

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 30 4/12/2020

Welcome to our 30th 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

Got symptoms?

We'll get you a quick, safe test in a location convenient for you.

Contact us on: 0300 30 31 222

You can also have a test posted to your home - phone 119

COVID-19 in the Aneurin Bevan University Health Board area

As of 2 Dec 2020 the total number of confirmed cases of COVID-19 in the Aneurin Bevan University Health Board area was 15810.

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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Coronavirus is spreading quickly across Wales. Welsh Government are taking further targeted action to slow its spread focused on the places we meet where coronavirus thrives.

From Friday 4 December:

- Pubs, cafes and restaurants will have to close by 6pm and will not be able to sell alcohol.
- Indoor entertainment venues and indoor visitor attractions will close.
- There are no changes to household bubbles and up to four people can still meet indoors. Other businesses, like retail, can remain open.

We've pulled together many times to make a difference to the course of this virus and to save lives. We need your help to do that again in the days and weeks ahead.

You can find out more here

<https://gov.wales/coronavirus-regulations-guidance>



Popping to the shops this weekend?

Here are some simple steps we can all take to make a trip to the shops a safer experience for everyone

Together we'll #KeepWalesSafe



A COVID-19 vaccine will not be mandatory.

People will be able to choose whether they take up the vaccine or not. Information will be given to people in advance for informed decisions, and consent processes will be in place to manage this.

There will only be limited amounts of a COVID-19 vaccine at first, so it will be prioritised to protect the most vulnerable. Eligible people will be contacted and invited to be vaccinated, please do not ask your pharmacist or GP.

More info here:

www.phw.nhs.wales/covid-19-vaccination



Mae Brechu yn achub bywydau
Vaccination saves lives

What you need to know:

Who will be eligible for a COVID-19 vaccine?



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Cymru
Public Health
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Are you entitled to help with your council tax?



Over the last few months, applications to the Council Tax Reduction Scheme have risen by almost 10,000.

We understand that during these challenging time, even more families need support. We're providing an extra £2.6m to help councils meet demand.

If you:

- live in a low-income household or alone
- are a student
- are disabled
- or severely mentally impaired

You could pay less Council Tax. Check if you're eligible and spread the word:

<https://gov.wales/council-tax-discounts-and-reduction>



**Live Fear
Free Helpline**

Providing confidential support
and information on domestic
abuse, sexual violence and
violence against women in Wales

**Llinell Gymorth
Byw Heb Ofn**

Darparu gwybodaeth a chefnogaeth
cyfrinachol ynghylch trais domestig,
trais rhywiol a thrais yn erbyn merched
yng Nghymru

0808 80 10 800

**Domestic abuse is unacceptable. Everyone has right to be safe,
and to live fear free.**

This year more than ever, we need to look out for each other, and make
sure our loved ones are safe.

If you suspect someone is being abused, help is available

<https://gov.wales/live-fear-free>

How are you?

Are you feeling overwhelmed? You may be experiencing a lot of emo-
tions during this difficult time

You are not alone in experiencing this and you are not alone in having to
deal with these feelings.

Support is available to help you navigate your emotions

<https://phw.nhs.wales/.../how-are-you.../sources-of-support/>



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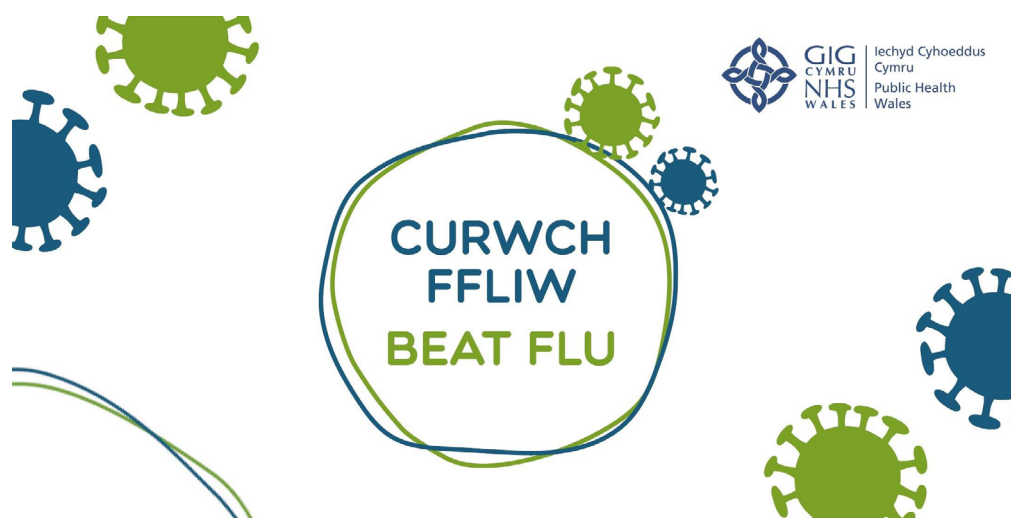


From Tuesday 1 December, the flu vaccine will be available for free to anyone aged 50 and over in Wales.

You'll be contacted by your GP to arrange a vaccination or you can contact your local pharmacy.

This will prevent more people getting ill and reduce pressure on our NHS this winter

[https://gov.wales/
free-flu-vaccine-now-available-over-50s-across-wales](https://gov.wales/free-flu-vaccine-now-available-over-50s-across-wales)



Do you have sensory loss?

The @deafinfogroupecymru from @BritishDeafAssociation has the latest information in #BSL format @RNIB.

Cymru has a variety of support services for people with a visual impairment.

Call 0303 123 9999 or visit

<https://www.rnib.org.uk/coronavirus-updates>

NHS SERVICES IN GWENT ARE CHANGING

when The Grange University Hospital opens



**CALL 999 OR GO TO
THE GRANGE UNIVERSITY HOSPITAL**

if you have a LIFE-THREATENING ILLNESS or SERIOUS INJURY



GO TO A MINOR INJURY UNIT

at Nevill Hall, the Royal Gwent, Ysbyty Ystrad Fawr or Ysbyty Aneurin Bevan Hospitals, if you have a minor injury
(Children under 1 year will need to go to The Grange University Hospital).



CONTACT YOUR GP

if you have an illness or concern that is not immediately life-threatening.



CALL NHS 111

if you are unwell, unsure what to do and need help.
You can also call 111 for urgent GP care when your own Surgery is closed.



TREAT AT HOME or CONTACT YOUR PHARMACIST

if you have a minor illness or ailment such as a sore throat, cough, skin irritation or common mild illness.

For more information, visit abuhb.nhs.wales.

Keep up to date and ask us questions by following us:



@AneurinBevanUHB



AneurinBevanHealthBoard

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Clinical Futures