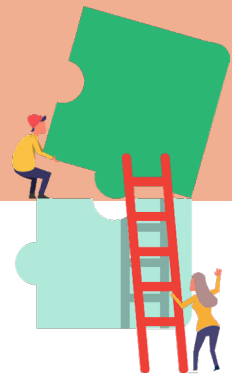




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Welcome to our 5th newsletter

Welcome to the 5th edition of the Blaenau Gwent Wellbeing Champion Newsletter.

This edition contains information about the latest information on the COVID-19 vaccine and lots of information about local services and opportunities in your local community.

If you have articles about services, wellbeing activities or good new stories that you would like featured in this newsletter, please get in touch.

Kathryn.cross@wales.nhs.uk

28/04/21

Please remind your friends and colleagues of the key bits of information to remember:

- + Make space – stay at least two metres from anyone not in your household and stay distance aware
- + Wash hands – and keep washing them regularly
- + Cover face - wear a face covering where required
- + Stay home – and get tested if you or anyone in your home has symptoms
- + Remember the rule of six and lockdown rules in your local area

If you've got any symptoms of coronavirus, you must get a test and your whole household must self-isolate immediately.



Dyngor Bwrdeisdref Sirol

Blaenau Gwent

County Borough Council



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

Child Poverty Income Maximisation Plan

Given the acute financial pressures many families are likely to be experiencing as a result of the Covid-19 pandemic the Welsh Government published its Child Poverty Income Maximisation plan in November 2020. The plan sets out a set of practical actions that ministers will work on over the a six month period to help maximise the incomes of families living in poverty in Wales, help reduce essential living costs and provide support to families to build financial resilience.

Whilst take-up statistics are not readily available at a lower geographic level than Great Britain; we do know that welfare benefits are significantly under-claimed in Wales. For example, recent analysis estimated that in Wales during 2018-19

- up to 55 thousand families who were entitled to receive Pension Credit did not claim the benefit
- up to 52 thousand families who were entitled to receive Housing Benefit did not claim the benefit
- up to 13 thousand families who were entitled to receive Income Support or Income-related Employment and Support Allowance did not claim the benefit

It is estimated that across the Great Britain around £16 billion a year of means-tested benefits provided by the Department for Work and Pensions and HM Revenue and Customs is not claimed. Proportionally, that is £752 million a year not being claimed by people in Wales who are entitled to this money. Whilst it is difficult to make reliable estimates of the under claims of disability benefits, probably half of the people in Wales, who are entitled to a disability benefit, are not making a claim.

The primary objective of the campaign is to raise awareness of the benefits available to families in Wales and encourage them to check what they

**Thousands of people
in Wales are entitled
to more benefits.**



Are you missing out?

Advicelink Cymru can help you check and claim what's yours.

Call the free helpline: 0808 250 5700

gov.wales/claimwhatsyours



COVID-19



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26.04.21

VACCINE UPDATE

We have now given a total of 463,178 vaccines (a combination of 1st and 2nd doses) across our Health Board area. We have vaccinated 8 out of 10 adults aged 40-49, and currently vaccinating those aged 35-39.

If you received your first dose AstraZeneca vaccine between the dates of 04/01/2021 and 31/01/2021 and have not yet received a letter notifying you of your second dose appointment, please complete the form on our website: <https://abuhb.nhs.wales/coronavirus/covid-19-vaccine/astrazeneca-first-dose-between-04-01-2021-and-31-01-2021-but-not-received-notification-of-second-dose/>

Once we receive this information, we will check against our records and will notify you of the details for your second dose appointment.

Those who have received their first dose of the Oxford AstraZeneca vaccine should expect to receive their second dose 11-12 weeks later, unless there are individual clinical reasons to use a shorter interval. Please do not yet contact us if you received your first dose after the 31/01/2021.

