

# Caerphilly Borough Team Newsletter

Welcome to the Caerphilly Borough Newsletter for Aneurin Bevan  
University Health Board (ABUHB)

This regular newsletter aims to keep you updated with news and developments and how we are working with partners to deliver primary and community based services in the Caerphilly Borough.

## Covid-19..

Over the last few weeks our whole worlds have changed, personally and professionally. With Coronavirus hitting every corner of the world we have all had to adapt and do our best in the face of this virus. The NHS has had to rethink its entire way of working to keep patients and staff safe. PPE being worn, teams redeployed, routine appointments and elective surgeries postponed, meetings attended via Skype. But one thing hasn't changed – our team spirit. Working together as one, supporting, being there for each other and the selflessness of our staff. The incredible kindness and support from the community has brought staff to tears, in a good way, and is dearly needed in this current situation. We hope that we can share some of this in this edition of the newsletter as I am sure we could all use a bit of positive news right now.



## Clap for Carers..

Every Thursday at 8pm people all over the UK stand on their doorsteps or at their windows and clap for the NHS. A nation coming together to show appreciation for those in the frontline battling against Coronavirus. A number of landmarks have been illuminated blue as part of this display of gratitude, including our very own Caerphilly Castle.



On Thursday the 30th of April the Health Board turned three hospitals blue to remember those who have lost their lives due to Covid-19. The Royal Gwent, Nevill Hall and Ysbyty Ystrad Fawr hospital buildings were lit up with blue lighting, followed by a rainbow effect to thank staff and keyworkers.



## Mental Health Awareness Week (18<sup>th</sup>-24<sup>th</sup> May)..

A message from our Specialist Mental Health Practitioners:

We celebrate Mental Health week this year during some strange and unprecedented circumstances, there is heightened fear and anxiety balanced with unmeasurable compassion, love and laughter to keep people connected during a period of isolation.

Some staff are working harder than ever to provide frontline services and saving lives, whilst placing their own at risk, and some of us are shaping service provision into something meaningful for patients given the restrictions we are experiencing amongst the increased fear and anxiety of a Pandemic.

In addition, people are losing loved ones in very surreal and distressing circumstances, some have lost their jobs and livelihoods, some are being asked to shield at home away from risk or simply to stay at home to prevent the spread.

But there is also a great deal of hope and inspiration, and time to reflect on and review what keeps us all healthy and well. We are acknowledging now, more than ever, that there is no 'Health without Mental Health' and this will hopefully become part of a new 'normal' way of living.

We hope in amongst this experience that we can all take time to reset personal goals and review our values and focus on future health, being creative about what enhances our individual health and wellbeing.

There is a wealth of Mental Health support available, so please do approach us if we can offer support or signpost to any relevant information.

Steve Colwill (SMHP - Bryntirion Surgery):

On a personal note, some changes I plan to make are to embrace some of my existing passions and be creative and do something new and challenging. I love to visit the mountains whenever possible, so I plan to support the Mental Health Charity MIND in a different way going forward, so I have signed up to their 'Mountains for the Mind' project which emphasises the benefit of the outdoors for our Mental Health. In addition, I have chosen to laugh more and focus on managing my ever aging back, so I plan to take up Laughter Yoga, something I recently learnt about and I think for me has offered an innovative and fun way to reduce pain and enhance my overall Health and Wellbeing.

<https://www.mountainsforthemind.co.uk/>; <https://www.laughteryoga.co.uk/>

## Stress Control Online

Stress is a normal reaction to the rapidly changing and uncertain times we are all living in at the moment. If you are feeling a bit more stressed than usual and would like to learn some great ways, free-of-charge, to deal with common problems like anxiety, depression, panicky feelings, poor sleep and poor wellbeing then come along to our online Stress Control class.

