

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: 4

Date: 24th April 2020

Welcome to our 4th 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 22nd April 2020 the total number of confirmed cases of COVID-19 in the Aneurin Bevan University Health Board area was 1885.

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.

Accident and Emergency

We are concerned that some people may be waiting longer than usual to get emergency medical advice and treatment. We want to encourage you to attend our A&E Departments if you do need emergency care – don't leave it too late!

We have changed the layout of our A&E Departments to keep suspected Coronavirus patients separated from patients with other illnesses and injuries.

We expect to see you at A&E if you have a life threatening emergency, for example, breathing difficulties, chest pain or severe bleeding that won't stop, severe burns or scalds.

Less severe injuries can be treated in minor injuries units. A&E is not an alternative to a GP appointment. www.nhsdirect.wales.nhs.uk can direct you to the best local service.



GP Attendance

We are aware that some people are feeling worried about contacting their GP Surgery for advice and care, or contacting them much later than they would normally if they are unwell.

We want to assure you that your GP Surgery still expects and wants to hear from you if you need them- not just for Coronavirus related symptoms.

If you have any concerns please don't hesitate to telephone your surgery, but please don't turn up there in person. You will be offered a telephone or video call with the relevant Health Professional and if they feel it is necessary, you will be invited in for further assessment.

If you have symptoms of Coronavirus and need to be seen, this will be in a designated area.



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Feeling at a loose end?

Not working at the moment? Retired?

Initially it may be a novelty not having to be in work, having a lie-in and doing whatever you want whenever you want. However it can soon wear off and you can find yourself wondering what to do, feeling bored and not having contact with work colleagues.

Here are some tips you may find helpful:

- Plan your week (appointments, small jobs to be done around the home)
- Regularly speak/video call family and friends
- Keep regular daily routines
- Find something to do if you are bored – cleaning, go for a walk
- Take up an old interest
- Keep to your regular sleep pattern, going to bed and waking at the normal time
- Challenge yourself to do new things e.g. learning something new
- Develop a good social network
- Look after your mental and physical health by exercising regularly or having support from services such as [Mind](#)
- Keep a gratitude list of what you have and what you have achieved and not what you think is missing at this time.

If you find you are using alcohol to help you manage feeling bored, lonely or low in mood and would like some advice, information or support to gain more control over your drinking or to stop, please call Gwent Alcohol and Drug Service on **0333 999 3577**

Domestic abuse will not be tolerated during this period. Live Fear Free are providing help and advice about violence against women, domestic abuse and sexual violence



**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

Ramadan during COVID-19 restrictions

Ramadan Mubarak to our Muslim friends and colleagues!

Ramadan is the holiest month of the year for Muslims, and involves fasting during daylight hours. This year Ramadan falls between 23/24 April 2020 and 23/24 May 2020 (depending on moon sightings), and may be a different experience this year, due to social distancing and other COVID-related restrictions.

The Muslim Council of Britain have produced some guidance this year for those observing Ramadan, available [here](#) and you can find more information at [Public Health Matters](#) #RamadanAtHome



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These are challenging times and being asked to avoid face to face contact with our friends and family is unfamiliar. You may be feeling lonely or isolated. and you just need to talk to someone.

Many people will be feeling the same; so if you can, reach out. Call someone today. Send them a message. Make them feel better too.

Check out the campaign from **Public Health Wales**.

Staying social is so important for all us, remember, just because you aren't in the same place – you can still speak to your friends and family, or meet someone new.

There's opportunities to video call or phone your friends, if you have the technology you can play games online or take part in choirs, plays, workout videos, online seminars, cook along sessions, poetry readings and lots more.

Speak to someone you trust if you are finding staying at home difficult or contact one of the recommended helplines in the [this video](#).

Mind is a national charity that provides advice and support to empower anyone experiencing a mental health problem. Local Minds provide help and support directly to those who need it most. Here are the contact details in Gwent;

Torfaen and Blaenau Gwent

Wellbeing Centre Pontypool: 01495 757393
Phoenix Project Brynmawr: 01495 311445
Email: firstcontact@torfaenmind.co.uk

Mind Monmouthshire

Telephone: 01873 858275
Email: info@mindmonmouthshire.org.uk

Mind Caerphilly

Telephone: 01443 816945
Email: info.cbmind@gmail.com

Mind Newport

Telephone: 01633 258741
Email: enquiries@newportmind.org



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Stay Home, Stay Safe!

This period is tough for all of us but it is still as important as ever to stick to those social distancing guidelines.

We would like to give a big shout out to Harrison (aged 8 from Oakdale) and Amelia (aged 8 from Tredegar) who has been litter picking while getting their daily exercise.



Well done Harrison!



Even with an injury– impressive Amelia!

Last weekend we asked what you was all doing at home, here's a snapshot of the photographs we received.



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[Welsh Government](#)

[Public Health Wales](#)

[Aneurin Bevan University Health Board](#)

Reading for Wellbeing

Reading for 30 minutes a week increases our health and wellbeing. Reading for pleasure has been found to improve our confidence and self-esteem, it can also aid our sleep and reduce feelings of loneliness.

Libraries across Gwent may be closed but that doesn't mean you can't still use their service. Borrow Box is an online platform that allows you to borrow all the latest book releases for free! They offer both e-books and audio books. To get started visit the [Borrow Box](#) website.

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