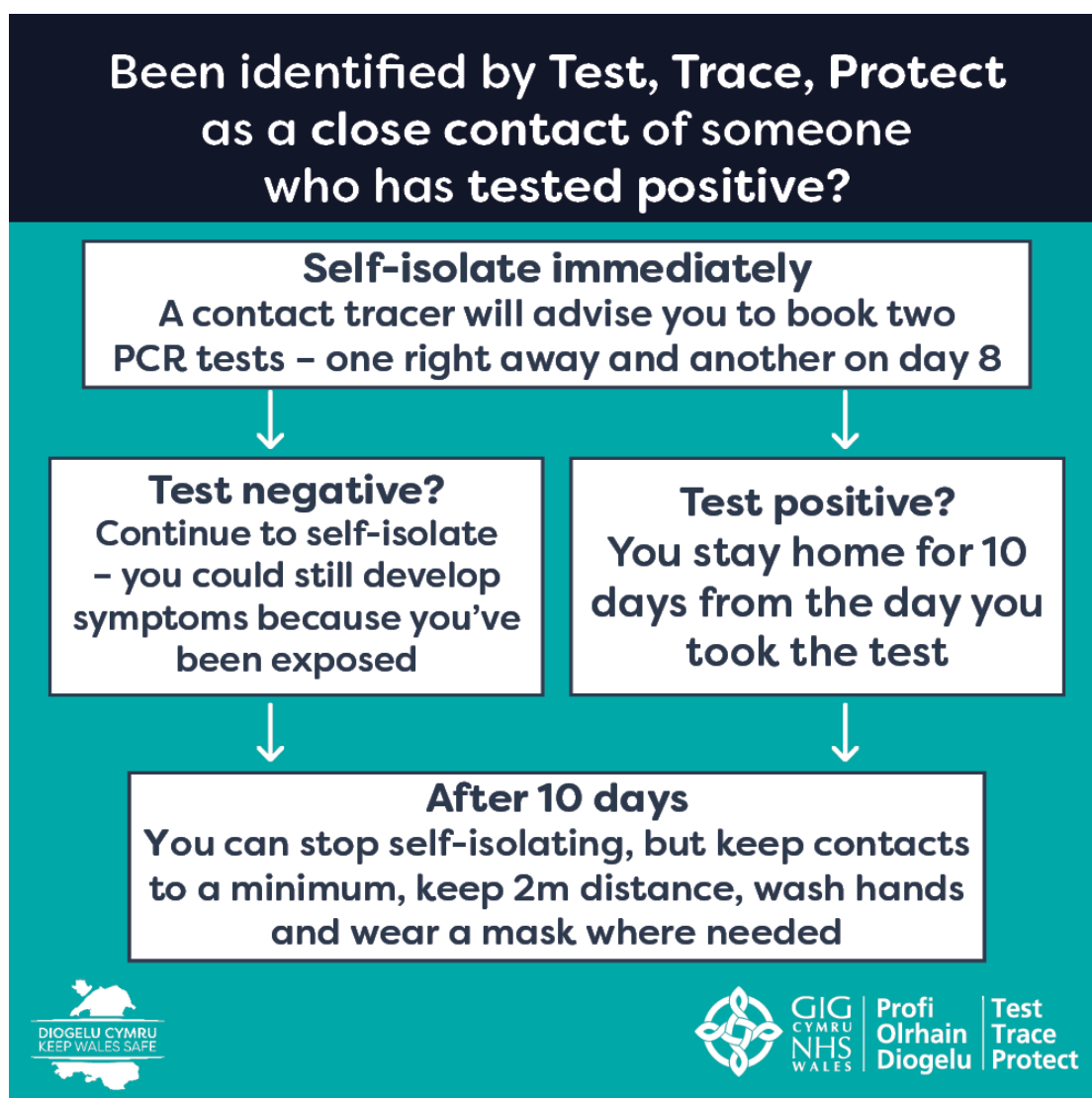
If you are unable to attend your appointment for your second dose, please contact the booking centre telephone number on your appointment letter.

Have you been identified as a close contact of someone who has tested positive for coronavirus?

You'll now be advised by a contact tracer to book a test, even if you don't have symptoms. Here's a handy guide on what you need to know.

More information:

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



From the 26/4 cafes, pubs and restaurants can reopen outdoors.

Outdoor activities for up to 30 people organised by a responsible body, like a sports club, can also resume.