‘Stress Control’ is a six-session cognitive-behavioural therapy class used extensively in community-settings by the NHS (UK) and HSE (Ireland) and across the world. You can find out more here: <https://www.youtube.com/channel/UCDVRme6oWZT2hsCYaSergGw>

As you can't come to a regular Stress Control class due to the current circumstances, Stress Control will come to you and live stream the sessions. Each session will play twice a day (at 2pm and repeated at 8.30 pm) on Mondays and Thursdays beginning on the 13<sup>th</sup> April (Session 1 will also repeat on Tuesday 14<sup>th</sup>). The sessions will be led by Dr Jim White, consultant clinical psychologist, who created the class and who has taught most of the NHS (UK) and HSE (Ireland) trainers who would normally be running classes across the country.

To take part:

Go to <http://stresscontrol.org> where you can learn more about the class and get the dates. Everything you need to successfully complete the class – the booklets, self-assessment, relaxation and mindfulness - can be found in the ‘Free zone’. If you can, please read, and start working on, the booklets in the ‘Preparing for the course’ section before Session 1.

On the homepage, click on the ‘Stress Control 2020’ link to access our YouTube channel where the classes will be available to view at the scheduled times. If you click the ‘Subscribe’ button on our YouTube page (free), you will receive notifications when a new session is available. You can also follow this link:

[https://www.youtube.com/playlist?list=PL\\_BKErJ\\_jISQHKFtHPCRMectDtcNCCowB](https://www.youtube.com/playlist?list=PL_BKErJ_jISQHKFtHPCRMectDtcNCCowB)

The session will begin exactly on time, so make sure you are there from the start. Sessions run for about 90 minutes and there will be a 10-minute break in the middle.

Each session is one piece of the jigsaw in tackling your Stress. By coming to each class, the jigsaw will form, and the big picture can emerge, making you better able to handle your stress. This is cognitive-behavioural therapy so it is crucial you practice the skills you will learn between sessions.

Life is very hard for us just now and there are no easy solutions or magic cures, but, with hard work and determination, we can boost our resilience to cope with these difficult times and come out the other end stronger.



## Take control with Stress Control



What is stress?

Monday 11<sup>th</sup> May and  
Tuesday 12<sup>th</sup> May  
2pm and 8.30pm



Controlling your body

Thursday 14<sup>th</sup> May and  
Friday 15<sup>th</sup> May  
2pm and 8.30pm



Controlling your thoughts

Monday 18<sup>th</sup> May and  
Tuesday 19<sup>th</sup> May  
2pm and 8.30pm



Controlling your actions

Thursday 21<sup>st</sup> May and  
Friday 22<sup>nd</sup> May  
2pm and 8.30pm



Controlling panicky feelings  
Getting a good night's sleep

Monday 25<sup>th</sup> May and  
Tuesday 26<sup>th</sup> May  
2pm and 8.30pm



Boosting your wellbeing  
Controlling your future

Thursday 28<sup>th</sup> May and  
Friday 29<sup>th</sup> May  
2pm and 8.30pm



stresscontrol<sup>™</sup>  
face your fears; be more active; boost your wellbeing

Everything you need can be found at [www.stresscontrol.org](http://www.stresscontrol.org)

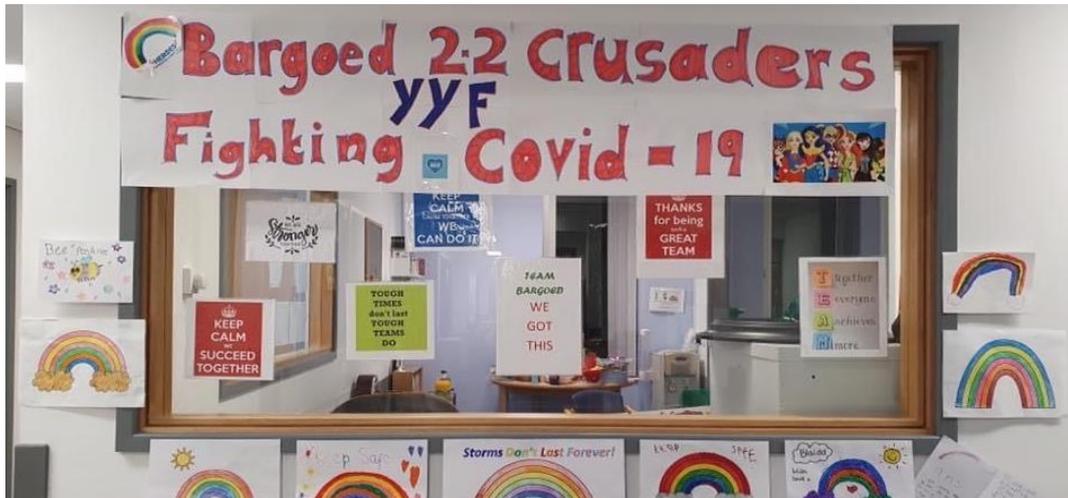
## EPP..

