

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 6 - 7/5/2020

Welcome to our **6th newsletter.**

We hope you have a nice May bank holiday weekend.

Each Local Authority across the 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.

COVID-19 in the Aneurin Bevan University Health Board area

As of 5 May 2020 the total number of confirmed cases of COVID-19 in the Aneurin Bevan University Health Board area was 2261.

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](#)

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

If you or someone you know would like to become a Gwent Wellbeing Champion, please add us on Facebook 'Gwent Wellbeing Champions' - or email wellbeing_training.abb@wales.nhs.uk



We are not out of the woods yet.... Keep washing those hands!

We all need to strictly follow social distancing and hand washing advice to prevent Coronavirus (COVID-19) spreading.

You can help children wash their hands by making handwashing easier for them, for instance, by setting up a stool so they can reach water and soap by themselves.

You can make it fun for by singing their favourite songs while you help them wash their hands.



How do I wash my hands properly?

To eliminate all traces of the virus on your hands, a quick scrub and a rinse won't cut it.

Here's is a step-by-step process for effective handwashing from UNICEF (the United Nations Children's Fund).

- *Step 1: Wet hands with running water*
- *Step 2: Apply enough soap to cover wet hands*
- *Step 3: Scrub all surfaces of the hands – including back of hands, between fingers and under nails – for at least 20 seconds.*
- *Step 4: Rinse thoroughly with running water*
- *Step 5: Dry hands with a clean cloth or single-use towel*

[Click here](#) for more info from Unicef on effective handwashing.

English speaking parent struggling to get to grips with home schooling for children who attend Welsh language schools?



You will be pleased to hear of a new free resource designed to support literacy and enjoyment of reading.

The Pont Project is delivered through a specially created app for smart phones and tablets. This makes it possible for mixed language households to have fun together, exploring a range of folk tales from Wales and Italy.

The texts are all contained within the app, but there are other ways to access the material, including through performances recorded by Welsh storyteller, Tamar Eluned Williams.

The project is the result of a collaboration between Welsh and Italian cultural organisations celebrating their bilingual heritage.

www.head4arts.org.uk/home-schooling-help-for-dual-language-households/.



Full details of how to get involved can be accessed through Head4Arts (info@head4arts.org.uk)

Pharmacies and the Bank Holiday

Many Pharmacies will be opening this Bank Holiday Friday 8th May to support local communities.

Please see the opening times of Pharmacies in Gwent on the Aneurin Bevan University Health Board website:

<https://abuhb.nhs.wales/urgent.../accessing-the-right-service/>



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Stress Control on-line course

Stress Control is an on-line course aiming to help people cope with everyday stress and anxiety. The course is made up of 6 two-hour sessions, over a period of 3 weeks. These sessions are being live-streamed twice a week via You Tube.

If you are a resident of, or employee within, Gwent you are able to access this course for free.

Although not designed specifically for COVID-19, this evidence-based course can help support your mental health and well-being during this particularly stressful time. This very popular course is now being delivered online, as participants cannot attend face-to-face sessions during the COVID-19 outbreak. This animation tells you more:

<https://www.youtube.com/watch?v=TjUJQqRfZgE>

Find out more information by watching the introductory video:

<https://www.youtube.com/watch?v=8UUmZKoy-tk>

If you are not able to access You Tube or are available at the time of live streaming, you can download, free of charge, booklets and relaxation/mindfulness tracks with or without music, which complement the class.

Visit the website www.stresscontrol.org for more information.

Registration is not required.



Donations to Aneurin Bevan University Health Board

We are completely overwhelmed and extremely grateful to our communities and partner organisations for the wonderful, wide ranging donations we have received so far throughout this pandemic.

Have you been wondering exactly where these donations are going? Take a look at [this video](#), which shows how they are already being put to great use.

Vulnerable People

We have become aware of some particular difficulties that our vulnerable families with babies and young children are experiencing. In order to support these families, we would be very grateful to our communities for the following donations.



DONATIONS FOR VULNERABLE FAMILIES

- Nappies (all sizes)
- Baby Wipes
- Baby Formula (Stage 1 only)
- Children's Toothbrushes and Toothpaste
- Dummies
- Children's food bowls
- Children's cutlery
- Children's feeding beakers
- Children's plastic drinking glasses
- MILTON / Sterilising fluid or tablets
- Comics/ puzzle books for children
- Colouring books
- Crafts
- Colouring pencils, crayons
- Fleece blankets for very small babies
- Very small baby vests/grows
- Cotton wool
- Feminine Products

There are donation points in each Health Board area for these products.

If you would like to donate and require any further information, please contact the Person Centred Care Team by emailing ffrindimi.abb@wales.nhs.uk or phoning 01495 768845.



VITAMIN D

Vitamin D

Welsh Government have issued new guidance about Vitamin D, you can read it here:

<https://gov.wales/vitamin-d-advice-everyone-coronavirus>

Vitamin D is an important vitamin that people usually get from exposure to sunlight as well as from some foods, including oily fish, red meats and eggs.

With so many of us currently staying at home and reducing our time outside, more people are at risk of not achieving daily Vitamin D requirements this is especially true for people from Black and Ethnic Minority backgrounds.

For more information about Vitamin D, and for practical advice about you can achieve the recommendations set by Welsh Government, see this video from the British Dietetic Association.

https://m.facebook.com/story.php?story_fbid=10156992516285671&id=161282415670?sfnsn=scwspmo&extid=QV0vOKghfG6T8Krx&d=n&vh=e

There have been some reports that Vitamin D reduces the risk of coronavirus, however, there is no evidence for this at the present time. We do know that having healthy vitamin D levels is good for the immune system, and that Vitamin D supplements, where intake and sun light exposure is low, may protect against respiratory infections in general.

It's Maternal Mental Health Awareness Week... (4 - 8th May)

Mental illnesses affects more than 1 in 10 women during pregnancy and in the time after giving birth.

Have a look at Aneurin Bevan University Health Board's dedicated Maternity Facebook page for lots of useful information and to ask any questions you may have: <https://www.facebook.com/ABUHBMaternityServices/>

Public Health Wales 'How are you doing'

Just like handwashing properly can protect your physical health, there are things you can do to protect your mental wellbeing.

On these new PHW pages you'll find tips, advice and ideas to help you look after yourself and others.

<https://phw.nhs.wales/howareyoudoing>



'Information and Concerns' Helpline for patients and their families

Aneurin Bevan University Health Board have established a new 'Information and Concerns' helpline.

This dedicated helpline provides further advice and support to patients and their families who may have queries or concerns that cannot be answered by our usual service, such as our booking office.

The helpline will operate 7 days a week from 9am–5pm.

Should you wish to contact the helpline, please call **01495 765196**.



VE 75th Anniversary Celebrations

The first May bank holiday of 2020 has been moved to Friday 8 May to mark the 75th anniversary of VE Day.

In light of COVID 19 the community has been exploring different ways in which we could mark and celebrate this event safely by staying at home and practicing social distancing. As celebrations begin you have already been busy doing a great job, here's an example:



As society faces some of the most challenging times since of the Second World War, it is now more important than ever to unite in recognition of service to the nation, just as communities did 75 years ago.

As always please send us pictures of your VE day celebrations or post on our Facebook page.