

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 29 20/11/2020

Welcome to our 29th 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

Got symptoms?

We'll get you a quick, safe test in a location convenient for you.

Contact us on: 0300 30 31 222

You can also have a test posted to your home - phone 119

COVID-19 in the Aneurin Bevan University Health Board area

As of 18 Nov 2020 the total number of confirmed cases of COVID-19 in the Aneurin Bevan University Health Board area was 11688.

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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It's up to every one of us to do our bit to keep Wales safe.

Up to 4 people can meet outdoors and in regulated indoor places, like cafes and restaurants.

This shouldn't be target. By limiting the number of people we meet, and continuing to keep our distance and regularly wash hands, we can reduce the spread of coronavirus and keep Wales safe

Ask yourself: Is this journey essential? Do I need to do this? Is there a safer alternative? We all need to ask ourselves if what we're doing is necessary. The fewer places we go and the fewer people we meet, the lower the risk of us catching or spreading coronavirus.

If you choose to go out this weekend:

- Go to less-crowded places
- Stick to the same small group
- Keep your stay short
- Keep your distance
- Wash your hands
- Wear a mask



When we're with family and friends, it's easy to forget about coronavirus.

But life isn't as it was – coronavirus is still here and we all need to think about what we should do, rather than what we can do. This might mean making difficult decisions, but it will keep you safe.

<https://gov.wales/coronavirus-regulations-guidance>

Keep Wales Safe

There are good reasons why we can meet friends in regulated settings, but not in our own homes or gardens.

<https://www.facebook.com/watch/?v=388110322307900>

We're not trying to make life difficult, we just want to keep everyone safe. This video provides an explanation.

If you've tested positive for coronavirus or been told to self-isolate, you shouldn't feel forced to go to work because of money worries.

You could get a payment of £500 to help with loss of earnings if you've been told to self-isolate and cannot work from home.

See if you're eligible here:

<https://gov.wales/self-isolation-support-scheme>

Digital Communities Wales

Webinar: Shopping smart at Christmas

Wednesday 25 November

As Christmas approaches in 2020 the benefits of shopping online have never been more obvious. This session will look at all the ways you can save money and shop 'smart' leading up to the big day.

We will look at comparison sites, voucher codes, cashback apps and many more ways in which you can lift the burden on Santa this festive period. Minimise your need to be in crowded shopping centres, learn how to shop safely and securely and save cash by joining us for this webinar.

[Register now](#)

(English session 10am start)



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Vaccination protects you, your loved ones and your community.

You and your family have probably had a number of vaccinations already in your lifetime to prevent catching diseases that can cause serious illness or death.

Vaccines teach your immune system how to protect you from diseases. It is much safer for your immune system to learn this through vaccination than by catching diseases and trying to treat them.

Vaccines reduce the spread of infectious diseases and even get rid of some altogether. Since they were introduced, serious conditions such as polio and tetanus have become extremely rare in the UK.

Please share these facts.

<https://www.nhsdirect.wales.nhs.uk/LiveWell/Vaccinations/>



Mae Brechu yn achub bywydau
Vaccination saves lives

Vaccination protects you and your loved ones.



Safe



Effective



There to protect you



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Finances

[Coronavirus - what it means for you](#)

[Check if you're entitled to sick pay](#)

[Coronavirus - check what benefits you can get because of coronavirus](#)

The Money and Pension Service (MaPS) can help you access the information you need to make the right financial decisions, so that you make the most of your money. MaPS provides bilingual information and guidance on steps you can take now to avoid money worries later on. MaPS have developed online guidance to help you plan ahead to reduce the impact on your finances. There is also information on money problems and poor mental wellbeing as well as how to have a conversation about money.

StepChange Debt Charity is the UK's leading debt advice charity, helping people to take back control of their finances, and their lives. They offer free, impartial and confidential support, and every client receives expert, personalised advice to help them deal with their debts. StepChange offer online advice or can be contacted at 0113 138 1111 (Mon-Fri 8am-8pm, Sat 8am-4pm).

Welsh Government Warm Homes, which includes the Nest scheme, looks to support people in Wales living on a lower income who receive a means tested benefit or live with a respiratory, circulatory or mental health condition.

Nest offers a range of free, impartial advice and, if you are eligible, a package of free home energy efficiency improvements such as a new boiler, central heating or insulation. This can lower your energy bills and benefit your health and wellbeing.

