

# 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 13 - 3/7/2020

## Welcome to our 13th 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 1 July 2020 the total number of confirmed cases of COVID-19 in the Aneurin Bevan University Health Board area was 2634.

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 TESTING SITE IN CWM NOW OPEN!**

**Marine Colliery  
Cwm,  
NP23 7TL**

**THIS IS A SELF SWAB CENTRE**

**ABUHB STAFF PLEASE CONTINUE TO  
GET TESTED AT RODNEY PARADE**

## **Cwm Testing Centre**

A new Coronavirus testing centre is now open in Cwm for members of the public.

If you book a test, you will have the option to book a slot at this new site in Cwm - Marine Colliery (NP23 7TL)

The centre will be open every day (including weekends) from 08:00 – 20:00

Please note this a self-swab centre.

ABUHB Staff, please continue to get tested at our Rodney Parade site.

If you have Coronavirus symptoms, however mild, self-isolate and book a test by visiting <https://gov.wales/apply-coronavirus-test> or calling [119](tel:119)

Together we can keep Wales safe.



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## Testing and contact tracing are only one way of preventing the spread of Coronavirus.

There are actions we can take to protect ourselves and the people we care about.

The behaviours listed in this post will reduce the spread of Coronavirus and help keep you safe.

### Keep Wales Safe

Testing and contact tracing are only one way of preventing the spread of the virus.

It is vital that we all continue to:

Always stay at least 2 metres apart from people you don't live with.

Catch coughs or sneeze into tissues, dispose of them and clean your hands as soon as possible

Wash your hands regularly for at least 20 seconds with soap and water, or use hand sanitiser

Do not touch your face unless you have thoroughly cleaned your hands

Regularly disinfect surfaces and objects at home and work.

Anyone who does have symptoms should not go out, even if they are wearing a face covering.

For the latest information visit: [www.gov.wales/coronavirus](https://www.gov.wales/coronavirus)



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## Head4Arts Helps 1000 Households Get Creative

This week community arts organisation Head4Arts celebrated the delivery of its 1,000th free craft pack to Rebecca Jones and her family in Fochriw.

Whilst Welsh communities have been getting to grips with Covid 19 Lockdown, Head4Arts has been busy working alongside a variety of service providers, trying to bring a bit of sunshine into the lives of those struggling most with the current restrictions by providing creative activity packs to support the wellbeing of households currently under stress.



The Doorstep Craft programme packs have been designed by professional artists and contain all materials and instructions required to make something special to help raise low spirits.

They have included rainbow butterfly suncatchers that throw colour into a room, quirky monsters and bears sending out virtual hugs, sock pets and pom-pom creatures to brighten up lives and simply-constructed rainbow-themed items conveying messages of hope. Recipients have had the opportunity to learn new skills or perhaps revive an interest that they have forgotten.

In order to safely distribute the craft packs, Head4Arts has been working with an extensive network of voluntary organisations, community groups and social housing associations who have added the packs to their regular doorstep deliveries of food, medical supplies and other essentials to households in isolation or under other pressures.

To find out more about the Doorstep Crafts project or any of the other activities that Head4Arts is currently offering, visit [www.head4arts.org.uk](http://www.head4arts.org.uk) or contact [info@head4arts.org.uk](mailto:info@head4arts.org.uk)



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## **Torfaen Youth Led Grants – Deadline extended to Tuesday 14th July 2020.**

Small grants of up to £1,000 are available from TVA to enable projects to run that provide volunteering opportunities for young people aged 14-25 years.

Young people can be from an existing group or just young people coming together to run a project of their own choosing. The application must be written by a young person.

The deadline for applications is Tuesday 14th July 2020.

### **Project Criteria**

They **MUST** be youth led.

They **MUST** provide a volunteering opportunities for young people aged 14 to 25.

They **MUST** be of benefit to the local community.

Projects **MUST** be completed and funding spent by 31st March 2021.

Welsh Government priority areas.

Application form can be found here

Guidance can be found here

### **Who assesses the applications?**

All the applications are assessed by a grants panel which is made up of young people from the local area. It is up to them to decide what projects are funded. Panel members receive training and travelling expenses are covered.

### **For more information please contact:**

**Callum on 01495 365617/callum@tvawales.org.uk**

**OR**

**Thomas on 01495 365616/thomas@tvawales.org.uk**

## Rainbow Project

IF you've been busy throughout lockdown getting creative with colourful rainbows, you might have a chance to get your work on display at the new Grange University Hospital near Cwmbran.

Aneurin Bevan University Health Board has teamed up with arts business Studio Response to ask residents across Gwent to send in their best designs by July 13.

The designs will then be digitally knitted together to produce pieces to be installed at the hospital, and will also feature in a booklet produced to celebrate the project.

To get involved, submit your rainbows to Studio Response online using the steps at <https://studio-response.com/rainbow-project>

A poster for the Rainbow Project. It features a large, vibrant rainbow background. In the center, there is a white box with a purple border containing text. The text is in purple and black. At the bottom right of the poster, there are three logos: GIG Cymru NHS Wales, Aneurin Bevan University Health Board, and Studio Response.

**Rainbow Project.**

Please help us create a permanent artwork for NHS staff and patients at the Grange University Hospital by sending us your pictures of a rainbow.