Planning on heading out? Please remember, keep 2m apart and wash hands regularly to keep each other safe.



Keep Wales Safe



Outdoor cafés, pubs and restaurants can reopen

Organised outdoor activities for up to 30 people

Wedding receptions can take place outdoors,
limited to 30 people

Outdoor attractions including funfairs, theme parks and outdoor
swimming pools can reopen



Flu like symptoms or generally feel unwell?

Please book a free test for COVID-19.

As well as the three classic coronavirus symptoms of a fever, a new continuous cough or a loss or change of taste and smell, you can get a test with other symptoms too.

Phone 119 / or visit gov.wales to book



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People in Blaenau Gwent, Caerphilly, Monmouthshire, Newport, and Torfaen who have a wider range of symptoms and generally feel unwell are now encouraged to get a free test for coronavirus.

As well as the three classic coronavirus symptoms of a fever, a new continuous cough or a loss or change of taste and smell, you can get a test with other symptoms too.

These additional symptoms include:

- Flu-like symptoms including aching or painful muscles, excessive tiredness, persistent headache, runny nose or

blocked nose, persistent sneezing, sore throat and/or hoarseness, shortness of breath or wheezing.

You should also book a test if you:

- Are generally feeling unwell or if you've recently been in contact with someone with coronavirus.
- Have any new symptoms, or a change in symptoms even if you have previously tested negative.

We're operating fourteen testing facilities across the region and getting a test is now even quicker, easier and more convenient with results in most cases returned within 24 hours.

NHS 'Help Me Quit' Supports Blaenau Gwent Food Banks

Staff from Aneurin Bevan Health Board's Help Me Quit Team supported the Blaenau Gwent Foodbank after seeing a recent appeal for bags on Face Book.

Sian Harris, HMQ Community Advisor for Blaenau Gwent, delivered 80 HMQ bags and pens to Wayne Evans who was thrilled to accept them. Since lockdown began, Blaenau Gwent Foodbanks have supplied more than 30,000 meals to 1,443 families including 2070 adults and 1159 children and they were delighted to receive reusable bags in which to distribute the food.

Blaenau Gwent has the highest number of adult smokers in Aneurin Bevan area and Sian was keen to support those wishing to quit by leaving details of the HMQ service. Smokers can phone 0800 083 2219 or text HMQ to 80818 where specially trained staff offer free nicotine replacement therapy products and behaviour support to help quit for good. Many smokers are choosing to quit for health and/or financial reasons in 2021.

Sian was very interested to learn that the Blaenau Gwent Foodbank supports a range of dietary requirements including gluten free, lactose intolerant and diabetic diets and offers a range of food parcels dependent on the recipient's situation. Donations for Blaenau Gwent Foodbank can be left at the following supermarkets – Tesco in Ebbw Vale and Abertillery, Asda in Brynmawr and Waitrose in Abergavenny.

Pictured: Sian Harris, HMQ Advisor for Blaenau Gwent and Wayne Evans, Blaenau Gwent Foodbank



Accessing the Right Service

Pharmacy Services

Visiting your local pharmacy is a great way to access prompt advice and treatments for common conditions.

Some of the work traditionally done by GPs is now done by pharmacists instead. This includes giving prescription-only medication for a number of minor ailments without the need to see a doctor. And, like other medications in Wales, these are also free.

You have to register with the pharmacy to use the scheme, but the process only takes a few minutes.

Consultations are carried out in a private room and if the pharmacist decides you still need to see a doctor they will refer you.



Common Ailments covered by the scheme:

- Acne
- Chickenpox
- Conjunctivitis (Bacterial)
- Dry Eyes
- Hayfever
- Intertrigo
- Nappy Rash
- Scabies
- Athlete's Foot
- Cold Sores
- Constipation
- Dry Skin
- Head Lice
- In-growing Toenail
- Oral Thrush
- Sore Throat
- Threadworms
- Backache
- Colic
- Diarrhoea
- Haemorrhoids
- Indigestion
- Mouth Ulcers
- Ringworm
- Warts or Verucas
- Vaginal Thrush

Accessing the Right Service

Optician

If you have an eye problem that needs urgent attention, please contact your local optician.

