

Gwent Wellbeing Champions

Coronavirus (COVID-19) Newsletter



This newsletter provides you with up to date official information for you to share. This includes information 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.

Issue No: 3

Date: 17 April 2020

Welcome to our third newsletter.

Latest advice from Welsh Government [click here](#).

Each Local Authority across Aneurin Bevan Health Board Area has put in place support for local people to ensure they have access to essential supplies, information and support. Here are the contact numbers;

Blaenau Gwent- 01495 311556

Caerphilly- 01443 811490

Monmouthshire- 01633 644696

Newport- 01633 656656

Torfaen- 01495 762200

*Please note support may vary between local authorities.

Overview of COVID-19 in the Aneurin Bevan UHB area

As of 15th April 2020 the total number of confirmed cases of COVID-19 in the Aneurin Bevan University Health Board area was 1609.

Aneurin Bevan University Health Board continue to deliver healthcare services.

[Click here](#) to find the latest information and guidance from different departments.

For daily updates from Public Health Wales [click here](#) for a desktop view or [here](#) for a mobile view.

[#StayAtHome](#) [#SaveLives](#)

If you or someone you know would like to become a Gwent Wellbeing Champion they should email:
Wellbeing_Training.ABB@wales.nhs.uk or add 'Gwent Wellbeing Champions' on Facebook and send us a message.

[Welsh Government](#)

[Public Health Wales](#)

[Aneurin Bevan University Health Board](#)

Helping Others in Your Community

Helping others doesn't always mean having to sign up to formal volunteering.

St David once said "Do the little things" as he knew the little things add up. If you're symptom free, and would like to support people who are staying at home because of Coronavirus, here are 5 ways you can help safely. Check out this [YouTube](#) video that explains this further.

1. Help people with their **food shopping**. Leave it on their doorstep or help to order online.
2. **Run errands**. Less able neighbors may need their medication!
3. **Keep in touch**. Whether it's over the phone or by video call.
4. Encourage each other to **stay mentally and physically active**. Swap suggestions on how you are doing this.
5. Join **online communities** For example local forums, social media networks etc.

Torfaen's very own Batman has been helping out in his local community and encouraging others to do so. Well done Batman!



Public Health Wales have released a number of helpful resources on [staying connected](#) during Covid-19.

If you would like to take part in formal volunteering you can find out more [here](#).

Social media *(Click the links)*



[Welsh Government](#)

[Public Health Wales](#)

[Aneurin Bevan University Health Board](#)

Staying Connected Online

It is very unusual for us all to be asked to stay at home and avoid contact with our friends and family. Some people may be feeling particularly lonely or isolated, even if this is not a feeling you've experienced before.

Keeping connected is very important. We all rely on social networks to maintain good well-being and this is just as important now as ever. By sharing your experiences with those you trust, you can also end up supporting each other and reducing worry and anxiety.

While it is encouraged to use social media sites to keep in touch it is important to stay safe while using platforms. Digital Unite have developed some information on how to [stay safe online](#).

Digital Communities Wales have developed online digital inclusion courses, to help people stay connected while staying at home. Their webinars and digital drop-in sessions allow people to learn about the best apps for staying in touch with loved ones, how best to get their shopping online and digital ways of staying occupied and maintaining good wellbeing. Check out their webinars and sign up [here](#).



If you're looking to brush up on your digital skills to help you stay connected during coronavirus (COVID-19), take a look at **Learn My Way's free courses**. They cover a range of topics from staying safe online, to improving your health online and the basics of using your devices: <https://www.learnmyway.com/>

To help the millions of people having to stay home, one of the uplifting aspects of the current crisis is a number of companies have made stuff free that you normally pay for, both for kids and grown-ups. **Money Expert** man Martin Lewis have put together a list of [free resources](#).

Age Cymru is offering a free check-in-and-chat telephone service for anyone over 70 who lives alone, to provide reassurances, answer basic queries and link people to local services and support during the Coronavirus outbreak.

Call the Age Cymru Advice Number on 08000 223 444 or email enquiries@agecymru.org.uk



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Huge Thank You to Caerphilly Tri-ers!



The Caerphilly based triathlon club has raised over £3,200 for the Aneurin Bevan University Health Board after a home 24-hour cycle challenge. Over 60 members of Caerphilly Tri-ers took part in the challenge that started at 10am on Monday, April 13 and finished twenty-four hours later.

The money raised on the group's [fundraising page](#) will be donated to the Aneurin Bevan University Health Board.

