORMATION WEBINAR

A webinar for Community Wellbeing Champions or those interested in helping others in their community by sharing information relevant to Coronavirus COVID-19.

Join us for an opportunity to explore **what resources** might be available both locally and nationally. Learn more about **how you can help people** in your role as a Community Wellbeing Champion. Feel **more knowledgeable** accessing information and **more able** to signpost people to appropriate sources of support and information

**MONDAY 22ND JUNE 6PM -ZOOM**  
**TUESDAY 30TH JUNE 10AM - ZOOM**  
**THURSDAY 2ND JULY 6PM - ZOOM**

**To book a place or for more info email:**  
**[wellbeing\\_training.ABB@wales.nhs.uk](mailto:wellbeing_training.ABB@wales.nhs.uk)**



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# Mental Health

## What to do if you are worried about yourself or someone else



### Here's our advice about what to do if you are worried about your own or someone else's mental health.

If you are worried about someone, try to get them to talk to you. Ask them open-ended questions like: "How do you feel about...?" Do not worry about having the answers. Just listening to what someone has to say and taking it seriously can be helpful and beneficial. If they won't talk to you encourage them to talk to someone they trust.

If you are concerned that they might be suicidal encourage them to take the steps listed below.

If you are feeling suicidal, then talk to someone you trust. Let family or friends know what is going on, they may be able to offer support and help keep you safe.

If you find it difficult to talk to someone close to you about how you are feeling:

- Seek advice and the support of your GP as a matter of urgency.
- If you are in distress and in need of immediate help and are unable to see a GP, then you can call 111 out of hours and they will help you find the support and help you need, OR
- Contact your mental health crisis team, if you have one
- If you feel your life, or someone else's life is at risk, phone 999 or go to your local A&E department.

A mental health emergency should be taken as seriously as a physical one.



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## **Gwent Association of Voluntary Organisations (GAVO)**

GAVO was the guest speaker at last week's coffee morning. Here is a little overview of some of the things they do.

GAVO works in partnership with the Wales Council for Voluntary Action (WCVA) to deliver Third Sector Support in Wales and represents the Third Sector at four Public Service Boards across Gwent (in Blaenau Gwent, Caerphilly, Monmouthshire and Newport) We provide the following services: -

### **Community Development**

Our Third Sector Development Team is here to advise and support you, providing advice and guidance on governance structures and policies for setting up a new group, to on-going project development and funding sources.

[More Info Click Here](#)

### **Volunteering**

Our Volunteer Centre provides support, advice & guidance to help you start volunteering.

### **Support for Individuals:**

We offer 1-2-1 appointments & help you access an extensive range of volunteering opportunities through [www.volunteering-wales.net](http://www.volunteering-wales.net)

## **Support for Organisations:**

If you work with Volunteers, then we are here to support you with recruitment, management and retention of Volunteers, as well as policy advice, Volunteer Management training and access to our recognition schemes .

[For more info click here](#)

Voluntary and Community Organisations provide a wide range of services and support, often to the most vulnerable people in our communities.

These Organisations are well placed to understand local needs and to identify innovative solutions. Their input into the design and development of services is critical.

Our [HSCWB Partnership Officers](#) promote and champion the Third Sector at a wide range of planning groups and partnerships on a local, regional and national basis ensuring the contribution of the sector is maximised. They also provide information and advice on funding, training and best practice.

### **Other Projects**

GAVO hosts a range of additional support officers and projects in each of the four boroughs that we cover. For further details see our website

Torfaen Voluntary Alliance (TVA) cover the Torfaen area and run very similar programmes to GAVO. To find out more about TVA [click here.](#)



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## Public Health Wales screening programmes to restart

Screening programmes in Wales will start sending invitations and reminders again to people eligible for screening, starting with Cervical Screening Wales from the end of June.

The move follows the announcement in March of a pause in invitations for screening programmes, affecting Cervical Screening Wales, Breast Test Wales, Bowel Screening Wales, Diabetic Eye Screening Wales and Wales Abdominal Aortic Aneurysm Screening. The pause was a result of the Coronavirus pandemic.

Invitations and reminders for people who are now overdue screening will be sent based on clinical priority. This will start with Cervical Screening Wales in the first month. Cervical screening invitations will be sent to individuals overdue a non-routine repeat screening.

Provided all key conditions remain safe for participants and staff, on a monthly basis invitations will be sent to individuals overdue a routine screening. This will be followed by reminders for those who have missed appointments.

As a next step, Public Health Wales aims to start to invite clinical priority groups for Breast Screening, Bowel screening and then Wales Abdominal Aortic Aneurysm Screening and Diabetic Eye Screening Wales later on in the summer.

Inviting all other individuals that are overdue for a screening programme will take many months. Individuals will be contacted in the usual way for the screening that they are eligible for.

Antenatal Screening Wales, Newborn Bloodspot Screening and Newborn Hearing Screening programmes have continued during the Coronavirus pandemic as these all have short window of time for prompt identification and treatment. We are very grateful to our staff and colleagues for continuing to offer screening throughout this time.

