

# 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 25 24/09/2020

## Welcome to our 25th 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 22 September 2020 the total number of confirmed cases of COVID-19 in the Aneurin Bevan University Health Board area was 3810.

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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## What are the current Covid rules in your area?

By working together we can stop coronavirus taking hold of our communities again.

Different rules apply to lockdown areas (Caerphilly, Blaenau Gwent and Newport) and can be found here

<https://gov.wales/local-lockdown>

Non lockdown areas (Torfaen and Monmouthshire):

- Keep 2m apart
- Wash your hands
- Work from home, if you can
- Wear a face covering where needed
- Only meet 6 people from your extended household indoors
- Only travel when necessary

#KeepWalesSafe



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# Nantyglo Temporary Coronavirus Test Centre Open from 24/09

## For residents of Blaenau Gwent

**A new mobile testing unit  
opened Thurs 24 September  
at the Former Nantyglo  
Comprehensive School site.**

This new mobile unit has been opened in response to a rising rate of coronavirus cases, and will provide a walk up and drive through testing service to residents of Blaenau Gwent, by appointment only.

If you have symptoms of Coronavirus - a new continuous cough, high temperature or loss of taste and/or smell – or if you've been feeling unwell for no apparent reason, please call 0300 30 31 222 between 8:00am - 6:00pm to book a test.

### **Nantyglo Temporary Mobile Testing Facility**

Former Nantyglo Comprehensive School site, Pond Road,  
Nantyglo - NP23 4WX

Thursday 24th September 2020, 12:30pm – 4:30pm

Friday 25th – Wednesday 30th September 2020, 9:30am – 4:30pm daily

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

For people who live outside the Blaenau Gwent County Borough area, there are other testing facilities available in Gwent. You can also have a test posted to your home.

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



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## Rainbow Volunteers Project

Are you working with a family who might benefit from additional support from a volunteer?

A volunteer that could make regular weekly contact via phone calls/video chat to offer emotional support during these challenging times.

Volunteers are carefully selected and trained to offer confidential emotional support to families with young children. Home Start Cymru have volunteers waiting to offer support.

If you would like to know more, please email [info@homestartcymru.org.uk](mailto:info@homestartcymru.org.uk)

## Feeling anxious?

You're not alone.

22% of people said they were feeling more anxious in a recent Public Health Wales survey,

Many are having to cope with new situations and changing circumstances.

### How are we doing survey

**22% of people said they were feeling very anxious.**



Support is available and there are things you can do to help how you're feeling.

[More info here on the See Public Health Wales.](#)

[Full survey results here](#)



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# Community Group Adapts to Covid-19

[Valleys Gymnastics Academy](#) provides physical activity opportunities for young people in various venues throughout Gwent and the surrounding areas. They are a member of the Integrated Wellbeing Networks in Caerphilly and been advocates for the Wellbeing Champions Programme. Their staff and volunteers have received Wellbeing Champions training and been proactive in sharing public health messages during the current period. They have also been involved in piloting Wellbeing Champions training form young people.

Due to lockdown and continued restrictions VGA have not been able to provide physical activity and gymnastics in the way they normally do so. They quickly adapted and began delivering virtual sessions via Zoom - and this didn't just include only gymnastics; they also delivered Family Fit, quizzes, scavenger hunts, bingo a virtual Easter bonnet parade - all sorts! When restrictions eased some coaching was able to resume at venues, however strict guidance provided by the National Governing Body and the Welsh Sports Association was followed to ensure the safety of staff, volunteers and young people and ensure that activity can be delivered in as safe a way as possible. VGA has needed to adapt again with the local lockdown in Caerphilly as a large proportion of the membership travel between counties for their sessions.

Young people have been offered a combination of virtual sessions and re-ar-ranged sessions in a location they are able to access. For example, young people from Caerphilly are offered sessions within the borough and those living outside the borough but who normally access sessions in Crumlin have now been offered sessions in Cwmbran, Abertillery and Ebbw Vale, meaning that children and young people are not losing the chance to be active.



Keep  
Blaenau Gwent  
Safe

Keep  
Torfaen  
Safe

Keep  
Caerphilly  
Safe

Keep  
Monmouthshire  
Safe



Keep  
Newport  
Safe

Actions we all take NOW can reduce the spread of Coronavirus and save lives in our communities.

Please remind your friends and colleagues of the key bits of information to remember:

- + Wash hands – and keep washing them regularly
- + Make space – stay at least two metres from anyone not in your household and be distance aware
- + Cover face - over your nose and mouth where social distancing is difficult
- + Stay home – and get tested if you or anyone in your home has symptoms.

If you've got any symptoms of coronavirus, you must get a test and your whole household must self-isolate immediately.

It can take up to 14 days for you to develop coronavirus symptoms after you catch the virus and in this time you can pass it on to others.



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## Keep Blaneua Gwent Safe

Visited one of these pubs  
between **13 - 18**  
**September?**



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Please be on the lookout for symptoms if you visited one of these Brynmawr pubs between 13 and 18 September.

If you develop symptoms of coronavirus, please self isolate at home and book a coronavirus test immediately.