Education Programmes for Patients offer free courses to anyone who lives with or cares for people that have long term physical or mental health conditions. Due to Covid-19, as many others, they have been unable to offer their usual courses however, they have adapted and are able to provide alternatives meaning they are still able to provide support. Every Monday they release a relaxation videos on their facebook page. Check out their facebook page for their videos and helpful tips and advice. Virtual courses will be starting shortly.

[www.facebook.com/EPPCymru](https://www.facebook.com/EPPCymru)

## International Nurses Day..

We would like to extend a huge thank you to all our nurses, whether they work on the wards in the hospital, in GP surgeries or out in the community. You have all had to adapt your working practices and take extra precautions for yourselves and your patients and you have all handled it phenomenally, showing your true compassion and team spirit.



## Happy Birthdays..

As you have probably seen on the news and on social media, Captain Tom Moore, armed with his walking frame, has raised an enormous amount of money for the NHS. He set out with the aim to walk his garden 100 times before his 100<sup>th</sup> birthday and hoped to raise £1000 for the NHS. His challenge quickly went viral as he captured the hearts of the British public and raised an astonishing amount of over £32 million, landing him a Guinness World Record for the fundraiser raising the greatest amount of money for an individual charity walk.



Someone else celebrated their 100<sup>th</sup> birthday the same week on Penallta wards, YYF. Ceridwen Adams who is a patient on Penallta Ward, celebrated her 100<sup>th</sup> birthday with the staff on the ward. They made it as special as they could with banners, cards and singing happy birthday to her. She also received the very prestigious honour of a card from the Queen.





## Donations..

### YYF

The wards have been overwhelmed by the generosity of so many individuals as well as companies. From donations of food, essential items for patients such as toiletries and nightwear, PPE and even tablets and phones for patients to be able to speak to and face time their families.



❤️ 🌈 **Bargoed**



## District Nursing Teams

Nantgarw District Nursing Team received a beautiful rainbow made by Jack (age 5) son of Emma Jones, and a cake made by Ella (age 9) daughter of Carly Griffiths. Gifts donated by the family of an ANP from the Lawn Medical Practice for the vulnerable patients seen by Rhymney district nursing team.



## Redwood Suite NRC

Chocolates donated by a previous member of staff Paula Llewellyn. Rainbow cakes and cookies made by housekeeper Jacqueline Francis and rainbow posters made by Jacqueline's daughter Masey Arnold (age 13)





## Easter Eggs..

A huge thank you to Wilkinson's who gave an incredible generous donation of Easter Eggs for our front line staff. These were distributed to our District Nurses, Community Resource Team, Community Hospitals, GP surgeries and Pharmacies. This was a great boost for our staff, especially those who gave up their Easter Weekend to care for patients.



## Dewis..

Ayisha Lippiett, Dewis Co-Ordinator has been busy adding as many resources to Dewis as possible with Covid-19 community support added to the service name and added an embedded search. These range from volunteers in the community offering support to local shops providing deliveries and some online fitness programmes. Everyone providing a service is more than welcome to add information for free.

