

# 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 24 17/09/2020

## Welcome to our 24th 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

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 15 September 2020 the total number of confirmed cases of COVID-19 in the Aneurin Bevan University Health Board area was 3435.

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 Temporary Coronavirus Testing Centre to Open in New Tredegar

This new mobile unit will provide a testing service to residents in the north of Caerphilly Borough. It is located at the car park, New Tredegar Business Park, NP24 6BH.

Opening times

Weds 16 September 2020, 2pm – 6pm

Thurs 17 – Weds 23 September 2020, **8am – 6pm daily**

Information

**Appointment only.**

**Call 0300 30 31 222  
between 8am - 6pm.**

The self-swab test is done in 5 minutes  
Only for residents of Caerphilly. Bring ID and proof of address.

- You can arrive on foot, by car or bike
- Please wear a face covering on the way to and from your test
- Please do not use public transport
- Remember to observe social distancing whilst waiting for a test
- Do not visit any shops or other places on the way to or from your test

These testing facilities are intended for

people living in Caerphilly Borough.

There are other testing facilities in Gwent - at Rodney Parade in Newport and Cwm in Blaenau Gwent. You can also have a test posted to your home.

Apply online at [www.gov.wales](http://www.gov.wales) or phone 119.

### Caerphilly Temporary Coronavirus Testing



Temporary Mobile Testing Unit  
**Opens in New Tredegar: 16/9 - 22/9**

Caerphilly Leisure Centre Walk Up Testing. **Open until 17/9 @ 6pm.**

Drive Through Testing Facility at Penallta House. **Closing 15/9 @ 6pm.**



Please remember if you or a member of your household gets tested for Coronavirus the whole household **MUST** self-isolate until you receive your test results.

If your test result comes back positive you must self-isolate for 10 days from when you first experienced symptoms. Even if someone in your household is not symptomatic, they will still need to self-isolate for 14 days if another member of the household tests positive.



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## COVID, Children & School

If your child has a runny nose or other cold-like symptoms then a COVID-19 test isn't required. Your child can go to school if fit to do so. If they have COVID-19 symptoms then they will need a test and to stay home

Is your child showing symptoms of Covid-19 or are they cold-like symptoms? Dr Heather Payne, a Paediatrician, talks about how and when your child should have a test. #KeepWalesLearning

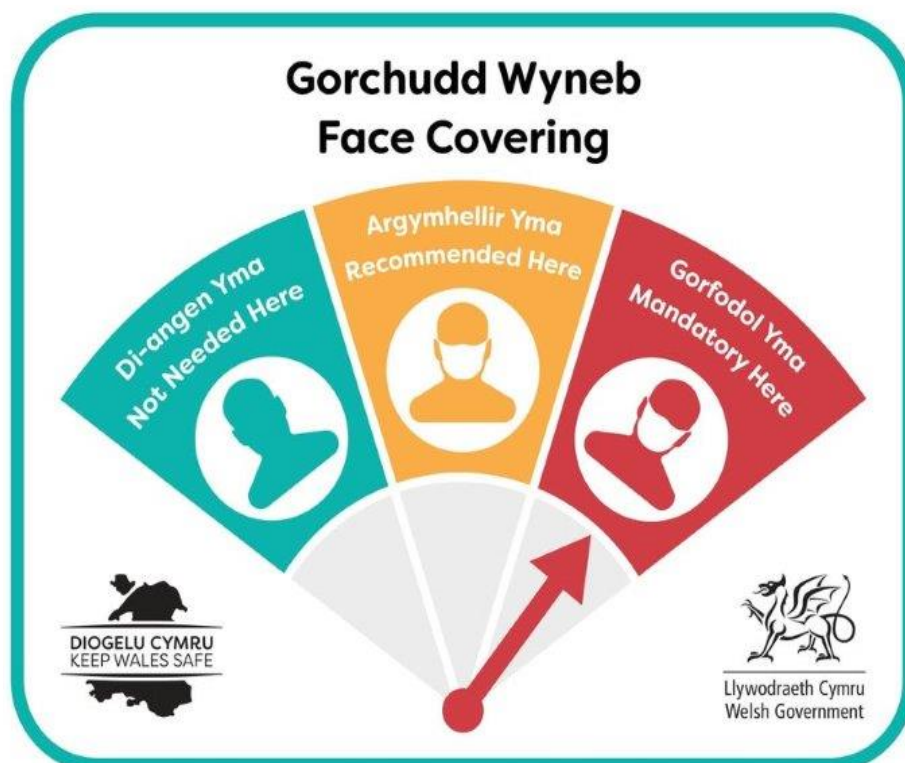
<https://www.facebook.com/educationwales/videos/943915746139408/>

## Face coverings are mandatory in indoor public places across wales

<https://gov.wales/face-coverings-guidance-public>

As of Friday 11th September, face coverings must be worn by everyone in all patient and public facing areas within the Health Board. For more information on the Health Board's Face Covering Policy, visit our website:

<https://abuhb.nhs.wales/news/news/important-requirement-for-face-coverings-in-all-health-board-premises/>



## Newport residents urged to be vigilant for Coronavirus symptoms as cases rise.

Members of the public in Newport are being advised of the need to be vigilant for the symptoms of Coronavirus, and of the vital need to stick to social distancing guidelines, as a rise in cases there causes concern.

People who have visited a number of pubs and bars in the city are also being advised to be extra-vigilant for the symptoms of Coronavirus, and to self-isolate and book a test immediately if symptoms occur.

