

# 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 23 11/09/2020

## Welcome to our 23rd newsletter.

Remember, our greatest asset to stopping the spread of Coronavirus (COVID-19) is you.

- Keep two metres from others.
- Wash your hands regularly, especially when you return home.
- Wear a 3 layer face covering when social distancing is not possible or more difficult, and always on public transport.

**It's really important to book a Coronavirus test if you have:**

- A new continuous cough
- A high temperature
- A loss of/change to your normal sense of smell or taste

You can book online or call 119

Tests can be posted to you or you can attend a drive through testing centre.

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

## COVID-19 in the Aneurin Bevan University Health Board area

As of 9 September 2868 the total number of confirmed cases of COVID-19 in the Aneurin Bevan University Health Board area was 3126.

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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## Live in Caerphilly County?

There's a rise in coronavirus cases in your area.  
New restrictions are in place to protect you and your loved ones.

Find out how this affects you

<https://gov.wales/caerphilly-county-coronavirus-lockdown>

There's FAQ's here too: <https://gov.wales/caerphilly-county-coronavirus-lockdown-frequently-asked-questions>

# KEEP CAERPHILLY SAFE

You can help us reduce the spread of the virus.

Maintain social distancing, wash your hands often, wear a face covering when it's hard to social distance, GET A TEST IF YOU HAVE SYMPTOMS and self-isolate if you're asked to by a contact tracer.

We all have a part to play in keeping Wales safe. #KeepWalesSafe



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# Booking a Coronavirus test in Gwent

**Please only book a test if you have Coronavirus symptoms:**

- New continuous cough
- High temperature
- Loss of taste and/or smell

Remember you and your household must isolate immediately if one of you develop symptoms.

To book a test in Gwent you should use the online system [www.gov.wales/apply-coronavirus-test](https://www.gov.wales/apply-coronavirus-test) or call 119 for free.

**You cannot book a test via your GP or Local Authority.**

If you live in Caerphilly borough please visit one of our temporary centres for Caerphilly residents only .

There is a 'walk up' facility and a drive through testing site.

For the drive through you must book an appointment before attending. Please call 0300 30 31 222 between 8am – 6pm to book.

More information: <https://abuhb.nhs.wales/coronavirus/caerphilly-temporary-coronavirus-testing-centres/>

## Here's some key information about what to do if you're awaiting a Coronavirus test result.

What to do after getting your test:

- You must self-isolate at home until you receive your result
- Everyone in your household (including your extended household) must also self-isolate
- Do not go shopping or visit any other places
- Do not visit family or friends
- Do not have visitors to your home

You can find information about self-isolation online: [www.gov.wales/coronavirus](http://www.gov.wales/coronavirus)

Staying at home will help prevent the spread of the virus to family, friends, the wider community, and particularly those at increased risk and the extremely vulnerable.

## Facebook Live Q & A

You can watch Thursday's Q and A with Dr Sarah Aitken and Dr Dave Hepburn.

They answer questions from the public about Coronavirus and what we can do to prevent a potential second waves of Coronavirus.

<https://www.facebook.com/AneurinBevanHealthBoard/videos/678878142727008>

Live Q&A with

# DR SARAH AITKEN & DR DAVE HEPBURN

THURSDAY 10TH SEPTEMBER AT 6PM



## HOW YOU CAN HELP PREVENT A SECOND WAVE



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## Community Information and Wellbeing Sessions

Online webinars continue to be delivered to community groups and partners on a demand basis. These sessions include up to date coronavirus guidance, national and local wellbeing support services and an opportunity to ask questions.

In partnership with EYST sessions were developed for the BAME community in Newport. This week we delivered a session as part of their Coffee and Laugh session and Age Alive members.

If you would like a session for your community group or workplace please email [Victoria.price2@wales.nhs.uk](mailto:Victoria.price2@wales.nhs.uk)



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## Shielding information from Welsh Government

Following the lockdown in Caerphilly, for residents who were shielding prior to 16th of August and remain on the Shielding Patient List, there is no change to the advice from the Chief Medical Officer for Wales.

The Welsh Government are not reintroducing shielding at this time. They will continue to monitor this position carefully and will write directly to people on the list if this changes.

