

12th January 2024



WORD FROM THE THIRD:

HEALTH & WELLBEING WEEKLY ROUNDUP

- Page 1 - 2 ABuHB Health Roundup
- Page 3 - 4 Wellbeing Roundup
- Page 5 - 9 Information Posters



The Engagement Team are on the road again. This month you will find them at the Millenium Hall in Garndiffaith on Tuesday 16th January 2023, during Lunch club.



A rise in flu cases in our communities

If you have a long-term health condition, aged between 6 months to 64 years, you risk of infection is increased.

You can now walk into any of our vaccination centres for a free flu vaccine.

Find out if you're eligible here:
<https://bit.ly/3SbOlzC>

Find a list of our vaccination centres and opening times
<https://bit.ly/3G6E9im>



Working with the Salvation Army, ABUHB have established a Cancer Café for people living with or supporting people, who have or had cancer. Starting January 25th 2024 in Pontypool, and then every last Thursday of each month.

MoreDetails on Page 5



FREE TRAINING OPPORTUNITY

The Aneurin Bevan University Health Board's Public Health team have secured funding to make available large number of suicide awareness training courses, to anyone who works in our local area.

More Details on Page 6





NEWS / UPDATES

INDUSTRIAL STRIKE ACTION

Junior doctors across NHS Wales will be taking industrial action on the 15th, 16th and 17th January.

In Gwent, ABuHB are doing all they can to minimise disruption to patients.

If you are a patient with a pre-booked appointment or procedure in one of Gwent hospitals during the strike period, you will be contacted directly by the booking team should your appointment be affected.

<https://abuhb.nhs.wales/gwent-health-guide>



Planning Future Cataracts Services in South East Wales

Health boards have a responsibility to deliver all health services to their population including sight restoring cataract services. Whilst health boards must provide these services, they don't necessarily need to be delivered within the health board boundary area, and many services are now delivered on a regional basis e.g. some specialist care or where there are significant benefits to combining services, enabling more patients to be treated than would otherwise be the case.

Aneurin Bevan, Cardiff and Vale and Cwm Taf Morgannwg University Health Boards and Powys Teaching Healthboard have therefore agreed to work together to review options about the possible benefits to patients and staff by combining our resources to increase the amount of cataract surgery undertaken and to reduce patient waiting times.

People are able to provide us with their feedback about the merging of services through a survey which can be found here

<https://abuhb.nhs.wales/about-us/engagement/public-engagement-consultation/current-opportunities/planning-future-cataracts-services-in-south-east-wales/>

Community Survey

Funding School needs your help!

Do you play a role within a charitable community or voluntary group Wales

If you work or volunteer for a charitable organisation or a not for profit organisation listed below, we would love to hear from you by completed the survey.

- A locally-run charity organisation serving the community
- Volunteer-led not-for-profit group based in the community
- Community or social enterprise serving the local community
- A community-led space or building, operating on a charitable or not-for profit basis
- A charitable or non-for-profit service operating within the local community
- A local church or religious institution aiding the wider community.

The survey will help us learn how communities in Wales have responded to the Cost-of-Living crisis and the effect it has had on people and organisations.

The feedback will be used to help government and funding bodies shape future support. Plus, **each entry will be included in a prize draw to potentially win one of four £50 shopping vouchers.**

To complete the online survey, please visit this link:

<https://forms.gle/Sg1iYSh5JQLfEXR9A>

Support in the Community:

Torfaen has a variety of foodbanks run by volunteers to help those that are struggling financially in the community.

If you would like to learn more, please see our website for a list of **Foodbanks, Fareshare's and Food Pantrys in the Torfaen.**

Please check our website

www.tvawales.org.uk



Craft Club at
Widdershins

Every Monday 10-12
£5 Per Session

hand
crafted



<https://sway.cloud.microsoft/nnHjmKDxfwZPS8ni?ref=Link>



Are you an unpaid carer?
Do you work with
unpaid carers?

