

# 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 17 31/07/20202

## Welcome to our 17th 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.



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Aneurin Bevan  
University Health Board



RHWYDWEITHIAU  
LLES INTEGRDIG  
GWENT  
INTEGRATED  
WELL-BEING  
NETWORKS



## If you get coronavirus symptoms you will need to self-isolate for 10 days.

The Chief Medical Officer for Wales, Dr Frank Atherton, and all other UK Chief Medical Officers have agreed to increase this from 7 days because of new evidence that coronavirus can be transmitted beyond 7 days after symptoms start.

<https://gov.wales/joint-statement-uk-chief-medical-officers...>

This applies to the self-isolation period for those with symptoms, not the quarantine period for those who have had close contact with positive cases, which remains at 14 days.

So if you have symptoms, you must self-isolate immediately and get a test here: <https://gov.wales/apply-coronavirus-test>

We all have a responsibility to keep each other safe.

As coronavirus restrictions are eased, it's just as important we continue to follow guidelines.

By following these steps we can reduce the spread of the virus and Keep Wales Safe

- Keep washing your hands
- Keep social distancing (2m)
- Wear a face covering (where required)
- Self isolate if you have symptoms, or been asked to by a contact tracer
- Get tested

## DO YOU HAVE SYMPTOMS OF CORONAVIRUS?



**(COUGH, LOSS OF TASTE OR SMELL, OR FEVER?)**

**YOU SHOULD ISOLATE AND BOOK A TEST**

**ONLINE @ [WWW.GOV.WALES/CORONAVIRUS](http://WWW.GOV.WALES/CORONAVIRUS)  
OR PHONE 119**



**GIG  
CYMRU  
NHS  
WALES**

Bwrdd Iechyd Prifysgol  
Aneurin Bevan  
University Health Board



**RHWYDWEITHIAU  
LLES INTEGRDIG  
GWENT  
INTEGRATED  
WELL-BEING  
NETWORKS**



## Visiting Patients at Hospital

We understand that due to the current visiting restrictions still in place, relatives have been experiencing difficulty delivering patient property to our wards. We have therefore put the following process in place:



You may go the ward doors to hand over patient property

Please bring with you essential items only, no items of value should be brought to the ward

Please adhere to the following social distancing guidelines:

- keeping left in corridors
- only 2 persons at one time in lifts
- In line with Welsh Guidance face masks are not currently required in public areas of the hospital but you must wear a face covering if you are in the "shielding" category
- hygiene facilities should be used at hospital entrances and exits

## Restarting of Aneurin Bevan University Health Board Services

If you are required to attend one of our hospital sites or Community Clinics, you will find that the way they are run has now been altered slightly to accommodate Social Distancing Regulations.

Please see our website for individual service info and changes: <http://ow.ly/PwLN50ANask>



## Gambling Support Services

### GamCare

The leading national provider of free information, advice, and support for anyone affected by problem gambling.

[www.gamcare.org.uk](http://www.gamcare.org.uk)

Helpline - 0808 80 20 133 (Open 24 hours every day)

Live Chat - [www.gamcare.org.uk/get-support/talk-to-us-now](http://www.gamcare.org.uk/get-support/talk-to-us-now)

Online Forum - [www.gamcare.org.uk/forum](http://www.gamcare.org.uk/forum)

### Ara Gambling Service

Ara is the GamCare Partner and provides therapeutic support throughout all of Wales for both the gambler and affected others. During the pandemic, counselling is carried out over the telephone. Referral into the service is easy. You can contact Ara directly on the number/email address below or visit the website for further information.

<https://www.recovery4all.co.uk/toolkit/>

Tel: - 0330 1340286

Email - [aragamblingservice@recovery4all.co](mailto:aragamblingservice@recovery4all.co).

### Beat the Odds

A range of advice and support for gambling problems

[www.cais.co.uk/services/beat-the-odds/](http://www.cais.co.uk/services/beat-the-odds/)

Tel: - 029 2049 3895

### Gamblers Anonymous

A fellowship of men and women who have joined together to do something about their own gambling problem and to help other compulsive gamblers do the same.

[www.gamblersanonymous.org.uk/](http://www.gamblersanonymous.org.uk/)

Tel - 020 7384 3040

Email - [info@gamblersanonymous.org.uk](mailto:info@gamblersanonymous.org.uk)

### The National Problem Gambling Clinic

Treats problem gamblers aged 16 and over living in England and Wales. The team assesses the needs of problem gamblers as well as those of their partners and family members.

<https://www.gamblingtherapy.org/en/support>

Tel - 020 7381 7722

### Gambling Therapy

A global service offering free practical advice and emotional support to anyone affected by problem gambling. They have an app with a collection of strategies to help with addiction.

