

# 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 28 6/11/2020

## Welcome to our 28th 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**

## COVID-19 in the Aneurin Bevan University Health Board area

As of 4 Nov 2020 the total number of confirmed cases of COVID-19 in the Aneurin Bevan University Health Board area was 9297.

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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## **New national measures will be introduced for Wales on 9th November.**

These measures include:

Two household bubble

No travel restrictions within Wales for residents, but non-essential travel should be avoided as much as possible

Restaurants, cafes, pubs and gyms reopen

To make this a success, we need to think carefully about all our meetings and contacts.

The more people we meet, the more people we put at risk. For now, please stay home.

More here:

[https://gov.wales/new-national-covid-measures-for-wales-first-minister-says-people-not-rules-are-key-to-our-response?fbclid=IwAR1CZdi-wM-w53opyyo-R\\_yNS-67R8aeclObe6kjxi9FQSwNnsnoI4MOFnn8](https://gov.wales/new-national-covid-measures-for-wales-first-minister-says-people-not-rules-are-key-to-our-response?fbclid=IwAR1CZdi-wM-w53opyyo-R_yNS-67R8aeclObe6kjxi9FQSwNnsnoI4MOFnn8)

## Are you an unpaid carer?

### Or maybe you know someone who is?

Under our new £1 million fund, unpaid carers can get up to £300 for essentials, such as food, household items or electronics to help cope with the financial pressures of coronavirus.

Please share with friends and family to help us spread the word.

[https://carers.org/around-the-uk-our-work-in-wales/carers-support-grant-for-carers-in-wales-?fbclid=I-wAR1\\_kOwPVBrJaTyp4JECbX1y-HMy-gu4H1-RdzC\\_cipPXJeG-HJJy3X-pRhwk](https://carers.org/around-the-uk-our-work-in-wales/carers-support-grant-for-carers-in-wales-?fbclid=I-wAR1_kOwPVBrJaTyp4JECbX1y-HMy-gu4H1-RdzC_cipPXJeG-HJJy3X-pRhwk)

It's OK to not be OK right now, no matter your age. But you don't have to deal with these thoughts alone.

If you're feeling overwhelmed and need some support, CALL 24/7 - Mental Health Wales are here for you.

Give them a ring on 0800 132 737 or text the word HELP to 81066

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



## Home shouldn't be a place of fear.

Having to stay home during the firebreak could be a worrying time for some people.

If you or someone you know is experiencing violence or abuse at home, our

Byw heb Ofn / Live Fear Free helpline remains open and can provide you with the help and support you need to leave safely.

0808 8010 800

We understand reaching out may be difficult as restrictions remain in place. If you can't talk, you can reach out silently

078600 77333

info@livefearfreehelpline.wales

<https://gov.wales/live-fear-free>

If you're worried about leaving because of the restrictions – you will not be fined or arrested for leaving your area if you're in danger.



## #ABUHBTimeCapsule

Over the last few weeks and months, life as we knew it has changed for everyone. As a Health Board we felt it is important to capture and document this time as part of our history. To get involved, we are asking individuals, schools, businesses, keyworkers and families to get involved.

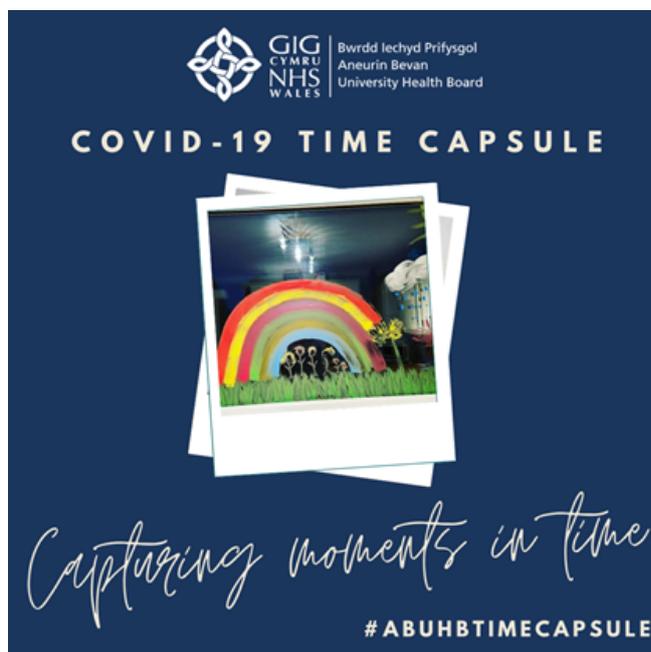
We are asking people to:

- Write a letter to the future to tell them what life was like
- Write a diary entry about how life has changed, or how you feel
- Draw/paint a picture
- Film a short video
- Send us photos capturing what life was like during lockdown

To add to the COVID Time Capsule, please email:

*COVIDTimeCapsule.ABB*  
*@wales.nhs.uk.*

#ABUHBTimeCapsule



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# Wales Festival of Remembrance

“Coronavirus won’t diminish our commitment to honour the sacrifices our armed forces have made.” - First Minister, Mark Drakeford.

Even though the Wales Festival of Remembrance will be different this year, we can still pay tribute from home this year by tuning in to the digital event organised by Royal British Legion.

The Wales Festival of Remembrance is available for you to watch on demand. Performances and tributes from St Davids Hall acknowledge the work of our Armed Forces and include Welsh contributions to Covid-19 and Battle of Britain 80, and a Service of Remembrance.

<https://www.liveeventstream.online/walesfestivalofremembrance?fbclid=IwAR1IsAm6PoaOULbV3q9bpC1dDD9MBvYqSIEDC-C9WeyyFFW5kG0Jf-vFdf6c>

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



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# Half Term Halloween Fun!!

Looks like lots of you had fun at home this Halloween.

Thank you for sending us your photographs- we love seeing them.



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**Here are some of the ways people from across Wales are using food to look after themselves and each other:**

### **Planning the weekly shop**

What would help you to plan the shop?

Making a shopping list can help us avoid impulse buys and keep to our budgets. Some of our usual food favourites may not be available at the moment so think about what you can use instead in case you can't find what you want. [Click here for example lists and plans.](#)

### **Eating a variety of foods**

Eating a variety of foods will provide the supply of the nutrients we need to keep healthy and strong. Lots of people use the Eatwell guide to help them eat a healthy, balanced diet. Taking a vitamin D supplement can also help since we are spending more time indoors.

### **Swapping unhealthy snacks for healthy options**

Try to limit the amount of unhealthy snacks available in the house by sticking to your list. What snacks can you swap? There's some ideas here.

### **Keeping to a regular meal pattern**

Maintaining our usual mealtimes, and making meal plans, can help us to stay aware of what we are eating and give some structure to the day. How are you finding ways to keep some structure in your day? What helps you stop diving into the fridge in between meals?

### **Trying some home cooking**

What have you made recently? Home cooking can mean the food you cook is healthy as well as tasty- and it can help you save money too. Many people also find cooking relaxing and a way to connect with family and friends by sharing your successes, tips and ideas. See below for some more ideas.

[For yourself](#)

[Cooking with children](#)

[For the whole family](#)