Carers Wales Carers Assembly,
happening on Monday 19th February in Cardiff

Carers can express their interest in
attending online or in-person via the
Expression of Interest Form:
<https://www.carersuk.org/wales/get-involved/Wales-Carers-Assembly-2024>



Seated Tai Chi 6-week Self-Management course
When: Every Thursday January 11 – February 15, 2024
Time: 10am - 11am
Where: Online (via Zoom)
Delivered by: Mabli (Dr Maria Teresa Agozzino), Senior
Instructor Woodragon Tai Chi Qigong Shibashi
<https://www.eventbrite.co.uk/e/seated-shibashi-tai-chi-6-week-course-registration-759694646137>

If you are aware of, or know of a service that could be
promoted through this roundup, please get in touch.



HEALTH & WELLBEING ENGAGEMENT OFFICER

Mobile: 07888 282254
Telephone: 01495 365619
Email: jo@tvawales.org.uk



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



Cancer Cafe



OFFERING A FRIENDLY AND RELAXED OPPORTUNITY FOR ANYONE WITH A CANCER EXPERIENCE - PATIENT, CARER/ FAMILY TO MEET AND SHARE EXPERIENCES WITH OTHERS WHO TRULY UNDERSTAND.

WHEN: THE LAST THURSDAY OF EVERY MONTH -FROM 25.1.24

LOCATION: THE SALVATION ARMY, PONTYPOOL

TIME: 12.30 – 2.30

TEA/COFFEE AND BISCUITS PROVIDED.



melo,

Helping you to look after
your mental wellbeing



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



While we can't take away life's problems, we can help you find better ways to cope with them.

Visit melo.cymru for information on local opportunities, resources and courses to help you find ways to look after your mental wellbeing.

6 WEEK SELF-MANAGEMENT COURSE

Seated Tai Chi

Every Thursday January 11 - February 15, 2024

Online: 10am - 11am

Join us to see how Shibashi Tai Chi can help with the self-management of pain and improve mobility, through gentle controlled movements.

For More Information or Register go to Eventbrite:

www.eventbrite.co.uk

CYMRU
VERSUS
ARTHRITIS



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government



Connect with
YOUR
COMMUNITY



Visit: connecttorfaen.org.uk



Do you play a role within a community organisation in Wales?



Can you give 10 minutes of your time to complete a survey?

On behalf of Building Communities Trust, we are researching how Welsh communities have responded to the Cost-of-Living crisis.

- Have you expanded or changed the services you offer?
 - Have you experienced unprecedented demand?
- Has there been an impact on your staff and operations?



We want to know about it! Our survey runs until 12.02.2024 and it's vital we hear from local voices as feedback will be used to help government and funding bodies shape future support.

To complete the online survey,
please visit this link:
<https://forms.gle/Sg1iYSh5JQLfEXR9A>

Or use your phone camera to scan the
QR code to take you directly there.



Plus, each entry will be included in a prize draw to potentially win 4x £50 shopping vouchers.



We greatly appreciate your help!



age connects
torfaen.




CHARITY NUMBER
1172466



CRAFT CLUB @ WIDDERSHINS

EVERY MONDAY 10-12

£5 PER SESSION

-  COME AND JOIN OUR DEMENTIA FRIENDLY CRAFT CLUB A PLACE TO RELAX, REFRESH AND CREATE.
-  DIFFERENT CRAFTS TO TRY EACH WEEK.
-  ENJOY LUNCH AFTERWARDS AT OUR BISTRO.

TO BOOK ON PLEASE CALL - 01495 769264
EMAIL - SARAH.WINDSOR@AGECONNECTSTORFAEN.ORG
OR POP IN TO
WIDDERSHINS CENTRE,
EAST AVENUE,
SEBASTAPOL,
NP4 5AB

**"CRAFTING
IS A WAY
TO
ESCAPE
FROM
REALITY."**

- UNKNOWN