

# 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 14 - 10/7/2020

## Welcome to our 14th 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 9 July 2020 the total number of confirmed cases of COVID-19 in the Aneurin Bevan University Health Board area was 2646.

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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## Face Coverings

The most effective way to protect yourself and others from Coronavirus is to follow social distancing rules, avoid touching surfaces and your face, and wash your hands regularly.

Face coverings are not a substitute for these measures, but in some circumstances where it might be difficult to stay 2m away from others, Welsh Government are advising the use of three-layer, non-medical face coverings.

For more information, see this informative FAQ:

<https://gov.wales/face-coverings-frequently-asked-questions>

Welsh Government recommend wearing a three-layer, non-medical face covering in circumstances where it is difficult to stay 2 metres away from others.

**We all have a part to play in keeping Wales safe.**



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## Recovering from Coronavirus

We were recently lucky enough to attend Geraint Thomas velodrome in Newport. The Velodrome is being used as an in patient facility to help people recover who have recently been in hospital or intensive care with Coronavirus.

[https://www.facebook.com/AneurinBevanHealthBoard/videos/338986517115507/?hc\\_ref=ARQn0ose6NBMyXtBIHyimt-nyyoCsunyvUFGiFfkyCJOfkFkGHztOH-vz1H3OkuTp\\_Zo](https://www.facebook.com/AneurinBevanHealthBoard/videos/338986517115507/?hc_ref=ARQn0ose6NBMyXtBIHyimt-nyyoCsunyvUFGiFfkyCJOfkFkGHztOH-vz1H3OkuTp_Zo)

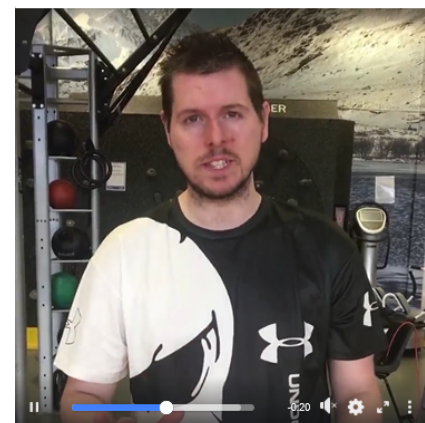


In the video below, Ian Sandercock, pictured on the right, age 59, talks about his experience with COVID-19 and how the rehab programme is helping him with his recovery. Ian is recovering really well and we wish him the best of luck as he goes back to work at the Prison Service next week.

Lewis Barton, age 30 from Newport was one of the youngest patients in ICU with COVID-19. After nearly four weeks in hospital, Lewis is now attending the COVID rehab programme at the Velodrome in Newport and is finding it a really valuable experience in his recovery.

To find out more about Lewis's story and other patients on the journey to recovery after Coronavirus, read the article from the South Wales Argus by clicking this link:

<https://www.southwalesargus.co.uk/news/18567860.gwent-coronavirus-patients-pay-tribute-first-of-its-kind-rehabilitation-scheme//>



More info from the BBC here:

<https://www.bbc.co.uk/news/uk-wales-53353086>



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# Torfaen Volunteer Awards 2020



Nominations now open!

For more information visit  
[tvawales.org.uk/volunteerawards](http://tvawales.org.uk/volunteerawards)



## Torfaen Volunteer Awards 2020

Have you ever wanted to highlight the qualities of someone who shows remarkable selflessness, devotion and service to the community and who, in your view, deserves wider recognition?

Perhaps you want to bring attention to an organisation whose activities have given a buzz to your community? If so, now is the chance you have been waiting for!

If you know someone who deserves a chance to be recognised for their commitment, dedication and hard work please take a few minutes of your time to nominate them by completing our nomination form.

[www.tvawales.org.uk/volunteersawards](http://www.tvawales.org.uk/volunteersawards)

**CLOSING DATE FOR NOMINATIONS Monday 27th July 2020 at 12pm**



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## Navigating a World Upside Down:

The Royal National Institute of Blind People (RNIB) has launched its #worldupside down campaign, which focuses on the challenges social DISTANCING poses for the blind and partially sighted person.

Blind and partially sighted people are used to navigating a complicated world. But coronavirus has turned the world upside down.

As lockdown eases, changes to businesses, services and streets to enforce social distancing will make getting back to normal life much more difficult.

From 6th July, RNIB will be launching our World Upside Down campaign, a week of activity to raise awareness of the unique challenges that social distancing poses for blind and partially sighted people.

