

# 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 16 - 24/7/2020

## Welcome to our 16th 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 15 July 2020 the total number of confirmed cases of COVID-19 in the Aneurin Bevan University Health Board area was 2726.

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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## Schools Out For Summer!!!

The school holidays are upon us as with self contained accommodation available for hire we are starting to see more people enjoying day trips and extended trips away from home.

Before you head out to enjoy beauty spots across Wales, please plan ahead. Famous spots will be busier than usual and some attractions ask you to buy book ahead.



Or why not search for a new adventure in Wales's lesser-known areas? Find some ideas here at [www.visitwales.com](http://www.visitwales.com)

If you are considering foreign travel please ensure you get the correct advice from the Welsh Government Website.

Lots of little ones have been missing their playground but this week saw childrens outdoor play areas re-opening. If you're heading to your local playground, please remember to keep yourselves and others safe by keeping 2m apart and regularly washing your hands.

Always plan ahead and ensure you have a plan B if an area is overcrowded. You may like to find out whether the local facilities are open, check out this website

## Face Coverings

From 27 July, face coverings will be mandatory on public transport. It is also recommending these are worn whenever social distancing is difficult. However, a face covering alone is not the best protection against coronavirus.

Please continue to stay 2 metres apart where possible, and wash your hands regularly, even when wearing a face covering.

Click here to find out how to make your own face covering at home.



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## Going Out

Pubs, cafes and restaurants have started welcoming you back to their outdoor areas. You can expect to see some changes as venues manage the risk of coronavirus and keep you safe.

Check out [The Lion Hotel](#) to see the changes they've made so you can enjoy safely

When you go to a restaurant, pub or cafe you'll be asked for your name, phone number, and the time and date you visited.

It's just like sharing information to book, except it's all about keeping everyone safe.

These details will help us prevent outbreaks, and make sure that you can enjoy yourselves confidently and safely this summer.

### Keep Wales Safe



July  
20

...



July  
27

...



August  
03

Playground, funfairs, outdoor gyms and community centres open

Beauty salons and tattoo parlours, accommodation with shared facilities, cinemas, museums and galleries open\*

Indoor areas of pubs, bars, cafes and restaurants open\*

\* to be confirmed – preparations to open can start now



Diogelu Cymru gyda'n gilydd  
Together we'll keep Wales safe



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## Parents urged to continue to attend immunisation appointments for young children during the COVID-19 lockdown

Public Health Wales is reminding parents of the importance of young children continuing to attend for their routine immunisations when invited.

This is vital in preventing outbreaks of serious childhood diseases including whooping cough and measles.

Social distancing is in place to protect you and the nursing staff. Infection control procedures are being followed.

Immunisation programmes prevent avoidable **GP appointments** and **hospital admissions** because of vaccine-preventable diseases.

This is especially important during our response to COVID-19.



### If you have been in close contact with someone who tests positive.

1. You may be called by NHS Wales Test, Trace, Protect service.



2. They will ask you to isolate for 14 days.



If you develop symptoms.

3. Book a test by calling 119 or going to [gov.wales/coronavirus](https://gov.wales/coronavirus). Your household should isolate for 14 days.



#### Negative

Your household can stop isolating. You complete your 14 day isolation.

#### Positive

You begin new 7 day isolation. Your household must complete 14 day isolation.



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## Make a Joy Jar at home

Having something to look forward to is important to us all. If we have a holiday booked or a party to go to, we may feel excited and happy. However, many of the things we have been looking forward to feel uncertain or out of reach for the moment. We are all missing things and this can make us feel sad. What you are missing may be different to what you thought you would miss, too! Try capturing these experiences to help your mental wellbeing

Creating a "Joy Jar" may help you with some of these feelings and will be something to look forward to.

The things you add to the jar can be big or small - something you are looking forward to doing, something you know you enjoy and love.

### Follow these simple steps:

Find a jar at home, decorate it with stickers or paint it, and make a little hole in the lid.

When you feel you are missing something or think of something you really want to do, grab a scrap of paper and write your thought down.

Post it in the jar.

Commit to doing each idea and really enjoying it, once you are able to.

Don't know where to start? Here are some examples:

Build sandcastles on the beach with my children

Go to my favourite pub and have a drink with my best friends

Take my grandson to feed the ducks



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## **Hafan Deg staff and patients discover a love of gardening.**

Hafan Deg Ward in the Ty Siriol Unit on the County Hospital site, Pontypool, is a 20 bedded inpatient unit with patients over the age of 65 who suffer from mental health issues.

Over the lockdown period, the Ward garden has been revamped by their volunteer Alan Hiatt.

Alan has made several vegetable planters which the patients have planted up with various vegetables including runner beans, lettuce and potatoes.

Due to social distancing measures, Alan has been working alone to minimise contact with patients and staff.

The patients have been assisted by staff to look after the plants and, on discharge, are given a box of fruit and veg as a discharge pack to enjoy at home.

The patients and staff have formed a garden group and devised a wish list of items they feel would help them enjoy their gardening experience and support their wellbeing and recovery whilst on the ward.

The ward would love to be able to purchase a walk-in greenhouse and raised planters so that patients in wheelchairs are also able to participate in garden projects.

If you would like to make a donation to help the Ward in their purchase, you can do so by emailing :

Julian.Price@wales.nhs.uk or contacting the ward on 01495 765799.  
Thank you.



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## Facebook Q and A

### The Future of Our Maternity Services

Watch back here:

<https://www.facebook.com/AneurinBevanHealthBoard/photos/a.220582408003044/3283459768381944/>

Our Head of Midwifery, Deb Jackson, and colleagues answers your questions live from the Birthing Unit at Nevill Hall Hospital.

She answers a number of questions - on maternity care, coronavirus, and the future of our maternity services at The Grange University Hospital and our other hospital sites across the Health Board.



**Live Facebook Q&A**  
**The Future of our**  
**Maternity Services**

**Thursday 23rd July 2020,**  
**2.30pm**

We welcome contributions through the medium of Welsh.

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