



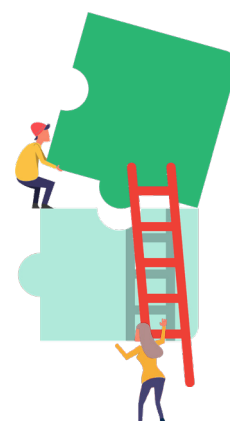
What does a Wellbeing Champion do?

Receive weekly email updates from Aneurin Bevan University Health Board.
Including information from partners and good news stories from across Gwent.

Pass on weekly updates to friends and families (where possible)
This may be via email, social media, text message, or word of mouth for those not online.

Share accurate information
There's lots of misinformation out there, you can help change this by checking the facts against official sources and only sharing advice and information from them.

Share positive messages
There's lots of ways to keep people's spirits up. Signing up to be a Wellbeing Champion will ensure you regularly receive the latest news from across Gwent.



Wellbeing Champions are also offered the opportunity to get involved in regular online/remote networking and socialising events and occasional training sessions. These are optional extras and not compulsory.

Email **wellbeing_training.ABB@wales.nhs.uk** to sign up as a Wellbeing Champion or add '**Gwent Wellbeing Champions**' on Facebook and send us a message.



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Be a Good Neighbour



Do you know your neighbours?

If not, maybe send a note or card introducing yourself.

Do you know how they are?

Some people will not want to ask for help but might reach out if its offered.

Keep checking in with your neighbours, friends and family.

Circumstances and how people cope with the pandemic will change.

Share accurate information

Check your facts and share from official sources.

Share positive messaging

Keep people's spirits up. Email wellbeing_training.ABB@wales.nhs.uk to find out about becoming a Gwent Wellbeing Champion.

Remember the little things, when added up, they can make a huge difference.



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