

Torfaen

Gwent Wellbeing Champions Newsletter.

Edition 2 - 2.12.2020

Wellbeing_Training.ABB@wales.nhs.uk



Thank you, and how are you doing?

Across Torfaen this year there have been so many examples of people helping others within their local communities and they continue to do so. As winter and the pandemic continue, more and more of us may struggle with poor mental wellbeing, loneliness & isolation.



Many of us may start to feel the strain themselves, its ok take a break and to reach out for support. If you are struggling, here are some resources that may help:

Silver Cloud.

Free online therapy for anyone aged 16 or over and registered with a GP surgery in Wales, no referral required www.nhswales.silvercloudhealth.com

Activate your Life.

Free online course showing you practical ways of dealing with thoughts and feelings <https://phw.nhs.wales/services-and-teams/activate-your-life/>

If you would like to get involved in helping your community, **you could:**

- **Support a local group**, maybe by offering to help or donating to a local food bank directly or via Tin on a Wall. (If you can't find your local scheme on social media, get in touch.)
- **Be a Good Neighbour.** You don't need to get involved in formal volunteering, you could check in on a friend or neighbour. Just a text, a note through the door or a doorstep visit can make someone's day. Remember the little things, when added up, they can make a huge difference.
- **Become a Wellbeing Friend.** Building on our Wellbeing Champions in Torfaen we are looking for members of the community who would like to know more about what support is available so that they can share with their family, friends and neighbours.
- Sign up at (www.iwngwent.wales/beawellbeingchampion) and we'll be in touch, or email us directly at Wellbeing_Training.ABB@wales.nhs.uk
- Find a volunteering opportunity. Get in touch with **Torfaen Voluntary Alliance** via their website - <https://tvawales.org.uk/volunteering/> or on 01495 742420 for information on the latest opportunities and how to get involved.



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Staying well this winter



Stay warm and secure

For free, impartial advice on energy efficiency, debt and how to ensure you are getting all of the income you are entitled to contact Citizens Advice Torfaen 01633 867121 (option 2) or email reception@citizensadvicetorfaen.org.uk



Care & Repair provide a free, comprehensive home improvement and advisory service to older and disabled people to help them remain in their own homes in greater comfort, warmth and security.



Care & Repair
Monmouthshire and Torfaen

The service is for people who live in Monmouthshire and Torfaen who are homeowners or private tenants.

Call them on 01495 745910 or email enquiries@crmon.co.uk. For more information see www.melinhomes.co.uk/care-repair



Beat Flu

If you are eligible for the free flu vaccine and have not received it, please contact your doctors surgery to arrange. If you are not eligible but would like to receive it, please contact your pharmacy.

Are you a carer?

Does your caring role sometimes leave you feeling lonely & isolated?

Keeping In Touch calls are available from the **Wellbeing Team at the Gwent Carers Hub.**



The team can also offer unpaid carers information, advice and assistance as well as practical support around caring roles.

Contact them on 01495 367564 or gwentcarershub@ctsew.org.uk

Carers small grants scheme provide financial support to individual carers of all ages

Unpaid carers can apply under one of four categories:

Carers Essentials: maximum £300;
Carers Time Out: maximum £500,
Carers Access: maximum £500,
Carers Skills: maximum £500.

For more information contact Louise Hook on louise.hook@torfaen.gov.uk or 01495 762200.

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Staying well this winter..



Stay active throughout the winter, getting outside when the weather allows and moving about during the day.

Maybe find out about Torfaen Take A Stroll who run weekly walks from Cwmbran, Pontypool and Blaenavon ranging from easy to moderate.

Ring Torfaen Sports Development for more information on **01633 628936**. Community centres are now able to run activities so check out your local one and see what's on or take a look at what Torfaen Leisure Trust have to offer at Cwmbran Stadium or Pontypool Active Living Centre.



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Get Online

If you need information and advice on how to use a computer or mobile device there is information and courses online at www.learnmyway.com and <https://www.ageuk.org.uk/information-advice/work-learning/technology-internet/getting-online/>.

You can also attend a class with Torfaen Adult Community Learning.

Whether you are new to the computer or just want to brush up on your IT skills, there are free classes available:

Croesyceiliog Community Education Centre every Tuesday 1pm to 3pm (term time only) provides a COVID secure learning environment.

If you are interested get in touch, we can look at putting on other classes if demand is high.

Contact:

Carole Murcutt: 01633 647647 / Croesyceiliog CEC: 01633 647700

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Community Food

Whether its ensuring that everyone has access to food to eat or finding ways to limit food waste there are lots of community initiatives leading the way.