Cymro Inn, 22 Bailey Street, Brynmawr, NP23 4AN

Wine Vaults, 22 Beaufort Street, Brynmawr, NP23 4AQ

The Gwesty, Clarence Street, Brynmawr, NP23 4AJ

The Bush, Bailey Street, Brynmawr, NP23 4DN

The Hobby Horse, 30 Greenland Road, Brynmawr, NP23 4DT

Royal Exchange, Brynmawr, NP23 4AD



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# Beat Flu

There will be a number of weekend flu clinics running across Gwent this weekend. As we are all aware the some Boroughs (Blaenau Gwent, Caerphilly and Newport) have been placed in a local lockdown by Welsh Government, if you live in one of these boroughs and have been invited to attend one of these clinics, please be assured that this is an essential journey;

All staff in the venues will be wearing appropriate PPE,

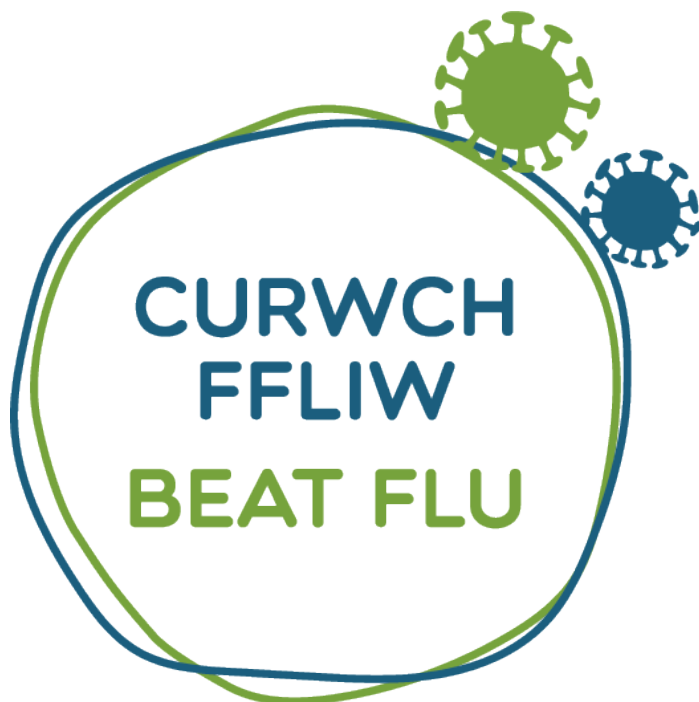
You will be seen in a socially distanced area,

Offered face coverings if you do not have your own.

We will take every precaution to ensure your safety is paramount throughout your visit.

Getting your flu jab is more important than ever during this time and will help protect you throughout this winter.

Find out if you're eligible for a FREE flu vaccine here [www.beatflu.org](http://www.beatflu.org) Let's #beatflu together.



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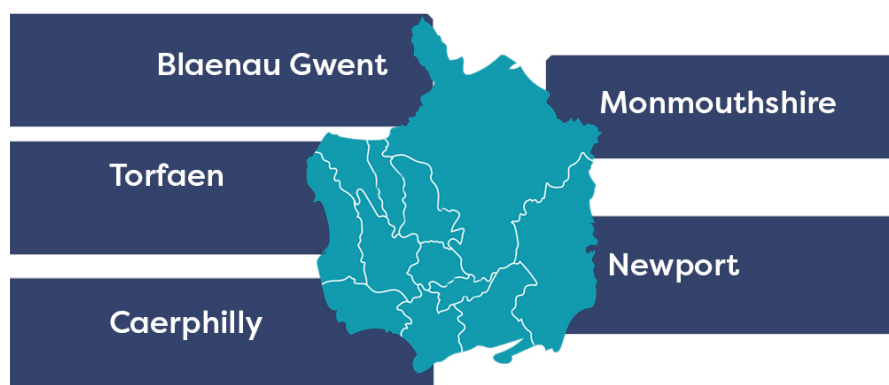
Remember, if you need support with your mental health, or practical or financial support during this time - there is support available.

We've produced guides that detail the support available in each local authority to help support you if you need it.

We understand that staying at home for up to 14 days can be a challenge but in doing so you are helping to control the COVID-19 pandemic and Keep Wales Safe.

Guides available for each Local Authority in Gwent available here:

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



This guide have produced by our The IWN team - currently working to support communities and services during the current COVID-19 pandemic in the Aneurin Bevan Heath Board area.

For support in other parts of Wales, head to:

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



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## The NHS COVID-19 app launches Thursday 24 September

More info from Welsh Gov: <https://gov.wales/nhs-covid-19-app>

The app will be used, alongside traditional contact tracing, to notify users if they come into contact with someone who later tests positive for coronavirus.

The app allows people to report symptoms, order a coronavirus test, check in to venues by scanning a QR code and it helps the NHS trace individuals that may have coronavirus.

The app will help the NHS understand if the virus is spreading in a particular area, and so local authorities can respond quickly to stop it spreading further and save lives.

The app does this while protecting a user's anonymity.

More info: <https://gov.wales/nhs-covid-19-app>

App Store: <https://apps.apple.com/gb/app/nhs-covid-19/id1520427663>

Google Play: [https://play.google.com/store/apps/details?id=uk.nhs.covid19.production&fbclid=IwAR0QTcPk2xk9i7SfkWdCWEENiO-smMejcHeoIH-JU\\_Wzy\\_tX82t9hOhrIv6k](https://play.google.com/store/apps/details?id=uk.nhs.covid19.production&fbclid=IwAR0QTcPk2xk9i7SfkWdCWEENiO-smMejcHeoIH-JU_Wzy_tX82t9hOhrIv6k)



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