Selected rainbow drawings will be digitally knitted together to create large wall based artworks and all submitted rainbows will feature along with your name in a booklet produced to celebrate the project and the opening of the new Grange University Hospital.

For further information on how to digitally submit your artwork please visit: <https://studio-response.com/rainbow-project>

**Thank you!**

 **GIG Cymru NHS Wales** | Bwrdd Iechyd Prifysgol Aneurin Bevan University Health Board 

## Macmillan Cancer Support Telephone Buddies Service

Going through cancer can be an isolating experience at any time, and especially when social distancing. This free Telephone Buddy service is here for you.

You'll be matched with someone who understands what you're going through, and they'll give you a weekly call. [More info here.](#)

**MACMILLAN HELPLINE**  
**0808 808 0000**

## Make Your Own Face Mask

Keeping a 2m distance and regularly washing your hands are still the best way to protect yourself and others from coronavirus.

In places where social distancing might be difficult, Welsh Government recommend you wear a three-layer face covering.

Welsh Government have produced a video on how to create your own face mask from old socks! [Watch it here.](#)

*Some of our champions have already given this a go and here is Caroline sporting hers!*



## Grange University Hospital

The South Wales Argus has reported on the brilliant progress that's been made getting our new hospital ready to receive patients.

[Click here](#) for a preview of what it looks like inside the new hospital.

A collage of four images: top left shows the exterior of the new hospital building; top right shows a hospital corridor with a sign for 'Flordel Allen' and 'Way Out'; bottom left shows a man standing next to a hospital bed; bottom right shows a hospital room with a bed and medical equipment.

SOUTHWALESARGUS.CO.UK

**Why the Grange University Hospital is being readied to ahead of next winter**



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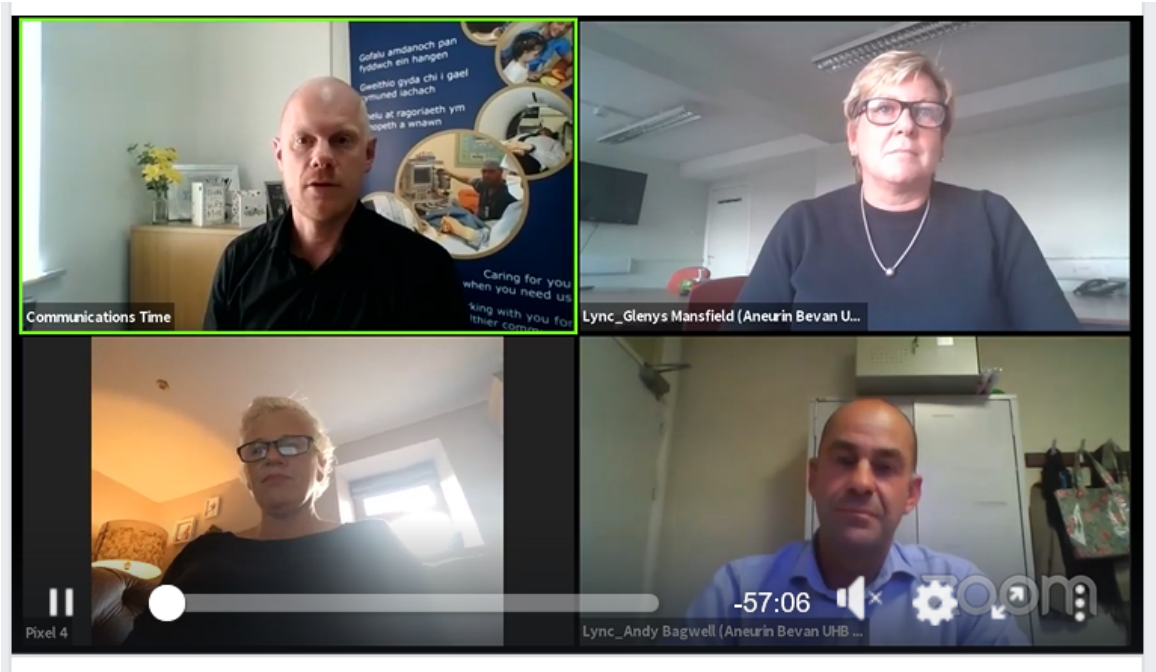
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## Live Q and A - Restarting Health Board Services

Today we are discussing restarting our NHS services in Gwent during the Coronavirus Pandemic.

Claire Birchall (Executive Director of Operations), Dr Andy Bagwell (Consultant Anaesthetist), and Glenys Mansfield (General Manager for Scheduled Care) answered a wide range of questions from the public on Thursday 2 June.

Watch here: <https://www.facebook.com/AneurinBevanHealthBoard/videos/647310559461578/>

## The Welsh Blood Service needs you!

To book a lifesaving appointment to give blood, head to :

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

If giving is in your blood, please help.

<b>Rogerstone</b> Rivermead Centre   8 - 10 Jul	
<b>Llanyrafon</b> Methodist Church Hall   13 and 14 Jul	
<b>Newport</b> Christchurch Centre   23 and 24 Jul	
<b>Pontypool</b> Active Living Centre   24 and 27 Jul	

Book a lifesaving appointment today. [welshblood.org.uk](http://welshblood.org.uk)  
0800 252 266



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