

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 18 - 10/8/2020

Welcome to our 18th 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 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 8 August 2020 the total number of confirmed cases of COVID-19 in the Aneurin Bevan University Health Board area was 2753.

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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Updated self isolation guidance - isolate for 10 days if you test positive for Coronavirus

What should I do if I need to self-isolate?

Thinking you, or a member of your family may have coronavirus is worrying.

If you have symptoms of coronavirus illness, however mild, you must stay at home for 10 days from when your symptoms started, but all other household members who remain well must stay at home and not leave the house for 14 days.

The 14-day period starts from the day when the first person in the house became ill. Staying at home will help control the spread of the virus to friends, the wider community, and particularly the most vulnerable.

Read the guidance on staying at home from [Welsh Government](#).

Remember - there is financial support available if you need to isolate or your financially effected by Coronavirus.

There is support to help you if you have been affected financially by Coronavirus.

More info here: <https://gov.wales/financial-support-for-individuals>

Citizen's Advice have set a dedicated phone number for the people of Gwent : 01633 227948 , their expert advisors can advise on the support available.



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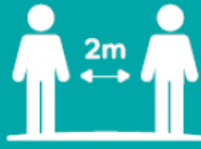
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WASH HANDS REGULARLY

Especially if you've been shopping, picked up a package or are about to handle food



KEEP SOCIAL DISTANCING

Stay two meters away from people who aren't in your extended household



WEAR A FACE COVERING

Where required or in enclosed spaces where social distancing is difficult



SELF ISOLATE

Stay home if you or someone in your household have symptoms, or if you're asked to by a contact tracer



GET TESTED

Call 119 or **book a test online** immediately if you have a high temperature, a new continuous cough, and/or a loss of taste or smell

#KeepWalesSafe

As Welsh Government lift more restrictions and more places open for us to enjoy, we should remember that Covid-19 has not gone away.

There are actions we should all take to protect ourselves and each other.

We all have a part to play in keeping Wales Safe .



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The Welsh Ambulance Service Patient Experience and Community Involvement Team would like to hear from you!

During the Coronavirus pandemic everyone has had to change the way they work and the Welsh Ambulance Service Patient Experience and Community Involvement Team are no exception.

Have you used any services delivered by the Welsh Ambulance Service during the pandemic (i.e. called 999, used Patient Transport, called 111/0845 46 47 or accessed the NHS 111 Wales website)? There's a number of ways to give your feedback:

NHS 111 Wales website - Experience Survey

The experience you have on the NHS 111 Wales website is important to us. To help us continue to improve the site, we would be grateful if you could complete the survey so that we can understand this better. The survey is completely anonymous.

Welsh Ambulance Service Carers Survey 2020

The Welsh Ambulance Service is running its Carers Survey for the second year running. Do you look after someone? Are you an unpaid carer? If so we would love to hear your stories and your thoughts on how the Welsh Ambulance Service could better meet your needs.

https://www.smartsurvey.co.uk//13_WASTCarers2020/

This is your opportunity to tell us about any experiences that you have had using the service as a carer and give some thought about how we could support carers more when you need to call us.

For more information about support for carers, contact Carers UK by following this link: <https://www.carersuk.org/wales>

☐ Have your say by visiting the Get Involved page on our website

www.ambulance.nhs.uk

☐ Via email through our PECI Mailbox Peci.team@wales.nhs.uk

☐ Via Twitter @WelshAmbPIH or Telephone: 01792 311773



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GAVO—Education Programmes for Patients (EPP) have kindly shared their latest relaxation session with us: <https://youtu.be/ANtC2PEw3es>

If you are having a tough day or have just been sat for ages at your laptops pop this on sit back and do this Progressive Muscle Relaxation, focusing on various muscle groups and holding and releasing whilst focusing on your breathing.

For more information on EPP:

Education programmes for patients Facebook page where you will find guided imagery, and relaxation sessions. There will be more content added soon.

<https://www.gavo.org.uk/epp>

Free Virtual Wellbeing Courses

Diabetes - 1.5 hour sessions over 6 weeks

Stance Diabetic Footcare - a single 1.5 hour session

Living with Long Term Health Conditions - 1.5 hour sessions over 6 weeks

Living with Chronic Pain - 1.5 hour sessions over 6 weeks

There will be an introductory session to accompany each course, so you can 'dip your toe in' to see if it's right for you.

Courses will start each month - dates to be confirmed (speak to your GP or contact Jules Godden via jules.godden@gavo.org.uk)

(These courses are available to anyone over the age of 17, for further information contact Jules)

These virtual sessions have been developed from the award-winning Education Programmes for Patients



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Caerphilly Library are currently offering a delivery service to those who qualify and there is a soon to come 'Order & Collect' service. Customers can return books in the meantime to certain libraries at reduced access times (9:30-4:15 Monday to Friday for Caerphilly, Risca, and Bargoed, and Saturdays 9:30-2:00 Saturdays in Caerphilly only.) There are no overdue fines on items during this period.

The digital e-book, e-magazine, e-comic, e-audio services info can be found here, <https://www.caerphilly.gov.uk/Services/Libraries/Libraries-online> or by downloading the Borrowbox and RB Digital apps. Interactive clubs for families on @CaerphillyLibs - Twitter and Caerphilly.

<https://www.caerphilly.gov.uk/Services/Libraries/Libraries-service-available-during-Covid-19>

Welsh Libraries run a monthly online Book Club via Facebook/Twitter [facebook.com/welshlibraries](https://www.facebook.com/welshlibraries) Books can be accessed at home for free via **Borrowbox**, with no limits on how many people can check those titles out. There are also a number of children's books that have been released for the Summer Reading Challenge, taking place online this year at:

English - <https://summerreadingchallenge.org.uk/>

Welsh - <https://cymru.summerreadingchallenge.org.uk/>



Free on-line workshop from Carers Friendly Gwent.

Recognising, improving & increasing access to information & support to unpaid carers across Gwent.

<https://www.eventbrite.co.uk/o/carer-friendly-29931039853>

Purpose of the workshop:

- Raise awareness of who carers are
- Increase the identification of unpaid carers
- Enable you to proactively engage with carers
- Improve access to information and support that is available for carers

The workshop will be delivered via Zoom. It is available free of charge for all individuals and services who reside or work in Gwent.

Registration is required.

For additional information please contact :

Lisa Yokwe

(Carer Friendly Officer Gwent)

lisa.yokwe@ctsew.org.uk

07593 435559

Carer Friendly aims to recognise, improve and increase access to information and support for unpaid carers across the UK. The Carer Friendly accreditation shows that you understand and acknowledge the vital role carers play in your community. <https://www.facebook.com/carerfriendly/>



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