

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 8 - 22/5/2020

Welcome to our **8th newsletter.**

We would like to again re-iterate in Wales that we are following the guidance set out by Mark Drakeford (First Minister for Wales.) **We are still using the stay at home message.**

-Staying at home is the best way you can protect yourself and others.

-If you do need to leave the house for essential purposes, including exercise, it is vital that you keep 2 metres apart from others.

-Everything you're doing, from social distancing to careful hygiene measures, is helping to stop the spread of coronavirus.

-We must continue to follow these guidelines to avoid a second wave.

-We know it's hard, but please continue to stay at home

For the latest advice from [Welsh Government click here.](#)

COVID-19 in the Aneurin Bevan University Health Board area

As of 20 May 2020 the total number of confirmed cases of COVID-19 in the Aneurin Bevan University Health Board area was 2359.

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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Gloves, Masks - make sure they go safely in the bin!

Don't put masks, gloves or other personal protective equipment (PPE) in the recycling. They cannot be recycled. Throw them in the bin instead.

If you have #coronavirus symptoms or live with someone who does, you need to take extra precautions before throwing away your protective equipment. Watch this video from the UK Government for more information.

<https://www.facebook.com/DefraGovUK/videos/3800062666732192/Uzpf-STE0Njg0NDAYMjA0MzU1MDozMTEwNzc4MjIyMzE2NzY3/>



New Symptom Added

Losing your sense of smell or taste has been added to the list of coronavirus symptoms.

If you experience a loss or change in your normal sense of smell or taste, you must self-isolate for 7 days, and everyone in your family must stay at home for 14 days.

There are now 3 symptoms which will require you to self isolate. You only need to have one of these symptoms to require self isolation. A new continuous / persistent cough, a fever, and a loss of taste and smell.



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How to...

Look after your mental health



Mental Health
Foundation

It's #MentalHealthAwareness week.

Here's a great guide from the Mental Health Foundation with 10 practical ways to look after your mental health.

Making simple changes to how you live doesn't need to cost a fortune or take up loads of time. Anyone can follow this advice. Why not start today?

<https://www.mentalhealth.org.uk/publications/how-to-mental-health>



5 Ways to Wellbeing

For mental health week we've focused on the 5 Ways to Wellbeing on social media - view the posts @

<https://www.facebook.com/AneurinBevanHealthBoard>

For more information on the 5 Ways to Wellbeing and Aneurin Bevan Health Board's Road to Wellbeing visit our webpage: _

<https://abuhb.nhs.wales/.../mental-health.../road-to-well-being1/>

For more information on Mental Health Awareness week; head to

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>



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Remember

The advice in Wales remains unchanged.

Stay at home

Protect our NHS

Save lives

[CLICK HERE](#) for latest guidance on coronavirus in Wales.

Carers Wales

Carers Wales are holding a series of online **Care for a Cuppa** talks and information sessions.

You will be able to attend these using Zoom. You do not need your own account to register, just the link and meeting ID that we send you. We have taken certain measures to ensure your security when using Zoom.



The next talk is Tuesday 19th May 10am to 12 pm:
Introduction to the Carers Wales team

For more information click here to go to Eventbrite

<https://www.eventbrite.co.uk/e/care-for-a-cuppa-every-tuesday-with-carers-wales-registration-104548824348>

To register directly click here for Zoom

<https://us02web.zoom.us/meeting/register/tZYldOytpjgjE9F1cf-Ge3utF3TqbdpPXqNjk>



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Dentists (Urgent Dental Care)

We want to reassure people in Gwent that local dental practices are open for urgent dental advice or care.

If you have a dental problem that has not improved with painkillers, a dental infection or a lump, swelling or ulcer that has not disappeared after 2 weeks you are advised to phone your dentist or local dental helpline 01633 744387.



For further information please visit: <https://abuhb.nhs.wales/coronav.../frequently-asked-questions/>

Powerful photographs taken by one of our staff members

Glenn Dene, Theatre Operating Department Practitioners at Nevill Hall Hospital has documented life at the hospital in the past few months.

You can find the images here:

<https://www.southwalesargus.co.uk/news/18454077.stark-pictures-coronavirus-impact-nevill-hall-hospital-abergavenny/?ref=fbshr>



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Sky full of Butterflies

We would like to thank Bethan from Head 4 Arts for sharing her origami skills with us in this weeks newsletter.



If you missed the session then don't worry as we have a Vimeo how to guide to share with you. [You can find it here.](https://vimeo.com/444444444)

Head 4 Arts have lots of activities going on and they have also listed other organisations that are getting creative during this time. Visit their website to find out more.

<http://head4arts.org.uk/keep-calm-and-get-creative/>

The Dragon of Ystrad Fawr

We received this lovely photo of the Dragon at Ystrad Fawr from a fellow Wellbeing Champion.

It was taken last year but brought a welcome smile to her face while waiting for an appointment. We think it's great. Thanks Claire!



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Do you drink enough water?

Staying Hydrated is important for both our physical and mental health.

Water is a healthy and cheap choice for quenching your thirst at any time. It has no calories and contains no sugars that can damage teeth.

It's easy to overlook, but choosing healthier drinks is a key part of getting a balanced diet. Many soft drinks, including instant powdered drinks and hot chocolate, are high in sugar.

Food and drinks that are high in sugar are often high in calories, and having too many calories can make you more likely to gain weight.

Some energy drinks are high in both sugar and caffeine. Checking the nutrition labels on soft drinks such as fruit juices and fizzy drinks can help you make healthier choices.

The Eatwell Guide says we should drink 6 to 8 glasses of fluid a day.

Water, lower fat milk and sugar-free drinks, including tea and coffee, all count.

Top Tip: if you find drinking waiting boring why not add some fresh fruit to it?!

[There's lots more information around health eating and drinking on the NHS Live Well website.](#)



Books on Prescription

This Mental Health Awareness Week, find support from your local library with the expert endorsed Reading Well Books on Prescription for mental health book list from The Reading Agency.

<https://readingagency.org.uk/>

Many of the titles are available as eBooks and eAudiobooks from Borrow-Box, so you can borrow and download them from home.

<https://www.borrowbox.com/>



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Llyfrau ar Bresgripsiwn | Books on Prescription

Darllen yn Well ar gyfer iechyd meddwl
Dod o hyd i lyfrau i'ch helpu yn eich llyfrgell leol

Reading Well for mental health
Find helpful books at your local library

Argymhellwyd gan weithwyr iechyd proffesiynol a phobl gydag anghenion iechyd meddwl

Recommended by health professionals and people with mental health needs

reading-well.org.uk/cymru

      



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