Also there is the Health and Wellbeing Wales app that can be used offline for professionals working in the community. It's a free app that takes up very little memory and it gives access to the Dewis directory for all regions of Wales.

## Appeal for Return of Social Care Equipment..

During this difficult time Caerphilly council have requested that they return equipment that may help make it possible for hospitals to discharge patients. Suppliers say their stock of postural support chairs and riser/recliner chairs has been significantly reduced due to a surge in orders to enable hospital discharges.

If you have one of these high-demand items in your home and it is no longer needed, you are kindly asked to return it. To request collection, please call 01443 873762.



**Return,  
Recycle,  
Reuse**



## Community Connectors..

Since the start of the pandemic, connectors have taken 118 cases that are COVID-specific.

This includes welfare phone calls, emergency food shops and prescriptions.

Their work means that people are reached at the right time, preventing the need for primary care and stopping situations reaching crisis point.

Despite the fact that they are not visiting people at home, they continue to signpost people to relevant support groups, ensuring they remain as independent as possible.

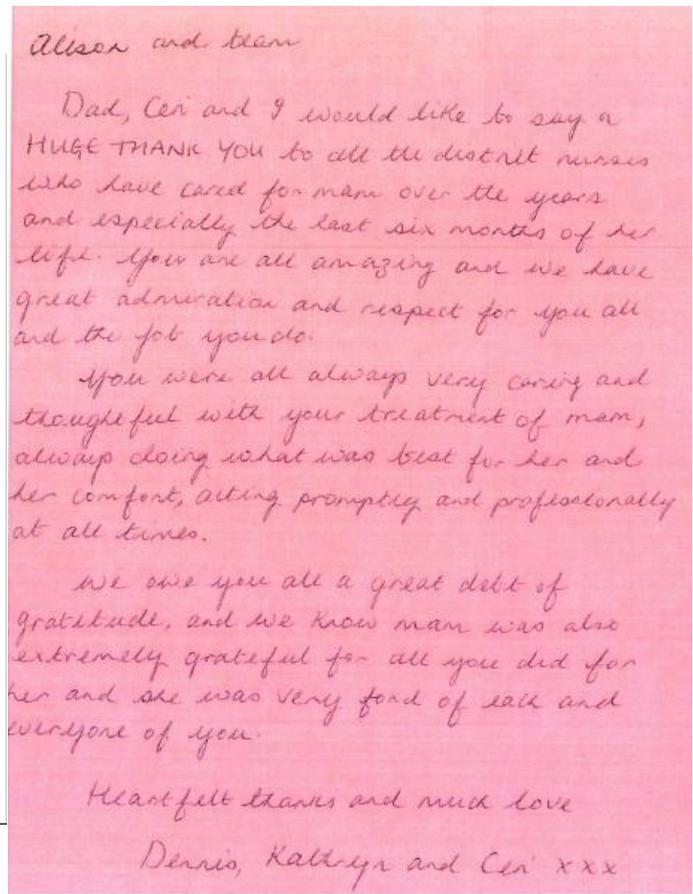
## Tree of Hope

Trees made and delivered to many locations throughout Gwent by Growing Space in partnership with The Woodshed. This particular tree is located in the reception area of Rhymney Integrated Health and Social Care Centre for people to hang messages and memory items with the aim to fill it with hope, love and unity in these uncertain and difficult times.



## Thank you card..

Ystrad District Nursing Team received this beautifully worded thank you card from the family of one of their patients.



## Welcome..

We would like to extend a warm welcome to Julie Meredith – New Sister to the Bargoed Team with in Caerphilly District Nursing and congratulations to Sarah O’Neil and Julian Grumbridge who have been promoted to Deputy Sister and Deputy Charge Nurse.



If you have a loved one or friend in hospital, you can now send them a 'message from home'

Messages will be printed and given/read for the patient

Simply email your message to:  
MessagesFromHome.ABB@wales.nhs.uk



**GIG  
CYMRU  
NHS  
WALES**

Bwrdd Iechyd Prifysgol  
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### WORRIED ABOUT CONTACTING YOUR GP?