People should be on the lookout for symptoms if they have visited the following premises, as people visited these premises during their infectious period:

- Breeze on Cambrian Rd on 4 and 5 September
- The Potters on Upper Dock St on 5 September
- Break 'n' Dish on Stow Hill between 1 and 8 September
- Tiny Rebel Rogerstone on Wern Industrial Estate on 6, 7 and 8 September
- Ye Olde Bull Inn on High St, Caerleon on 4 September
- The Handpost on the junction of Risca Road/Bassaleg Road on 8 September
- Three Horseshoes on Pillmawr Rd on 6 September

Newport City Council has been working closely with businesses to ensure they are meeting the requirements for safe operation, but there is a need to remind everyone that they must adhere to restrictions and distancing guidelines when attending such premises.

People are also being urged to comply with Test, Trace, Protect and provide sufficient contact information, so they can be advised of any cases or risk to them as soon as possible.



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# THE BIG SURE | FOR MENTAL HEALTH EVENT

SEPTEMBER 2020

**We are proud to announce our Big Online E-vent!**

**Thursday 24th and Friday 25th September**

**Four virtual rooms related to mental health and wellbeing:**

Join us in the yellow room for a laugh and a chat. Connecting with others is important for our mental wellbeing, which is why the yellow room is focused on socialising.



The blue room is full of emotional strength. Join us in the blue room to listen to the personal stories of people who have been affected by mental health issues.

The green room is where the learning takes place. Knowledge is power, which is why the green room is full of opportunities to further understand the complexities of mental health illness.



Taking care of yourself can maintain a healthy mind, boost confidence and self-esteem, and help to produce positive feelings. Join us in the purple room for a variety of online wellbeing activities.

More information on Facebook:  
<https://www.facebook.com/SUREforMH/>



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# Flu (also known as influenza) can be serious and having a flu vaccination every year is the best way to protect yourself and the people around you

If you have been shielding, or you are a household contact of someone who has been shielding you are eligible for a free flu vaccine and it is important that you have one.

You are also eligible for a free flu vaccination if you are:

Pregnant

Have a long term health condition

Over 65

A carer

Protect yourself and others, arrange your flu vaccine at your GP surgery or community pharmacy ASAP. Go to

[beatflu.org](https://beatflu.org)

## Restarting Services

For the latest information on re-starting services across Aneurin Bevan University Health Board, please visit: \_

<https://abuhb.nhs.wales/restarting-services/restarting-services/>

#keepwalessafe



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# Restarting our Services

Please visit our website for up to date information on the current status of each individual service.

Please note, this information is subject to change at short notice.



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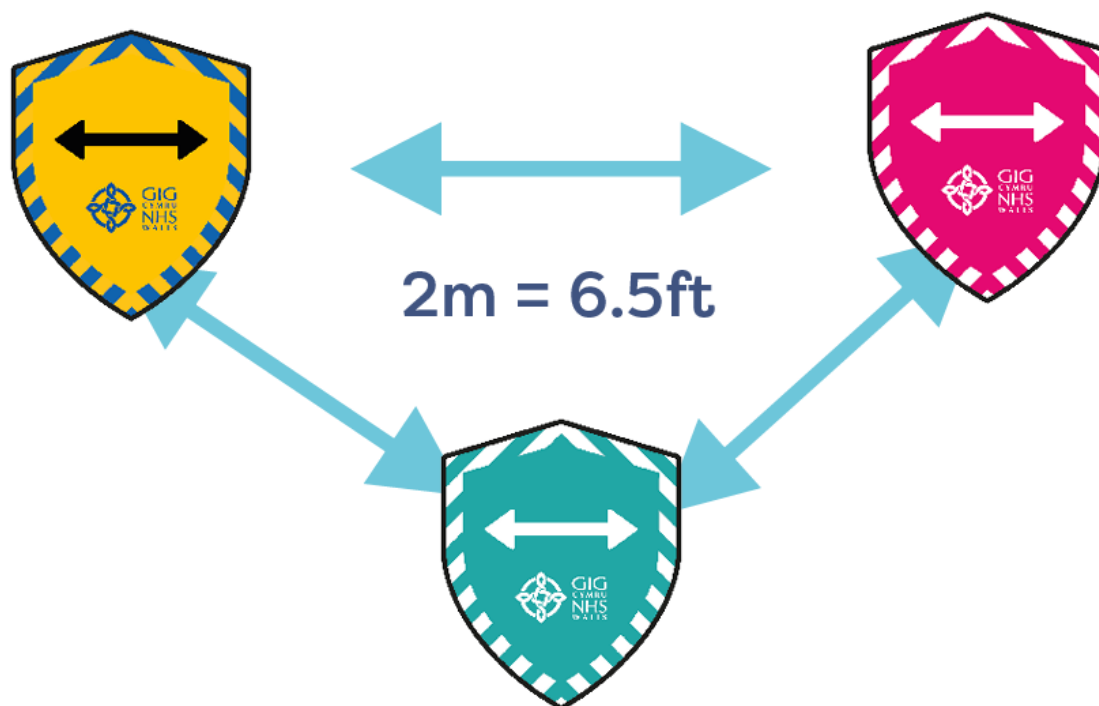
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# Are you distance aware?



Are you distance aware?

2 metres is 6.5ft!

Maintain and remember social distancing and help keep Wales safe.

#KeepWalesSafe



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