Anyone who is worried that they may have symptoms of any of the conditions that we screen for should not wait, but should contact their GP without a delay.





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**Street Games Wales Survey.**  
**338 young people interviewed.**  
**Mostly aged from 11-19.**  
**Mostly in the Gwent Locality.**

### Most common reasons for not adhering to guidelines:

- Mental health reasons
  - Need space
  - Boredom
- Want to see my friends

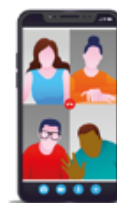


### Preferred way to be communicated lockdown information?

Snapchat 21.2%  
Tik Tok 18.4%  
Facebook 16.5%  
Instagram 12.6%  
Via Influencers 12.4%  
Other 18.9%



**97.3%**  
of respondents had been  
staying at home during the  
lock down



### What would help young people stay at home and encourage them to stick to government guidelines?

- Activities to do at home EG - quizzes, learning new skills, games
- Free video games and social media apps
  - More information about our future
- I'd like to know when lockdown will end

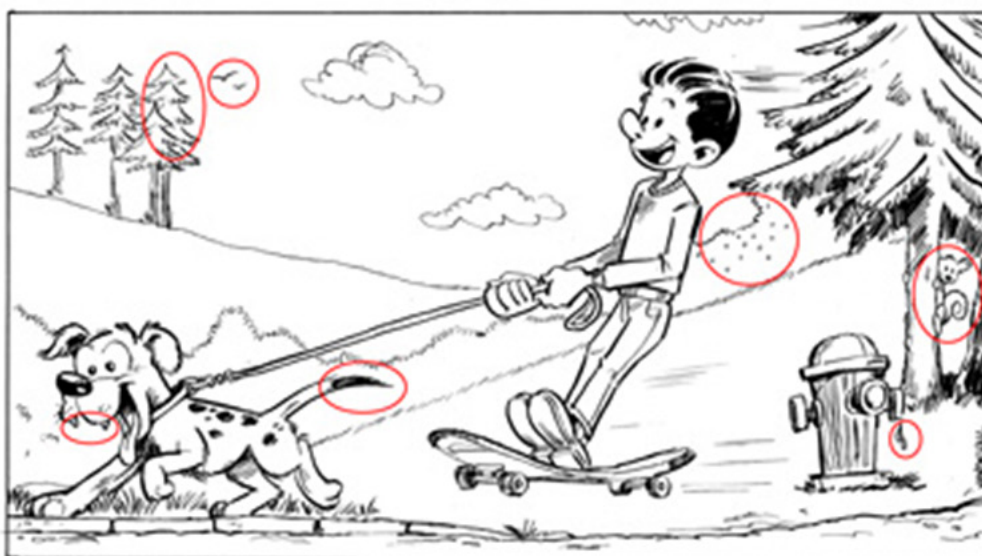
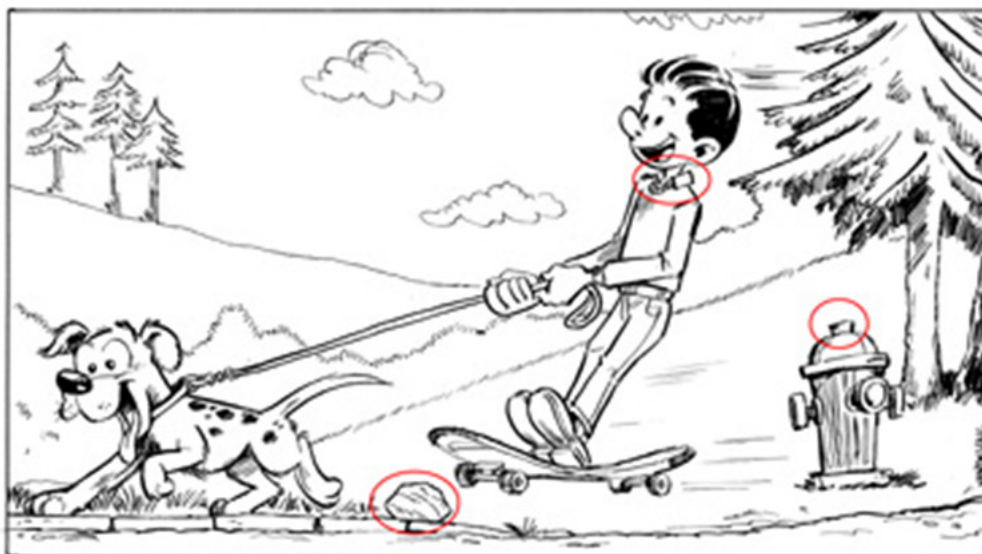
### If you have been isolating at home, what have you been enjoying?

- Watching TV
  - Gaming
  - FaceTime
  - Reading
  - Family Time

Here's our Spot the Difference Results from last week!

# SPOT THE DIFFERENCE!

Find 10 differences between the 2 pictures!



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