Your GP Surgery still expects and wants to hear from you if you need them

**DON'T HESITATE TO TELEPHONE YOUR SURGERY, JUST DON'T GO THERE IN PERSON**



## DONATIONS FOR VULNERABLE FAMILIES



- Nappies (all sizes)
- Baby Wipes
- Baby Formula (Stage 1 only)
- Children's Toothbrushes and Toothpaste
- Dummies
- Children's food bowls
- Children's cutlery
- Children's feeding beakers
- Children's plastic drinking glasses

- MILTON / Sterilising fluid or tablets
- Comics/ puzzle books for children
- Colouring books
- Crafts
- Colouring pencils, crayons
- Fleece blankets for very small babies
- Very small baby vests/grows
- Cotton wool
- Feminine Products

The delivery addresses for all donations between Monday and Friday (excluding Bank Holidays) are:

Blaenau Gwent	Torfaen	Monmouthshire	Newport	Caerphilly
<p><b>Blaina Integrated Children's Centre</b></p> <p>High Street, Blaina, NP13 3BN</p>	<p><b>Torfaen Flying Start</b></p> <p>Cwmbran Integrated Children's Centre Ton road, Cwmbran. NP44 7LE</p>	<p><b>Monmouth Flying Start</b></p> <p>Caldicot Health Centre, Cae Mawr Road, Caldicot. NP6 4EW</p>	<p><b>Newport Flying Start</b></p> <p>Seabreeze Flying Start Health Admin Office Seabreeze Avenue, Newport. NP19 0LA</p>	<p><b>Caerphilly Flying Start</b></p> <p>Business &amp; Technology Centre Tredomen Business Park, Ystrad Mynach. CF82 7FN</p>
<p><b>Contact:</b> Reception; Deliveries to be redirected from here to the health office.</p>	<p><b>Contact:</b> Lisa McMail on arrival</p>	<p><b>Contact:</b> Marie Hulme on arrival</p>	<p><b>Contact:</b> Health Team on arrival</p>	<p><b>Contact:</b> Reception; Deliveries to front desk, ensure they are labelled 'Flying Start'/'Responsive Feeding Team'</p>



**GIG  
CYMRU  
NHS  
WALES**

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## Employee Well-being Check in Survey April 2020

While we fully realise you may be rushed off your feet, we also feel it's important to check in and try to understand how you are managing during this disruptive and disorientating time. This brief survey will give the organisation a much better understanding of what we can do to help minimise the stresses you may be under so please take a minute to complete it.



Or visit

<https://www.smartsurvey.co.uk/s/3R2R52/>

Thank you for taking the time to answer this survey.

If you need to speak to someone in the wellbeing team in relation to any of the issues addressed in this survey please contact us at the

**Employee Wellbeing Support Hub**  
01633 623535

All call are treated in the strictest confidence.



## St Woolos Wellness Hub

Tired?

Feeling Stressed?

Wish you had somewhere to go?

Why don't you pop along to the

## Wellness Hub

*(based in the recently decommissioned Sycamore Ward)*

*This is a place where you can have a cup of tea/coffee, access to wellness apps, chat or just rest quietly and relax.*

*Information and advice also available on wellbeing services along with our mindfulness and relaxation sessions*

**Hub is open Monday – Friday 10:00 – 18:00hrs**

**Tel : 01633 238280**

We hope you have enjoyed this issue of our Caerphilly Newsletter. If you require any further information about anything covered in our newsletter, or have any news items or stories you wish to have included please contact [Samantha.Davies18@wales.nhs.uk](mailto:Samantha.Davies18@wales.nhs.uk)

Os oes angen y cyhoeddiad hwn arnoch yn Gymraeg, cysylltwch â  
[Samantha.Davies18@wales.nhs.uk](mailto:Samantha.Davies18@wales.nhs.uk)