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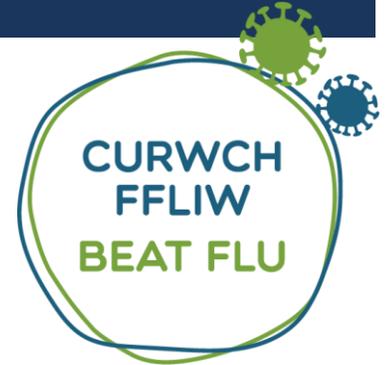
Bwrdd Iechyd Prifysgol  
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Dyfodol Clinigol  
Clinical Futures

# Your Local Health News

## Flu Season is here - have you had your jab?

We are encouraging everyone eligible for a flu vaccination to protect themselves from catching the potentially serious influenza virus. Free vaccinations are offered to people that could be particularly vulnerable to developing complications from flu, including: **Pregnant women; People with a long term health conditions; People age 65 and over; Carers; Children.**



To protect our patients, we are also offering the flu vaccination to all of our staff members, as flu spreads easily and unvaccinated healthcare workers are three times more likely to catch flu than workers who have had their vaccination.

For more information on the National Beat Flu campaign, please visit the Public Health Wales website – [www.phw.nhs.wales](http://www.phw.nhs.wales)

## New Wellbeing Hub for Tredegar

Exciting proposals for a new integrated Health and Well-being Centre in Tredegar have been submitted to the Welsh Government and are currently being shown to the residents of the area.

The proposed centre would bring healthcare professionals, third sector and other providers under one roof to ensure a co-ordinated approach to health and wellbeing.

The proposed new Centre will include:  
GP services; Community Pharmacy;  
General Dental services; Sexual Health;  
Podiatry, Speech; Therapy; Dietetics;  
Mental Health;  
Audiology; Health Screening; Flying Start; Citizens Advice; and Well-Being Support.

For more information about the proposals please send an email to [Lorraine.morgan3@wales.nhs.uk](mailto:Lorraine.morgan3@wales.nhs.uk)



## Busiest month ever for A&E

New statistics have shown that Emergency Departments (A&E) in Wales experienced their busiest month ever in September.



In Gwent, our NHS staff have consistently risen to the challenge, providing high quality care to patients despite being under increased pressures.

We would encourage the public to do the simple things – make sure you get your repeat prescriptions before you run out, visit your local pharmacy first for help with coughs and colds, ear aches, headaches and digestive issues. Please look at the Choose Well website, or call 111 for advice, so that you and your family get the best treatment for your needs.

We will feature more on how you can 'Choose Well' in next month's newsletter.

## Our Volunteers Are Our Heroes!

We are truly grateful to ALL our volunteers for the incredible contribution they make week in, week out. So to celebrate them, in October, we held our annual Volunteer Afternoon Tea at the Christchurch Centre.

It was a wonderful opportunity for volunteers to meet each other and for Health Board staff to be able to talk to so many amazing people who make such a difference to the lives of our patients and their families.



## Could you be a Community Connector?

Following on from our recent round of public engagement events in each of our five local Authority areas we are now holding an event for people who are connected in their community such as members of local sports clubs, choirs, churches and scouts/Guides etc.

We are inviting members of the community to come to our Champions Launch event on 21<sup>st</sup> November to help us share key messages about Health and Care services across Gwent and South Powys.

Please let us know if you would like to attend by emailing: [adele.skinner@wales.nhs.uk](mailto:adele.skinner@wales.nhs.uk)



## New Hospital in the News

The site of The Grange University Hospital was opened up to local and national media last month.

Journalists were given a tour of the new hospital and listened to a presentation from senior Clinical Futures programme leaders about the Health Board's plans to modernise health services across Gwent. The media also conducted interviews with clinical staff involved in shaping the Clinical Futures programme.

The media day resulted in widespread coverage across a number of news platforms in Gwent and Wales.

## Patient story – overcoming painkiller addiction

One in 11 patients are thought to be prescribed a medication that could be addictive, or difficult to come off.

In this [video](#) Bran Morse shares her story, of how she became dependent on painkillers and how Consultant in Pain Management, Dr Jeffs and her team helped her to stop taking them unnecessarily.



If you have any questions or would like to contact us please email [abhb.enquiries@wales.nhs.uk](mailto:abhb.enquiries@wales.nhs.uk)



Aneurin Bevan University Health Board



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