

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 27 22/10/2020

Welcome to our 27th 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 21 Oct 2020 the total number of confirmed cases of COVID-19 in the Aneurin Bevan University Health Board area was 6056.

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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Keeping CALM –because you matter

Using CALM may help you to take care of your feelings, your body, your thoughts and what you are doing.

Calming activities are things you can do to help yourself feel a bit better. They will help if you do them every day, not just when you are feeling overwhelmed. You can do calming activities on your own or as a family:

You could try:

Self-care exercises - think about what you do for yourself that makes you feel better; it may be having a bath, going for a walk, eating a favourite food, or listening to music. Make a list of ideas and try to do at least one every day.

Relaxation and mindfulness exercises - research has shown they can improve how you feel and lift your mood – why not try the headspace app?

<https://www.headspace.com/>

People like to relax in different ways, find one that suits you.

Talking to family or friends who can reassure you - think about who makes you feel better and make a point of getting in touch with them.

When you feel supported, it can be easier to support others, too.

There are things you can do to make yourself feel better. It is OK to laugh and enjoy yourself, even when things are difficult and different.

You could try:

Making contact with someone who makes you smile and stay connected.

Doing something that helps you laugh and distracts you, and sharing ideas with others.

Challenging yourself or finding something that absorbs you, this may be learning a new hobby or finishing something you have been meaning to get done around your home.

Helping others by volunteering from home - you can find opportunities at www.volunteering-wales.net/vk/volunteers/index.htm

Practicing positive thinking. Each day try to notice three things that have gone OK, big or small.

You can do this as a family and keep a journal. Get some tips from the Action for Happiness website.

www.actionforhappiness.org/

Support is available if you have to self isolate.

It's important to have a test for Coronavirus even if your symptoms are light so you don't risk others in your family and community. Support is available if you're worried about financial implications but you must stay at home.

<https://gov.wales/find-support-affected-coronavirus>

There's also information on support available in each local authority available on the Intergrated Wellbeing Network Site here.

<https://www.iwngwent.wales/>

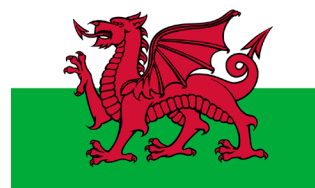
(Scroll down the page to the 'supporting you to stay safe' section)

Diwrnod #ShwmaeSumae hapus!

The idea is to start every conversation with a shwmae or su'mae, why not give it a go today in a shop or over video call and see where it goes?

Our national language belongs to everyone - whether you're a fluent speaker, learner or are a little shy of using your Welsh, check out Diwrnod Shwmae Sumae s channel on AMAM

<http://amam.cymru/shwmae>



Beat Flu

Flu vaccination appointments, including the school flu immunisation programme are still going ahead during the two week firebreak lockdown period.

Strict measures are being put in place during these appointments to keep our patients and staff safe.

To book your flu vaccine, please book in with your GP surgery or community pharmacy.

For more information about the flu vaccine, please visit:

<https://phw.nhs.wales/services-and-teams/beat-flu/>



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It's easy to get a Covid-19 test if you live or work in our Health Board area.

Got symptoms?

Please give us a call. We'll get you a quick, safe test in a location convenient for you.

Contact us on: 0300 30 31 222

It's easy to get a coronavirus (Covid-19) test in Gwent.

Contact us: 0300 30 31 222

Newport

Torfaen

Caerphilly

Blaenau Gwent

Monmouthshire



REMINDER:

Washing your hands, wear a mask and keep a distance of 2m are the best three ways to stop catching and spread coronavirus.

We know you already know this - but don't give this reminder on snooze.

We highly recommend wearing reusable, washable face masks – they're much better for our environment.

Single-use masks are made of plastic and can't be recycled.

If you choose to wear a single-use face mask, please respect our communities and put it in the bin when you're done.

It's safe to throw away immediately – you don't need to put it in an extra bag or store it before throwing away.

Coronavirus levels are rising quickly everywhere in Wales. We must act now, to protect our NHS and save lives.

Welsh Government have announced a 17 day national firebreak period, starting Friday 23 October.

We will all need to follow these rules:

- Stay home.
- Only go out for food, education, care, health, work or exercise.
- You must not meet people you do not live with either indoors or outdoors, including in gardens.

*There are exceptions for people who live alone.

You can find answers to many of your questions here:

<https://gov.wales/coronavirus-firebreak-frequently-asked-questions>

Do you live alone in Wales?

When the #firebreak period begins 6pm this Friday, you can join with one other household to create a temporary bubble.

This does not have to be with someone in your local area.

<https://gov.wales/coronavirus-firebreak-frequently-asked-questions>



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Reading Well Books on Prescription

Reading Well Books on Prescription supports you to understand and manage your health and wellbeing using helpful reading lists.

The books are chosen by health experts and people living with the conditions covered.

Reading Well books are available to borrow from your local library, and selected titles are available as e-books and audiobooks.

Visit your local library website to join the library free of charge.

There are two booklists currently available in Wales:

- **Reading Well list - for mental health**

https://tra-resources.s3.amazonaws.com/uploads/entries/document/3612/WELSH-BI_RW_Mental_Heath_bklet_INTERACTIVE.pdf

- **Reading Well list - for dementia**

https://tra-resources.s3.amazonaws.com/uploads/entries/document/3196/ENGLISH_WELSH_BOP_DEMENTIA_ONLINE_FORM.pdf

More information: <https://reading-well.org.uk/wales>



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Watch back the LIVE Q and A from Aneurin Bevan University Health Board on the future of Emergency Hospital Services after The Grange University Hospital opens on November 17th.

<https://www.facebook.com/AneurinBevanHealthBoard/videos/355250099056539>



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