

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 10 - 4/6/2020

Welcome to our 10th newsletter.

We would like to re-iterate in Wales that we are following the guidance set out by Mark Drakeford (First Minister) and it is important that we keep reminding others of this.

- Staying at home is the best way you can protect yourself and others.
- If you do need to leave the house for essential purposes, including exercise, STAY LOCAL and keep 2 metres apart from others.
- Everything you're doing, from social distancing to careful hygiene measures, is helping to stop the spread of coronavirus.
- We must continue to follow these guidelines to avoid a second wave.
- We know it's hard, but please continue to stay at home and stay local

Here is a link to the Welsh Government website and guidance for Wales

COVID-19 in the Aneurin Bevan University Health Board area

As of 3 June 2020 the total number of confirmed cases of COVID-19 in the Aneurin Bevan University Health Board area was 2570

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.

The Gwent Contact Tracing Service has been established.

It's important to get a test if you have one of the following symptoms: a persistent cough; high temperature or loss of taste or smell.

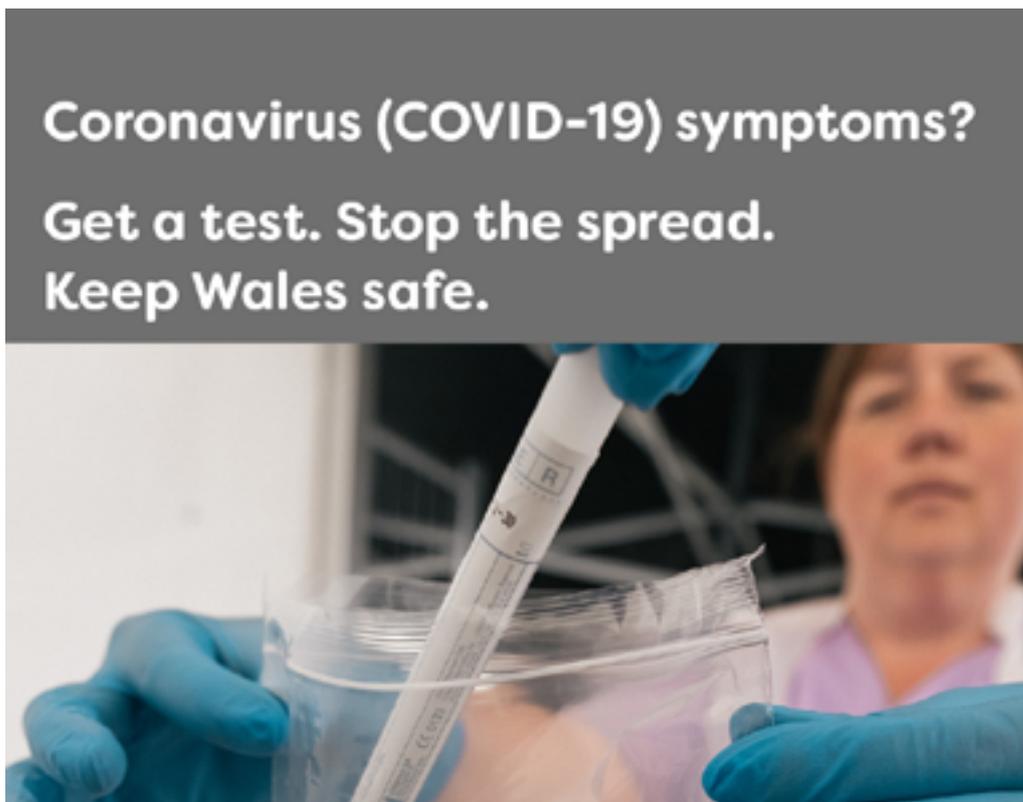
If you have coronavirus symptoms, you must request a test as soon as possible.

There are 6 mass drive-through testing centres across Wales.

If showing symptoms, you can book an appointment at your local testing centre online. You can also request a test at home.

Book online at: <https://gov.wales/apply-coronavirus-test>

Get a test. Stop the spread. Keep Wales Safe.



**RHWYDWEITHIAU
LLES INTEGRDID
GWENT
INTEGRATED
WELL-BEING
NETWORKS**



Do you have question about contact tracing?

Take a look at this short video from Welsh Government which briefly explains the contract tracing process and how it helps to control the spread of coronavirus (COVID-19).

<https://www.facebook.com/welshgovernment/videos/636926507035472/UzpfSTE0Njg0NDAYMjA0MzU1MDozMTQ5NjE3MTQ1MDk5NTQx/>

Contact tracing is a tried and tested way of controlling the spread of infectious diseases.

It's a really important part of our Test, Trace, Protect strategy.

People who receive a positive coronavirus test result will be asked to report people they've recently had close contact with to the local contact tracer.

The information you share will be kept safe and will only be used to contact those affected to ask them to self-isolate.

We need your support for this to work. Together we'll keep Wales safe.

<https://gov.wales/contact-tracing-your-questions>



This week we exceeded 200 Wellbeing Champions. What a great way to celebrate #VolunteersWeek!