We've partnered with Europe's biggest advertising display, Piccadilly Lights. Once an hour, the lights will run upturned displays as a representation of the World Upside Down that people with sight loss are facing with a message to the public to be kind, be aware and offer help.

We have also created a video and social distancing quiz to build understanding of sight loss.

## How you can help

To draw attention to the activity in the week of 6th July, we are asking for Members of the Senedd, the public, organisations and businesses to demonstrate their support by turning social media profiles and logos upside down.

Turn your own social media profiles upside down in the week beginning 6th July and encourage your followers and supporters to do the same

Take and share our quiz, share our videos and other content

Promote the campaigner-led petition calling for action to make retail fully accessible to disabled people.

<https://www.rnib.org.uk/>



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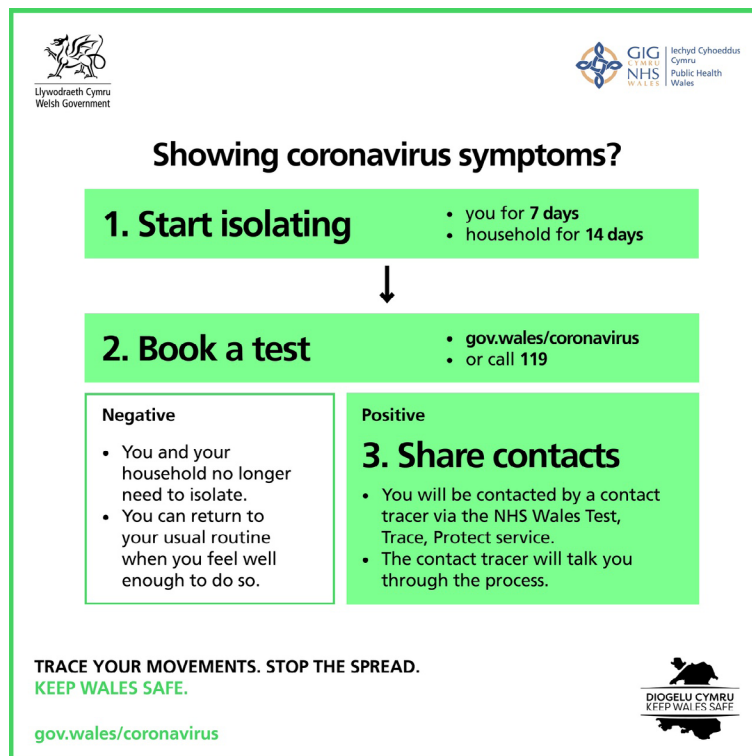




## Protect your colleagues, stay at home if you have any coronavirus symptoms no matter how mild!

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. There's financial support available if you have to self-isolate



## Are you shielding or do you know someone who is?

Welsh Government have introduced extended households - which means you can join with one other household, go into each other's homes and stay overnight.

Shielded people can also be part of an extended household, but we ask you to please consider the risks and take extra precautions.

Think of those who need support as you consider who to go into an extended household with.

Read updated [shielding guidance](#)

See also further guidance on [extended households](#)



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## Time to Change

As lockdown continues to lift, some of us might be feeling more anxious than relieved. Everyone will feel differently about lockdown lifting. The peak of the coronavirus pandemic may have passed, but its impact on the nation's mental health is far from over.



If someone you know is feeling anxious, try not to minimise their concerns and take the time to really listen.



### Mental Health Helpline For Wales

Community Advice & Listening Line

Offering a confidential listening and support service

Freephone **0800 132 737**

Or text help to **81066**

## Rewatch our Live Q&A with Dr Dave Hepburn...

<https://www.facebook.com/AneurinBevanHealthBoard/videos/884645628695073/>

In this video, Dr Dave Hepburn answers questions at the new Grange University Hospital, near Cwmbran, and explains the future of our hospitals and services in Gwent.



Please share this video with any family members, friends or neighbours who would benefit from this information.

Also featured on BBC - [https://www.bbc.co.uk/news/uk-wales-53353086?at\\_custom2=facebook\\_page&at\\_medium=custom7&at\\_custom4=C368545C-C26A-11EA-8CC5-1A9396E8478F&at\\_custom1=%5Bpost+type%5D&at\\_custom3=bbc\\_wales\\_news&at\\_campaign=64](https://www.bbc.co.uk/news/uk-wales-53353086?at_custom2=facebook_page&at_medium=custom7&at_custom4=C368545C-C26A-11EA-8CC5-1A9396E8478F&at_custom1=%5Bpost+type%5D&at_custom3=bbc_wales_news&at_campaign=64)



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