Welsh Government Guidance on shielding and protecting people here:

<https://gov.wales/guidance-on-shielding-and-protecting-peop...>

For frequently asked questions visit:

<https://gov.wales/people-extremely-vulnerable-covid-19-who-...>

### Staying safe if you've been shielding



**From 16 August, you can:**



**Go out more**  
But keep contacts to a minimum when you go out



**Take exercise**  
Consider what is suitable for your mobility or fitness



**Go to work**  
Speak with your employer about changes to keep you safe



**Go shopping**  
Go at quieter times and only when you need to



**Go to school**  
If you are in school, you can return in September

**To keep safe when you go out, plan ahead and:**



**Keep physical distancing**  
2 metres or 3 steps apart



**Wash your hands often**  
Carry hand sanitiser



**Wear a face covering**  
Where required



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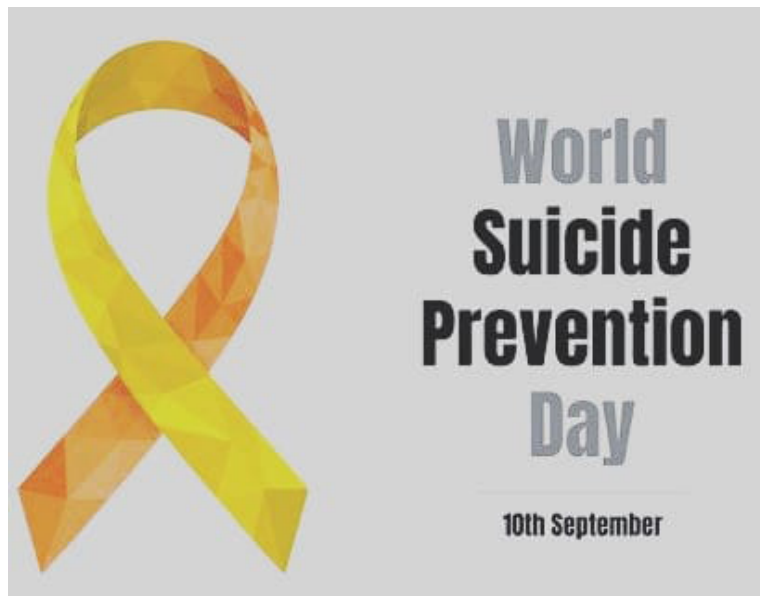
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## What is World Suicide Prevention Day?

Every year organisations and communities around the world come together to raise awareness of how we can create a world where fewer people die by suicide.

Each year has a different theme and focus, to bring to light a specific aspect of suicide prevention.

When is it?

World Suicide Prevention Day is always on 10th September.

Why is it important?

In 2018, in the UK and Republic of Ireland, more than 6,800 people died of suicide. Every life lost to suicide is a tragedy.

And we know that suicide is preventable, it's not inevitable.

But not being okay is still widely stigmatised. And governments can still make better, more ambitious plans to prevent suicide.

[www.samaritans.org/wales/support-us/campaign/world-suicide-prevention-day/](http://www.samaritans.org/wales/support-us/campaign/world-suicide-prevention-day/)



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## **Funding available to support children and young people affected by crime.**

Organisations in Gwent can bid for a share of £300,000 from my Police Community Fund for projects that support children and young people affected by crime.

The Police Community Fund is open to non-profit organisations that support children and young people who are involved, or at risk of becoming involved, in crime and antisocial behaviour, or those who have been victims of crime.

The fund is partly made up from money seized from criminals, and organisations can bid for sums from £10,000 up to £50,000.

Children and young people are often the most vulnerable people in our communities and this can put them at risk of becoming involved in crime and antisocial behaviour.

By supporting organisations that offer positive, diversionary activities for young people, helping them to develop confidence, skills and learning, we can help them to realise their full potential and create safer, more cohesive communities.

For more information on the Police Community Fund criteria and application process please visit my website.

[www.gwent.pcc.police.uk/en/what-we-spend/commissioning/tier-2-police-community-fund/](http://www.gwent.pcc.police.uk/en/what-we-spend/commissioning/tier-2-police-community-fund/)



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