If you have a problem outside of normal working hours, ring 111 for advice. Conjunctivitis (bacterial) and dry eye can be treated by pharmacists under the common ailments scheme. See this page for more details or visit your local Pharmacist.

Most opticians also have optometrists who are part of the Eye Health Examination Wales Service. If you have a problem with your eyes like red eye, flashing lights or floaters, you can go there instead of your GP. It won't cost you anything. Optometrists in Wales also offer a Low Vision Service, so you don't have to go to a hospital to be assessed.

For more information go to the [Eye Health Examination Wales](#) website.

Dentist

If tooth or gum pain develops, contact your own dentist as they can provide emergency treatment.

If you receive urgent dental treatment, the charge will be £14.70 unless you are exempt from paying NHS charges. If you do not have to pay for treatment, you will be asked to provide evidence of this when you attend the practice.

Toothache on its own (for example, toothache with no other accompanying symptoms or signs) is not a dental emergency. Patients with toothache should not attend an Emergency Department.





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Hospital Admission Avoidance Project



Hospice of the Valleys are currently running a **pilot project** to provide respite to prevent hospital admissions and to improve the wellbeing of carers, within Blaenau Gwent.

Hospice at Home Health Care Assistants provide short term interventions which can be arranged in an emergency situation. They can support the person in their own home, on an individual basis throughout the day time and overnight.

Prior to the agreed support a Health Care Professional will complete a risk assessment and a CNS will visit to develop a bespoke care plan for the individual.

Please click here to download:
the [referral form](#)
the [risk assessment form](#)



T: Kim Jones, Hospice of the Valleys 01495 717277

Email: referrals@hospiceofthevalleys.com

For referrals on weekdays after 5pm, or on weekends, please call 07970 812812.



WWW.CHILDRENSFILMFESTIVALOFWALES.COM
14TH-16TH OCTOBER 2021 / 14EG-16EG O HYDREF 2021
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Info@childrensfilmfestivalofwales.com

Tel/Ffôn-01495 711157

Thriving & Surviving

Dealing with life after cancer

Cancer and the Effects
of Treatment

Cancer & Relationships

Pain

Stress & Anxiety

Challenges To Thriving

Living with
Uncertainty

Difficult Emotions/
Depression

Body Changes

Tiredness

Topics covered include:

- Ways to deal with problems of difficult emotions due to uncertainty
- Using exercise for staying healthy, flexible & strong.
- Looking at making decision about treatment
- Ways to talk about cancer with family, friends and health professionals.
- Healthy eating, setting goals and relationships.

Forthcoming Virtual Course:

Thriving & Surviving Course — Thursday June 3rd to 15th July @10.30am

Currently all our courses are being delivered virtually, until we can return to community centres. All EPP courses are led by trained tutors, who live with a health condition or care for someone with a health condition. **For more info or to book a place on a course, contact the EPP Team via Email: epp@gavo.org.uk**



Find us on Facebook to keep up-to-date with new courses etc.
Search: education programme for patients or @EPPGWENT on Twitter





PARENTING IS NOT ALWAYS EASY!

It can be lonely, frustrating, heartbreaking and overwhelming. You are not alone.

Home-Start Cymru's volunteers work alongside families just like yours to give compassionate and confidential support.

Please Email or call: 07842 638581

Contact us today to find out more.

tjones@homestartcymru.org.uk

Charity no. Rhif elusen 1105577
Suite A, Crown Buildings, Hall Street, AMMANFORD, SA18 3BW

NID YW MAGU PLANT BOB AMSER YN HAWDD!

Gall fod yn unig, yn rhwystredig, yn dorcalonnus ac yn llethol. Nid ydych chi ar eich pen eich hun.

Mae gwirfoddolwyr Home-Start yn gweithio ochr yn ochr â theuluoedd yn union fel eich teulu chi gan roi cefnogaeth dosturiol a chyfrinachol.

Cysylltwch â ni heddiw i gael gwybod mwy.

**HOME
START**
Cymru