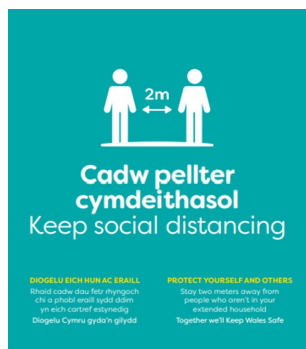


Wellbeing_Training.ABB@wales.nhs.uk

(Note: Wales wide 'circuit-breaker' 23 October to 9 November new rules will apply)

We've had feedback that many are overwhelmed with the amount of information coming out of public service channels and we appreciate how confusing it can be. The key messages in Torfaen are:



Stay 2 metres apart from anyone you don't live with.

Exceptions apply for compassionate reasons or where a single person has extended their household.



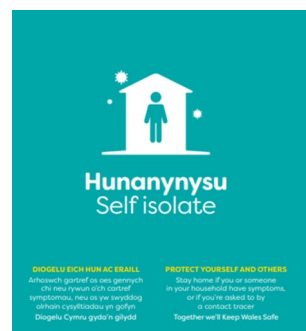
Wear a face covering in all indoor public spaces unless you are under 11 or exempt. More information [here](#).



Wash your hands
regularly or use hand
sanitiser when no
facilities are available.



Torfaen is in a 'local lockdown' which prevents non-essential travel outside of the county boundary.



If you develop symptoms of coronavirus you and your household must isolate. You must go for a test.



Ring 0300 30 31 222
between 8am - 6pm
who will book a test
with direct an
appropriate testing
site.



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board





Five Ways to Wellbeing

2020 has been tough for everyone and it's really important that we do what we can to support our own mental health and that of those around us. Here's some of the things that may help:

Connect



Think differently about how you connect with people but don't become dependent on social media and online tools. There are many that are unable to access the internet and others that crave face-to-face contact. There are still things we can do outside

Churches are open for services and welcoming people to attend. Many are delivering face-to-face services but providing an online option as well; others are finding new ways to connect



Bethlehem Chapel working with [Healthy Blaenavon](#) to deliver Fare Share



[Community Garden, Fairhill Methodist Church, Cwmbran](#)



Be Active



Being active isn't just about going for a run or to the gym, it might be gardening, DIY or a gentle walk, anything that gets you up and moving about. There are some great resources online for people who would like to exercise at home or sports clubs are active again in local communities. The Welsh Government have announced that children can now travel outside of a lockdown area for sport.

[Torfaen Sports Development](#) have re-launched their [Ifyougolgo](#) and [Better Man](#) programmes and are supporting club development.

[Torfaen Leisure Trust](#) have a range of classes and activities running from Cwmbran Stadium and Pontypool Active Living Centre and their National Exercise Referral Scheme (NERS) is available [online](#).

The [Building Resilient Communities](#) Team are running walking and 'wheely fit' sessions in Cwmbran, Pontypool & Blaenavon and can be contacted via Facebook or by calling 01633 647792.





Five Ways to Wellbeing

Take notice



Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you. The mindfulness section of ABUHB [Road to Wellbeing](#) pages include videos and recommendations for mindfulness apps. You don't need an app though and it's not all about sitting still, you can be mindful whilst walking or concentrating on a specific task.

Keep learning



It doesn't have to be about formal learning, it could be learning a new skill, taking up a new hobby or cooking a new recipe. There are supportive groups online such as [Healthy Blaenavon Cooking on a Budget](#) and [Tasty Not Wasty](#) or Torfaen Adult Community Learning is running classes both online and face-to-face. If you are looking for employment related learning, you can access that by contacting the Torfaen Employability Team.

e-Learning FREE

Would you like to gain a recognised qualification without attending a class?
We are now providing accredited e-learning courses

- Introduction to Allergens
- Personal License Holders
- Manual Handling
- Health and Safety Level 2
- Customer Service Level 2
- Food Safety Level 2

All courses are accredited and may involve attending a centre to sit exams
We can support you to access and complete all courses
Contact us for more information




Eligibility Criteria	<ul style="list-style-type: none"> ● Unemployed ● Living in Torfaen ● Looking for support towards employment
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For more information, call the Communities for Work Plus team on 01495 742131 / 01633 648312 or email us at cfwplus@torfaen.gov.uk



Find Us Facebook  @cfwplustorfaen
www.cfwplustorfaen.co.uk





Torfaen Adult Community Learning



Autumn 2020

www.facebook.com/torfaenACL
www.torfaen.gov.uk/adultcommunitylearning

Healthy Blaenavon: #DoltYourWay

Blaenavon Town Council's Healthy Blaenavon Officer Rebecca Smith has been working with partners across the community during the COVID pandemic to provide support and wellbeing activities. The project which started in July 2019 to promote health and wellbeing across the town's residents in a way that appeals to them.



In partnership with the [Ramblers Association](#) the first family walk will be Tuesday October 27th at 11.00. Please message Rebecca to book a place or to receive an activity pack. For adults there's also Torfaen Take a Stroll walks every Tuesday at 12pm and 2pm from the World Heritage Centre.

Join us for an exciting open-mic performance. All ages and abilities can receive FREE mentoring to work towards an online performance. Contact dan@recrock.co.uk for more information.



Join the Facebook group to find out about or share hints & tips on [Cooking on a budget](#).

Come along to Fare Share at Bethlehem Chapel 10-12 on Thursdays to pick up a bag of redistributed food and help stop food waste.

If you live in Blaenavon and are looking for support or information on a range of issues, including housing, income, employment and mental wellbeing, you can contact Rebecca on 07847 253617 or email her at rebecca.smith@blaenavontowncouncil.co.uk.

You can find out more on the Town Council's [website](#) or Healthy Blaenavon [Facebook](#) or [Twitter](#).

Gwent Test, Trace, Protect Service
Supporting You to Stay Safe



We understand that isolating for 10 or 14 days can be difficult and we appreciate the efforts of everyone in keeping Torfaen safe.

There is help available if you need it, more information can be found in our [Supporting You to Stay Safe](#) leaflet.

At the time of writing there is no detail available on the £500 payment announced by Welsh Government for those on a low income who are asked to isolate. We will share this with you as soon as we have it.

The Integrated Wellbeing Network Team was redeployed in March 2020 to assist initially with COVID-19 communications and subsequently to support contact tracing and improving access to testing. Whilst we continue to support these efforts we are now re-engaging with partners and communities. You can find out more about our work in Torfaen on our website <https://www.iwngwent.wales/torfaen> or by contacting Emma Davies-McIntosh, Service Development Lead on 07583 089760 or emma.davies-mcintosh@wales.nhs.uk