

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 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: 1

Date: 03 April 2020

Welcome to the first edition of this newsletter. In each issue we will provide you with the latest official information and advice about Coronavirus (COVID-19)

We will do our best to answer your questions and queries. If you'd like us to cover a particular topic please let us know via email or Facebook.

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

Today's Focus:

How can I safely support people who are self-isolating due to coronavirus?

If you are symptom free and would like to support people who are staying at home because of Coronavirus, Welsh Government have put together 5 tips about you can safely help other people.

[Here's the video](#)

Adding up the small things can make a big difference. **Protect yourself, protect other people, protect the NHS.**

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.

Social media (Click the links)



[Welsh Government](#)

[Public Health Wales](#)

[Aneurin Bevan University Health Board](#)

Spotlight: Volunteering WALES

If you'd like to volunteer your time and skills, there are lots of things that you can do e.g. a volunteer shopper, a delivery volunteer or befriending over the phone.

Sign up at: www.volunteering-wales.net and search for 'COVID 19' in your area to find local opportunities.

Local community groups can register with Mutual Aid so that others can find out about you www.covidmutualaid.org/local-groups

Creative Communities at Home

We have been receiving some lovely photographs from community members who have been getting creative whilst staying safe at home. You'll never need to throw away another milk bottle!

Please let us know what you have been up to and share your pictures by emailing us at:

Wellbeing_training.ABB@wales.nhs.uk

