

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 9 - 29/5/2020

Welcome to our 9th newsletter.

Welsh Government have slightly changed the lockdown rules.

See Welsh Government's latest Facebook post (29/05/2020) - [Here](#)

"Wales has passed the first peak of infection, but the R rate remains at 0.8. This only gives us limited room for changes.

We're prioritising seeing family and friends.

From Monday, you can meet with another local household outside.

This doesn't limit you to seeing just one specific household – you can see different households, but please only meet one at a time."

More here:

www.gov.wales/stay-local-to-keep-wales-safe

#KeepWalesSafe"

COVID-19 in the Aneurin Bevan University Health Board area

As of 27 May 2020 the total number of confirmed cases of COVID-19 in the Aneurin Bevan University Health Board area was 2527

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.



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New COVID-19 Vaccination Trial – volunteers wanted!

Aneurin Bevan University Health Board is recruiting now for a COVID-19 vaccine study.

This study aims to find a safe vaccine that can be used to create immune responses against the virus and thus prevent the disease. We are looking for healthy volunteers over 18 years old who will attend 6 visits over 12 months.

For more information, please visit:

<https://covid19vaccinetrial.co.uk/participate-trial>

Remember! New Symptom Added

We mentioned this last week, here's a reminder: losing your sense of smell or taste has been added to the list of coronavirus symptoms.

If you experience a loss or change in your normal sense of smell or taste, you must self-isolate for 7 days, and everyone in your family must stay at home for 14 days.

There are now 3 symptoms which will require you to self isolate. You only need to have one of these symptoms to require self isolation. A new continuous / persistent cough, a fever, and a loss of taste and smell.



Mental Health

What to do if you are worried about yourself or someone else



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‘If you are worried about someone, try to get them to talk to you. Ask them open-ended questions like: "How do you feel about...?"

Do not worry about having the answers. Just listening to what someone has to say and taking it seriously can be helpful and beneficial. If they won't talk to you encourage them to talk to someone they trust.

If you are concerned that they might be suicidal encourage them to take the steps listed below.

If you are feeling suicidal, then talk to someone you trust. Let family or friends know what is going on, they may be able to offer support and help keep you safe.

If you find it difficult to talk to someone close to you about how you are feeling:

- Seek advice and the support of your GP as a matter of urgency.
- If you are in distress and in need of immediate help and are unable to see a GP, then you can call 111 out of hours and they will help you find the support and help you need, OR
- Contact your mental health crisis team, if you have one
- If you feel your life, or someone else's life is at risk, phone 999 or go to your local A&E department.

A mental health emergency should be taken as seriously as a physical one.



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COVID-19 Time Capsule

Over the last few weeks and months, life as we knew it has changed for everyone.

As a Health Board we felt it is important to capture and document this time as part of our history.

Today we are launching our COVID Time Capsule Campaign and are asking individuals, schools, businesses, keyworkers and families to get involved.

We are asking people to:

- Write a letter to the future to tell them what life has been like
- Write a diary entry about how life has changed, or how you feel
- Draw/paint a picture
- Film a short video
- Send us photos capturing what life was like during lockdown

To add to the COVID Time Capsule, please email:

COVIDTimeCapsule.ABB@wales.nhs.uk

#ABUHBTTimeCapsule



Trouble Sleeping?

If you're having sleep problems, there are simple steps you can take to ease those restless nights. A regular bedtime routine will help you wind down and prepare for bed.

The amount of sleep that you need depends on what is happening in your life. When you sleep well you feel refreshed. Good-quality sleep is important for your health and wellbeing, helping you to de-stress, concentrate during the day and learn new things.

Sleep improves mental health. Besides depression, studies have found that a lack of sleep is linked with mental health conditions like anxiety disorder, bipolar disorder, and Post-Traumatic Stress Disorder (PTSD).



Experts agree that getting consistent, high-quality sleep improves virtually all aspects of health.

For more information on sleep problems and some useful tips to help with sleeplessness, see this guide from the National Centre for Mental Health based at Cardiff University.

[Fhttps://www.ncmh.info/wp-content/uploads/2019/05/Sleep-booklet-A5-leaflet-WEB.pdf](https://www.ncmh.info/wp-content/uploads/2019/05/Sleep-booklet-A5-leaflet-WEB.pdf)

Run Wales, Stay Fit During Covid-19

Keeping fit and active is good for you – in terms of both Physical and Mental Health so don't cut back on your exercising, but likewise don't get overly excitable.

Maintain your normal level of exercising e.g. if you normally run for 30 minutes twice or three times a week – attempting a 25 mile run would be a bad idea! Running long distances can take its toll on your immune system as your body recovers, so don't over exert yourself beyond your capabilities.

Think about where and when you are going to go running – how can you make sure you are in an area with as few people as possible? Parks may be an obvious choice for running in normal times but there's an abundance of open green space to run in. How about trying out safe, lesser used routes? What about an early morning or late night run?

For more information see the [Run Wales website.](#)

Preschool vaccinations for children from 8 weeks to 5 years old are still going ahead in GP practices.

These vaccinations protect against infections such as whooping cough, measles, meningitis and pneumonia. Strict social distancing and infection control procedures are in place to protect you and the nursing staff.

It is extremely important that parents of children under five that are due immunisations continue to attend scheduled appointments.

You will be contacted by Child Health/GP Practice when your child is due a vaccination. Please do everything you can to attend.

The only reason not to attend is if the child or any member of the household is self-isolating due to COVID-19. After the period of self-isolation please rebook your appointment to ensure your child is protected from harmful illnesses and diseases.

For more information head to: <https://www.nhsdirect.wales.nhs.uk/livewell/vaccinations/>

Volunteers Week (and a request to our Champions!)

Volunteers' Week is a UK wide and annual festival of volunteering which takes place from 1-7 June every year. The Volunteers' Week campaign is a special week when volunteering involving organisations are encouraged to say a huge thank you to their volunteers.

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.

For many volunteer involving organisations, the week will also be a chance to inform prospective volunteers of the range of volunteering opportunities throughout the year. Those interested will be invited to visit the online volunteering platforms available in each nation to see what is available. In Wales, individuals are invited to visit www.volunteering-wales.net.

We would like to celebrate the work you as Wellbeing Champions are carrying out.

We are creating a montage of all our Wellbeing Champions, Please send us a photograph of yourself to include.

If you can, we'd also encourage you to send us a video of yourself explaining why you got involved in the Wellbeing Champions programme and what you enjoy about it.



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