Volunteers' Week is a UK wide and annual festival of volunteering which takes place from 1-7 June every year. Volunteers are central to the work of countless charities and other organisations. They are a valuable presence in many communities, making a difference in places as diverse as sports clubs, libraries, schools, woodlands and hospitals.

We would like to thank all volunteers in the community.

"As the IWN team, we want to say a huge thank you to every volunteer and group that has helped support their families, friends, neighbours and communities during this unprecedented crisis. Your efforts have been and are invaluable and incredible and have made a massive difference. We wish to express our admiration and appreciation of all your efforts, and please continue your fantastic work"

We would also like to say thanks to our Gwent Wellbeing Champions.

Wellbeing Champions were an established part of Integrated Wellbeing Networks and pre Covid 19. However, during the current times the programme has been adapted to meet the needs of the community.

Ensuring communities receive up to date information in a format that is easily understandable is vital to get the reach needed for the ongoing and emerging response to the COVID 19 pandemic.



It doesn't matter whether you pass information on to 3 or 3000 people or even use the information for yourself you are playing a vital role in ensuring up to date and accurate information is given to the community.



**RHWYDWEITHIAU
LLES INTEGREDIG
GWENT
INTEGRATED
WELL-BEING
NETWORKS**



Gwent Wellbeing Champion: Sian Northey



I'm Sian and I mainly use my Champion roles to promote good accurate information to families, volunteers and staff in my day job as Participation Officer with The Parent Network, a third sector organisation.

Although this is a part of my day job I also share the Health messages and information with my friends and networks local groups / online groups I belong to or support in my local community like my Local Women's institute group in Aber Valley. I am also active as a school governor of my children's Welsh primary school with responsibility for Additional Needs. So there are plenty of opportunities to talk to people and share information. In addition I am a member of local benefice (church group area) and on our local partnership board which is involved with trying to ensure we have a health centre for the residents which can cater for the needs of our community and various other groups.

During the COVID19 lockdown I have not able to help out in my community in a practical way at this time as I am asthmatic but am linked into several groups in my community and regularly post health messages on my work and personal Social Media account or other groups to share the information I have access to.

One of things I love most about work and volunteering is networking and sharing information which may just make a difference to an individual to seek help or support or bust a myth that could be perpetuated. It makes you grow as a person and great when someone gets the help they need or have attended an appointment that has helped which may lessen the strain in some parts of the health service in general by using the right service at the right time to spread the load. It is about building up and sharing knowledge in our communities so we can be informed resilient and help ourselves.

Be a Good Neighbour

Volunteering doesn't always have to be formal, it can be about checking in on your neighbours.

If you don't know your neighbour have you ever thought about sending them a note so they know that you are there.

Our training officer Kerry has done just that. Check out her short video clip on YouTube [here](#)



Not only will this help your neighbour but it will contribute towards positive mental health for yourself by staying active.

Some other things you may be able to help your neighbours with;

Picking up bread or milk from the local shop

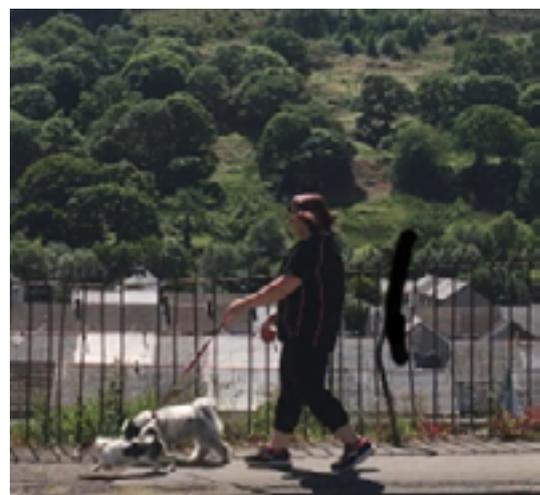
Picking up a prescription

Walking their dog

Watering their plants

Have a chat over the garden fence

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



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



RHWYDWEITHIAU
LLES INTEGRDID
GWENT
INTEGRATED
WELL-BEING
NETWORKS



Volunteer Week - ABUHB Dog Blog

Why don't you take a short break, put your paws up and have a read of our 'Dog Blog' section, shared on social media as part of #volunteersweek - it's a proper pooch pleaser!

Read Laura's 'Dog Diary' about how she and her dog, Stella, have helped comfort and soothe our patients over the years: <https://abuhb.nhs.wales/news/news/volunteers-week-2020/> #VolunteersWeek2020

Here's dog William and owner Suzie's 'Dog Diary' about what they usually get up to whilst volunteering at our Hospitals: <https://abuhb.nhs.wales/news/news/volunteers-week-2020/> #VolunteersWeek2020

Read 'Suzie's 'Dog Diary' about why she loves volunteering with her lovely dog, Meg: <https://abuhb.nhs.wales/news/news/volunteers-week-2020/> #VolunteersWeek2020

If you'd like to volunteer, please e-mail ffrindimi.abb@wales.nhs.uk

