

# 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 21 28/08/2020

## Welcome to our 21st 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.

**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 27th August 2020 the total number of confirmed cases of COVID-19 in the Aneurin Bevan University Health Board area was 2802.

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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## Coronavirus symptoms?

**Book a test by  
phoning 119**

**or online at [gov.wales/  
coronavirus](https://gov.wales/coronavirus)**



### Testing Positive. What is a contact?

People who test positive can expect to be contacted by the contact tracing team and asked to share details of other people they have been in close contact with, for example at home or at work.

A contact is defined as someone who has been:

- within one metre of the infected person, has been coughed on or has had a face to-face conversation, had skin-to-skin physical contact, or been in other forms of contact within one metre for one minute or longer;
- within two metres of the infected person for more than 15 minutes, and
- have travelled in a vehicle with, or in a plane near, the infected person

The people with whom they have come into contact will then be told to isolate for 14 days – even if they have no symptoms and test negative. The person who tested positive in the first place will also need to isolate themselves for 10 days. Their household must isolate for 14 days too.



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## Wales is ready to go back to school

From 1st September, children will start to return to the classroom.

School is much more than education - children have missed their friends and other well-being benefits.

We know some of you are worried about children going back to school from next week.

Keeping children safe in school is our priority.

You can expect to see

- More cleaning
- More hand washing stations
- Less movement and contact between groups



Schools in Wales have shown they can open safely and the latest medical and scientific advice support this

<https://www.gov.uk/.../statement-from-the-uk-chief-medical-of...>



Many **castles** across Wales continue to re-open, and look forward to welcoming you back for a safe and socially distanced visit.

Entry tickets are compulsory to ensure a safe visit and must be booked online in advance. Free tickets are available for [Cadw](#) members and any other groups who usually visit without charge.

Cadw are also launching a Digital Festival. Between 1st –30th September, you'll be able to enjoy virtual experiences of ten iconic heritage sites for free — and all from the comfort of your own home! Further information can be found [here](#).

Explore 6000 years of history with the Cadw App. Unlock hidden games , trails and videos and plan your next future historic adventure!

<https://cadw.gov.wales/app>



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## Nurse 007!

Dorota Bowen is a Diabetes Specialist Nurse working for Aneurin Bevan University Health Board and is profoundly deaf. Under normal circumstances you would be hard pushed to know, she is Polish and self-taught English. She moved to the UK after completing nurse training in Poland, where she was then mandated to complete her assessments to work as a Registered General Nurse in the UK. Since then she has specialised to look after people with diabetes.

Since the COVID-19 crisis all staff now have to wear face masks and this has caused her problems as she can no longer lip read or make out words which are muffled by these masks. She has always struggled in noisy environments and this has been made worse with the need to wear personal protective equipment, with rustling sounds and lack of facial expressions for her to focus on the person speaking to her.



We had to find a solution to this tricky problem, so we searched and found the Roger Pen on a specialist website for hard of hearing or deafness. This is a small microphone that is connected via Bluetooth to her hearing aid. It allows Dorota to hear both her colleagues and patients when this device is pointed in the direction of the voice, and it filters out background noise helping her to continue to work with patients and the teams on the wards.

The funds for this device were generously donated by local individuals for the benefit of staff and this has enabled Dorota to help keep patients in Aneurin Bevan University Health Board safe and allowing a very dedicated and clever nurse to continue to work. Her medical and nursing colleagues are also delighted with how easy it is to communicate now. Dorota also wears a badge notifying patients that she is hard of hearing and explains to patients what the device is and that it does not record conversations to reassure all.

However, her two young daughters are possibly a little less delighted. She accidentally left the device downstairs and popped upstairs to put laundry away, and she could hear their conversations downstairs! So she is now known as 007 in our team!



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## Grange Hospital

Health Minister Vaughan Gething MS announced that The Grange University Hospital will open early.

The new specialist and critical care hospital will open in mid November and will bring wider changes to the way we deliver healthcare across Gwent.

The early opening of the hospital will help us with the challenges of winter pressures and a possible second wave of the Covid-19 pandemic.

More information on the changes happening at The Grange University Hospital and our other hospitals is available on our website - <https://abuhb.nhs.wales/cl.../the-grange-university-hospital1/>



[#GrangeUniHospital](#) [#ClinicalFutures](#)

## Self Management Apps for Asthma and COPD

NHS Wales have launched three new self-management Apps for healthcare professionals and patients who suffer from Asthma and COPD. Developed and updated by experts in Asthma and COPD, the Apps will provide long-term support for patients to help manage their condition and help patients stay well, including excellent quality and appropriate supplementary advice, education and support.

The three Apps are:

1. AsthmaHub – the NHS Wales self-management App for adults with Asthma
2. AsthmaHub for parents – the NHS Wales management App for parents of children with Asthma
3. COPDhub – the NHS Wales self-management App for people with COPD

These Apps are now available to download on Google Play (Android) and the App Store (Apple). For more information, please visit the App website at <https://healthhub.wales>



## Facemasks must be work on Public Transport!

A reminder that if you're using public transport, you must wear a face covering to keep others safe. Plan your trip, try not to go at busy times, keep washing and sanitising hands, and keep 2m where you can.

Together we'll [#KeepWalesSafe](#)

## **Happy Pride Week!**

This week is [Pride Cymru](#)'s Big Online Week!

Last year staff from Public Health Wales marching in the parade at Pride Cymru in Cardiff!



Even though we can't be marching with Pride Cymru in person, we still remain committed to this celebration of diversity and equality, and stand in solidarity with the LGBTQ+ community. As we come together in a different way this year, from quizzes to discussion panels, there are so many ways to celebrate.

Check out what's on this weekend here

<https://www.pridecymru.com/festival/perform-at-pride>



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