



Newsletter
#33

11/2/2021

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.

Welcome to our 33rd 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.

Phone 119 or head to gov.wales

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

COVID-19 in the Aneurin Bevan University Health Board area

As of 10 Feb 2021 the total number of confirmed cases of COVID-19 in the Aneurin Bevan University Health Board area was 39,085.

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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For now, we're asking you to #StayHome

Restrictions aren't just guidance, they're LAW. Police are enforcing these laws and you could be fined if you break them.

We all need to follow these rules to keep ourselves, our loved ones and Wales safe.

Our message is simple: Stay home

Around 1 in 3 people with coronavirus have no symptoms and could spread the virus without realising. So don't invite anyone into your home.

Our NHS is at tipping point. Too many lives are being lost. Protect your loved ones, communities and each other.

<https://gov.wales/alert-level-4-frequently-asked-questions>





Welcome to melo.cymru

While we can't take away life's problems, we can help you find better ways to cope with them.

Taking care of our own mental wellbeing, and that of our loved ones has never been more important. The COVID-19 pandemic has brought many challenges and worries. We have had to develop new skills and new ways of coping. It has made us think about our own future and what is important to us; our relationships with others, and also our physical health and mental wellbeing. When we take the time to look after ourselves, we feel better. We are more able to cope with the difficulties that life throws at us and are more able to look after others

Aneurin Bevan University Health Board have developed this website with partners to look after the mental wellbeing of people living and working in these areas; Torfaen, Newport, Monmouthshire, Caerphilly, Blaenau Gwent.

<https://www.melo.cymru/>



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Mental Health Helplines

**C.A.L.L. Mental Health
Helpline for Wales.**
www.callhelpline.org.uk
Call 0800 132737 or text
"help" to 81066.

The Samaritans
Call 116123 or email
jo@samaritans.org.uk
(response time: 24 hours)

**CALM -Find help online or use
webchat via**

www.thecalmzone.net
Call 0800 58 58 58

Young Minds
www.youngminds.org.uk
Messenger Text (free) YM to 83258
for urgent help
Parents Helpline
0808 802 5544
(9:30am - 4pm, Mon - Fri).



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VACCINE UPDATE – week commencing 8th February 2022

Last week, we reached the milestone of 100,000 vaccinations and have now vaccinated a total of 111,443 people across our Health Board. Last week, we received the sad news that Captain Sir Tom Moore, who had raised so much money for the NHS last year, had passed away due to Covid-19. This was another reminder of why the huge effort and contribution of all staff and volunteers who are part of our vaccination programme is so important.

The patients currently being vaccinated are those eligible within the JCVI groups 1-4, we expect to complete the invitation process for these groups by mid-February, and we are working towards plans to invite those within the JCVI groups 5-9 by the spring. However due to a number of variable factors, such as the number of doses we are allocated, plans can change at short notice.

For further information and to find out which priority group you fall under, please visit [here](#)

Where you have your vaccine is dependent on which priority group you fall under. Please see the list of the groups below and where you can expect to have your vaccine. Please note that you cannot choose the location of your appointment.

- Aged 80 and over – GP Practices
- Aged 72-79 – Mass Vaccination Centres
- Aged 70-71 – GP Practices
- Extremely Clinically Vulnerable – GP Practices
- Aged 65-69 – Mass Vaccination Centres
- Aged 60-64 – Mass Vaccination Centres

- Aged 55-59 – GP Practices
- Aged 50-54 – Mass Vaccination Centres
- Housebound – Mobile Units

We have offered vaccinations to all staff and residents from our older adult care homes that are safe for us to do so, and those we haven't yet been able to go to are continually being risk assessed. We have vaccinated 27,013 of people aged 80 and over, 18,538 frontline staff, 4,442 social care staff as well as vaccinating 21,492 people aged 75-79.

Last week, our District Nurses, GPs, mobile units and Primary Care colleagues worked incredibly hard and started to vaccinate those that are housebound and eligible in line the JCVI priority groups. Patients will be contacted to let them know that the team are coming to give them their vaccine. Please contact your GP to check whether you are registered as housebound.