[www.gamblingtherapy.org/en](http://www.gamblingtherapy.org/en)



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Aneurin Bevan  
University Health Board



RHWYDWEITHIAU  
LLES INTEGRDIG  
GWENT  
INTEGRATED  
WELL-BEING  
NETWORKS



## Financial Support during Covid-19

You might be able to claim benefits or get more money on your current benefits if your work has been affected by coronavirus.

This might be because you:

- are earning less than usual - including if you're self-employed
- have lost your job, been made redundant or stopped being self-employed
- are self-isolating or shielding

This guide from the Citizens Advice Bureau details what benefits you may be eligible for:

<https://www.citizensadvice.org.uk/.../coronavirus-check-what.../>

Welsh Government explain on their website that you may be eligible for Statutory Sick Pay if:

- you are self-isolating because you are (or someone in your household is) displaying symptoms of coronavirus, and you're unable to work as a result
- you are required to self-isolate because you've been notified that you have come into contact with someone who has coronavirus, and you're unable to work as a result

<https://gov.wales/financial-support-for-individuals>

## 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**  
**Reading Well list - for dementia**

**Visit [reading-well.org.uk/wales](https://reading-well.org.uk/wales) to find out more**





## I am grateful for...

Over the last few months, many of us were on our doorsteps clapping on Thursday evenings, to say thank you to all types of key workers.

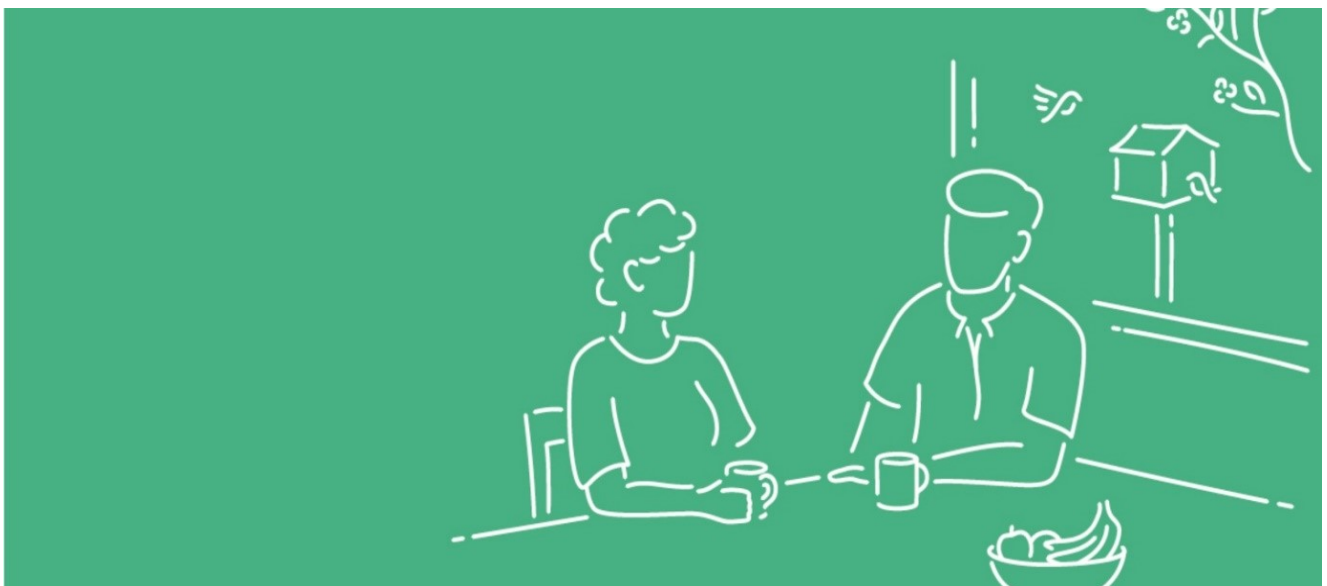
Expressing gratitude is a powerful act. Often our “please” and “thank you” are all too quick. We do not always stop to notice what we have.

Here is a little exercise you can do anytime and anywhere, especially when you feel you are having a tough day.

1. Stop for a moment, sit down if you like - settle yourself and slow your breathing.
2. You may wish to close your eyes or hold your hands to your heart.
3. Think about what you are grateful for. What are you lucky to have in your life? What do you feel thankful for?
4. Finish this sentence “I am grateful for... ”

Focus on what comes to mind, notice how it makes you feel and say it out loud if you wish.

Why not send a letter or phone someone to tell them how thankful you are to have them in your life? You can also find an example of a gratitude journal on the [Calm website](#).



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Aneurin Bevan  
University Health Board



RHWYDWEITHIAU  
LLES INTEGRDIG  
GWENT  
INTEGRATED  
WELL-BEING  
NETWORKS