Here's just some of them:



Tasty Not Wasty supports the redistribution of food in Cwmbran to those that need it, this volunteer led initiative is also finding new ways of bringing the community together at Christmas. Find out more via their Facebook page or visit:

<https://jollyfestive.com/community-together-at-christmas/>

Panteg House Employees Club provides a hub for food distribution supported by volunteers from the **Griffithstown and New Inn Coronavirus Support Groups** who coordinate community collection via **Tin on A Wall**.

There is a big focus on Christmas at the moment and fundraising to provide support to those that need it to make Christmas a happier time. Find out more at <https://www.facebook.com/panteghouse/>

Healthy Blaenavon have negotiated with Fare Share to provide healthy boxes of food with ingredients to produce nutritious family meals.

They recently gave 20 families budget friendly cookbooks and have a Facebook page to share ideas <https://www.facebook.com/groups/262985291634652>

Woodland Road Community Hwb Food Share in Croesyceiliog provides a hub for food distribution supported by volunteers from the **Croesyceiliog & Llanyrafon Coronavirus Support Group**.

You can drop off donations Monday to Friday from 11am to midday. Find out more at <https://www.facebook.com/groups/211440669330816>

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COVID-19 Update Key messages

Are you a community centre or run an activity from a centre? Are you looking for guidance and support on how to operate as safely as possible?

Take a look at Torfaen Voluntary Alliance's guide to re-opening at

<https://tvawales.org.uk/2020/11/13/news-updated-guidance-for-community-centres-re-opening-in-wales-november-2020/>

*or contact [Emma Davies-McIntosh](#) on the details on the next page.

Self Isolation Payments.

If you have been told to self-isolate by Test, Track, Protect, you may be entitled to financial support of up to £500 if you meet the criteria. The financial support can be backdated to the 23rd October 2020.

[Apply for a self-isolation payment on the Torfaen council website here.](#)

It is also now an offence not to self-isolate following a positive test and an offence not to isolate if you've been told by a tracer that you've been in close contact with someone who has tested positive.

You must also provide the contact tracer with names of the people you live with and it is also an offence to provide false or misleading information.



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Integrated Wellbeing Networks: Get Involved

Healthy Blaenavon #DoltYourWay. Do you live in Blaenavon? Can you take a few minutes to answer some questions about health & wellbeing and how we might help to improve it?

See our survey at:

<https://forms.gle/fsuR97Xyahia5uLn9>



Do you provide support for mental health and wellbeing?

Could you contribute to a discussion around a pathway of services with a focus on early intervention and prevention?

We are exploring the full range of provision across Torfaen with a view to making it easier to understand and navigate the various forms of support at every level of need. If you deliver a service that you think is part of this pathway, please get in touch with Emma on the details below, to share your views.

The Integrated Wellbeing Network Team was redeployed in March 2020 to assist initially with COVID-19 communications and subsequently to support contact tracing and to improve access to testing.

Whilst we continue to support these efforts we are now re-engaging with partners and communities.

You can find out more about our work in Torfaen on our website <https://www.iwngwent.wales/torfaen> or by contacting:

Emma Davies-McIntosh, Service Development Lead
07583 089760 / emma.davies-mcintosh@wales.nhs.uk



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COUNTY
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Torfaen Adult Community Learning

BAGS OF FLAVOUR

Cookery Course



**FREE
FUN
EASY
LESSONS**

**COOKING ON
A BUDGET**



01633 647647

Do you want to reduce your weekly shopping bill?

Are you struggling to make healthy meals on a budget?

Learn how to cook tasty meals for yourself and your family.

REGISTER NOW FOR COURSES STARTING THIS AUTUMN.



Store cupboard staples | Batch cooking
Smart shopping | Cooking tutorials
Recipe cards | Tutor support

**FREE 4 WEEK COURSE
INGREDIENTS INCLUDED**



TO REGISTER, CALL 01633 647647
email: Julie.Bendon-Jones@torfaen.gov.uk

Bron Afon

Get your

Festive Cook on

Festive feast for all the family

Hint and tips on how to cook a delicious three-course Christmas dinner. You'll learn how to make things like:

- Perfect roast potatoes
- Gorgeous gravy
- Yummy Yorkshires

Get involved with this great new cooking project:

- Step by step beginners' guide
- How to cook on a budget
- Creative recipes
- A place to share ideas
- Fun short videos from our qualified chef
- Great giveaways to help you 'keep your cook on'



Coming in the New Year
'Get your HEALTHY cook on' - Healthy eating on a budget and
'Get your ONE-PAN cook on' - One pot recipes for all the family.

For more information contact:

- ✉ Rachel.Knight@bronafon.org.uk
- ☎ 07814 962 390
- 📍 Helping Families Work