This week, we have a planned supply of 26,000. If you received your first dose of vaccine between the 7th–20th December, you will receive your letter inviting you for your second vaccine in the next week or so.

If you are aged 80 years and over and have not been invited for an appointment, please contact your GP.

If you have an appointment, please make every effort to attend your scheduled appointment, as we will not be able to offer an alternative except for those people who are registered housebound.

Please do not contact the booking centre or your GP practice if you have not yet received an appointment letter.



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Valleys Steps
Camau'r Cymoedd



THE PRESENT

The Present

Free 6 Week Mindfulness Course for residents of
Monmouthshire, Caerphilly, Newport, Torfaen, Blaenau Gwent

The Present is a six-week online course co-delivered by practitioners of the Aneurin Bevan Health Board and Valleys Steps. The course offers a new style of introduction to mindfulness and well-being, encouraging a friendly, mindful awareness towards our experience in the midst of busy lives weaving learning about mindfulness, wellbeing, and neuroscience. The programme supports exploration, discovery, and awareness of how things are for each person in their life. To express your interest, please get in touch using the email address below.

Please note: The Present may not be suitable for those who have experienced a recent trauma or bereavement that is having a significant impact on their mental health and wellbeing or for those who have recently experienced or are experiencing a crisis in their mental health.

Learning a variety of mindfulness practices can help to

- Cope with Stress and Anxiety
- See and appreciate the good things in our lives
- Feel confident in stressful situations
- Improve your relationships
- Concentrate and pay attention
- Foster kindness and compassion
- Improve sleep
- And much more

5 Courses will be run between the 15th February and the 31st March
Please email using the details below to express your interest in attending



thepresent@valleysteps.org



www.valleysteps.org



Why?

Testing can help people find out if they are Covid-19 positive and at risk of spreading the infection to others. A positive test early in the course of the illness enables individuals to isolate, reducing the chances that they will infect others and allowing them to seek treatment earlier.

Anyone who comes into close contact with someone who has Covid-19 is at increased risk of becoming infected themselves, and of potentially infecting others. Contact tracing can help prevent further transmission of the virus.

By knowing and understanding the enemy, it is easier to fight.

More info https://abuhb.nhs.wales/coronavirus/covid-19-infection-prevention-measures-explained/?fbclid=IwAR0_qsayu-Bs8b1zpfyPrE_fPfukQZ_WoNycqMiXLnoUrc-7m3n1duaK4oE

We can win this by working together

How Captain Sir Tom Moore's Fundraising Efforts Have Benefitted our Staff and Patients

We are so humbled and grateful to the late Captain Sir Tom Moore for all his incredible fundraising efforts for the NHS.

The money raised by Captain Sir Tom Moore is distributed via NHS Charities Together, and to date, we have received £230,000 from NHS Charities Together.

Thanks to the money we received from his hard work, we have been able to purchase items and support services that make a real difference to the well-being of our staff and patients.

Half of this money is being used for additional support for our Employee Well-being Service, by supporting our staff psychologically to recover, adapt and sustain themselves during these times of unprecedented personal and professional challenges. The other half of the donation money has been used to purchase various items to improve our patients' and staff's experiences, including:

- - Tablets to enable patients and families to maintain contact whilst there are visiting restrictions across our wards.
- - Radios and CD players to entertain patients whilst unable to receive visitors, especially where patients are in single rooms.
- - "Trees of Hope" placed at various sites across the Health Board for staff, patients and the public to place their messages of hope.
- - Picnic benches placed in our hospital grounds to allow staff to have somewhere pleasant to sit and take much needed breaks outside.
- - Children's activity packs to occupy more of their time while visiting restrictions are in place.
- - A hearing device to attach to the hearing aid of a member of staff. This acts as a microphone to enable better communication, as wearing masks means they are no longer able to lip read.

We can't thank Captain Sir Tom Moore enough for allowing us to purchase these invaluable items.