The challenge was the idea of club member Mani Pelaez-Heras and every member contributed on their bikes at home with the event streamed live online. Overall, members completed a combined distance of 1,400 miles, the equivalent distance of Caerphilly to Naples. Members took part in fancy dress and competed for individual challenges including the longest distance covered in an hour.

The club has a number of members who work in the NHS and frontline services so wanted to show their appreciation. Big thank you and well done to everyone who took part!

Social media *(Click the links)*



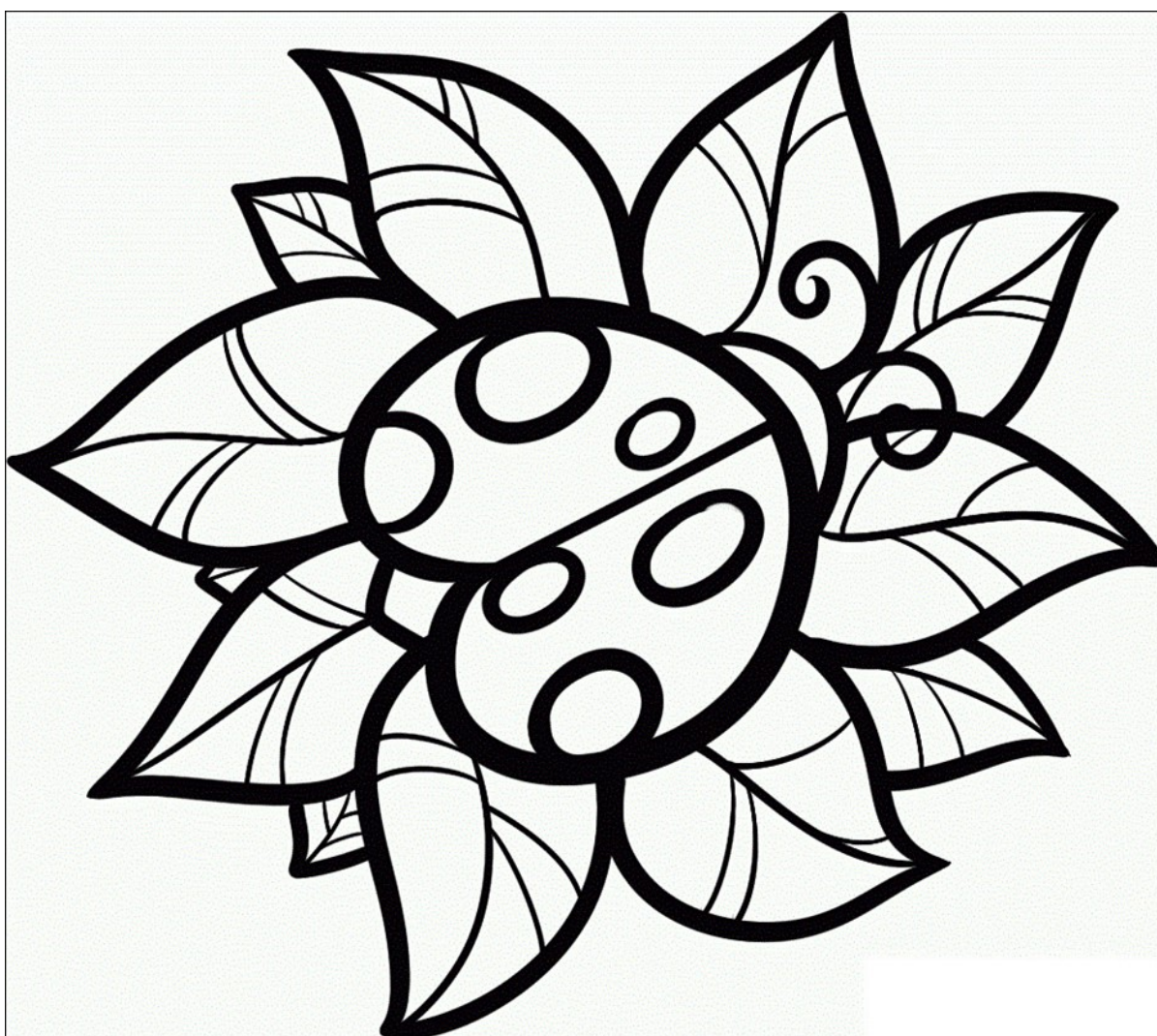
[Welsh Government](#)

[Public Health Wales](#)

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Colouring for Wellbeing

Champion, Tara, has been using colouring as a way of keeping positive mental wellbeing during this period. Thanks for sharing Tara!



If you are unable to print this newsletter maybe you could pick up a colouring book on your next essential shop or why not order one online.



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