If you would like to know more about the Nest scheme and to see if you qualify, call Freephone 0808 808 2244 or visit www.nest.gov.wales.

Finances

The uncertain situation at the moment is having an impact on jobs and income, with many people worrying about their financial future.

Coronavirus is causing unexpected changes of plan and expenses for almost everyone. Worrying about money can affect your mental health and well-being, and poor mental health can make managing money harder.

There are many organisations that can provide advice and support to help you deal with the financial impacts of coronavirus. Accessing help and advice early can help you to avoid running into financial difficulty.

There are a range of Welsh Government advice and schemes about jobs, skills and financial support available in Wales.

Citizens Advice Cymru can help you with legal and money issues, and also provides support in a wide range of other areas by offering free, independent and confidential advice.

You can call the Advicelink phone-line on 03444 77 20 20.

Some of the web-pages you may find most useful at the moment are:

<https://www.citizensadvice.org.uk/wales/health/coronavirus-what-it-means-for-you/>

<https://www.citizensadvice.org.uk/wales/work/rights-at-work/sick-pay/check-if-youre-entitled-to-sick-pay/>

<https://www.citizensadvice.org.uk/wales/benefits/coronavirus-check-what-benefits-you-can-get/>

Community project's interactive artworks now on display

This week Head4Arts releases the first glimpses of its four digital interactive artworks generated from the visual contributions of over 450 participants in its first virtual Arty Parky event

The four mandala images celebrate togetherness at a time of social restrictions, inspired by the colours of autumn. The project pays homage to the annual Arty Parky live participatory events that would normally have involved making fantastic giant land artworks in four local parks over the half term holidays.

With the cancellation of the public events owing to the Covid-19 pandemic, participants were instead invited to take a walk with their family through their local park, or look in their own gardens, to collect a variety of interesting leaves and natural materials to create their own piece of land art. Having arranged them into a striking composition, photos were then sent

via social media to Head4Arts, providing all the elements that make up the digital mandalas.

The aims of the project were to promote positive wellbeing at a time when we cannot be together, by encouraging participants to be active, take notice and connect with the natural world around us.

Images of the mandala artworks will be released across social media from Monday 16th November and the interactive versions will be available to view via the Head4Arts website:

www.head4arts.org.uk/arty-parky/



Your NHS Services in Gwent are changing.

The Grange University Hospital provides Specialist and Critical Care to every resident living in Gwent and South Powys. The new hospital is a centre of excellence to treat our most seriously ill patients, or those with significant injuries, and is now the Emergency Department for the communities of Gwent.

You can find out more about the changes to NHS services in Gwent on our website at <https://abuhb.nhs.wales/files/clinical-futures/> / <https://bipab.gig.cymru/dyfodol-clinigol/newyddion-dyfodol-clinigol/>

As part of the campaign to inform and engage the residents of Gwent, we are running three competitions. We hope these will spread a little positivity and provide some simple and fun activities for all ages.

The prize for each competition is a fabulous Steiff Teddy Bear (kindly donated by a local business).

Competition 1: Name the Bear Competition

Our Clinical Futures bear has featured on all our campaign graphics. He has done an amazing job helping us let people across Gwent know that NHS healthcare services are changing.

After all his hard work, we think he finally deserves a name, so we are holding a 'Name the Bear' competition. The lucky competition winner will receive a fabulous Steiff bear (kindly donated by a local company).



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You can enter the **'Name the Bear'** competition in three ways:
(parents and guardians of entrants under 18 years of age must submit the entry on their behalf).

Via our website at <https://abuhb.nhs.wales/clinical-futures/clinical-futures-news/> /

ii. Email your name suggestion, your name and telephone number to: ABB.
NameTheBear@wales.nhs.uk

iii. Post your name suggestion, with your name and contact number to:

Name the Bear Competition, Communications Team, ABUHB HQ, St Cadocs, Caerleon, NP18 3XQ

Closing date for all entries: 2pm on Thursday 26th November

The entries will be shortlisted to five names. The shortlisted names will be put to the public vote on our Facebook page on Tuesday 1st December.

For full details on how to enter our 'Name the Bear' competition and terms & conditions, please visit our website at:

<https://abuhb.nhs.wales/clinical-futures/clinical-futures-news/>

There's more contests online too!