

16TH FEBRUARY 2024



# WORD FROM THE THIRD:

# HEALTH & WELLBEING WEEKLY ROUNDUP

Page 1 - 2 ABuHB Health, Gwent RPB and TCBC Roundup

Page 3 - 4 ABuHB Consultation and Wellbeing Roundup

Page 5 - 8 Information Posters



Citizen Panel Weekly  
Burst



## Final Engagement Phase of Wales Air Ambulance Service Takes Place in February

The third and final engagement phase of the Emergency Medical Retrieval and Transfer Service (EMRTS) Review, about how to further improve the air ambulance service in Wales, takes place between 01 and 29 February 2024.

**EMRTS Service Review - Emergency Ambulance Services Committee (nhs.wales)**

<https://easc.nhs.wales/engagement/sdp/>



## DEMENTIA FRIENDLY GWENT NETWORK

Creating a supportive and inclusive environment for those living with Dementia

**Raising awareness  
connecting communities**

To find out more email [erin.roche@torfaen.gov.uk](mailto:erin.roche@torfaen.gov.uk)  
more information on page 5



Reading Well for mental health provides helpful information and support for managing common mental health conditions, or dealing with difficult feelings and experiences.

The books are available to borrow from your local library. Selected titles are also available to borrow as ebooks and audiobooks. Visit your local library website to find out how to join the library and access books electronically.

<https://www.torfaen.gov.uk/en/Libraries/Libraries.aspx>





WORD FROM THE THIRD:

# HEALTH & WELLBEING WEEKLY ROUNDUP



## NEWS / UPDATES

### ***Improving the quality of care for children and young people in Aneurin Bevan University Health Board***

#### Core Principles

Parents feel empowered about whether and when they need to seek the advice of a healthcare professional.

Parents are clearly signposted to appropriate healthcare services when required.

At every point of contact, the healthcare practitioner (doctor, nurse, paramedic, pharmacist) should have a clear understanding of the limits of their own competence and when and where to seek guidance.

<https://abbhealthiertogether.cymru.nhs.uk/about-us/overview>



#### Core Principles

Parents should receive consistent and appropriate advice across the whole urgent care system.

Standardisation of local referral pathways and clinical guidelines across the whole acute care system, which are understood by all healthcare practitioners.

Effective communication and information sharing between healthcare practitioners and services across the whole acute care system should be in place.

<https://abbhealthiertogether.cymru.nhs.uk/about-us/overview>



# Public Consultation

## Draft Equality Objectives 2024-2028

**As a Health Board, we want inclusivity to run through all aspects of the work we deliver for the people of Gwent**

the three areas of focus for our draft equality objectives:  
***Our Patients, Our People, Our Population.***

Further detail on our proposed Equality Objectives is available via the QR code below.

Your feedback on our draft objectives will help to further develop our proposed plan and support in the development of an associated action plan that will be published in March 2024.

We are now launching a consultation with the public for 12 weeks. It is planned that the consultation period will run from 9.00am on Monday 4th December 2023 until 5.00pm on Friday 23rd February 2024.

***The deadline for responses is 23rd February 2024.***



### **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](http://www.tvawales.org.uk)

# GROUPS & ACTIVITIES

## **COST OF LIVING EVENT FOR UNPAID CARERS**

**Next event will be held  
Friday 23rd February 2024  
St Mary's Church  
New Inn  
11am-2pm**

**Information poster page 8**

Scan to access our  
interactive map  
on Connect  
Torfaen!



## Connect Torfaen



Is the go to platform to see what's going on in Torfaen.  
and **FREE TO JOIN**

Visit <https://connecttorfaen.org.uk/>  
and find out what's going on in your area.

IN PARTNERSHIP WITH  
ANEURIN BEVAN UNIVERSITY HEALTH BOARD AND  
TORFAEN COUNTY BOROUGH COUNCIL



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](mailto:jo@tvawales.org.uk)

**Joanne Lloyd**



# JOIN THE DEMENTIA FRIENDLY GWENT NETWORK TODAY!

We believe in creating a supportive and inclusive environment for individuals living with dementia. The Dementia-Friendly Gwent Network is here to connect communities, raise awareness, and foster understanding.

## HOW TO GET INVOLVED

-  **Become a Member**
-  **Attend Events**
-  **Spread the Word**
-  **Join a Network Meeting**

If you'd like to join or find out more please contact [erin.roche@torfaen.gov.uk](mailto:erin.roche@torfaen.gov.uk)

Please contact Miriam on 07899 246336 for more information



## MEDITATION CLASSES

Free Classes

Cwmbran Library room A, Fridays, 10.30am to  
11.30am

Pontypool Library, Saturdays, 12.00pm to 12.45pm

EXPLORE THE

# DEMENTIA TRAINING

EXPERIENCE

A life-changing experience, scientifically and medically proven to give a person with a healthy brain an experience of what dementia might be like. Enter the world of a person with Dementia and understand the simple changes you can make to your practice and to the environment to improve the lives of people with dementia.



Gwent Regional Dementia Learning and Development group are bringing you an opportunity to participate in the virtual dementia learning experience to support dementia care.



**Tuesday  
26th March**

Library, Grange  
House, Llanfrechfa  
Grange Hospital  
Site, Caerleon Rd,  
Cwmbran  
NP44 8YN



**Wednesday  
24th April**

Unit 3  
Foxes Lane,  
Oakdale Business  
Park, Oakdale,  
Blackwood,  
NP12 4AB



**Tuesday  
21st May**

Library, Grange  
House, Llanfrechfa  
Grange Hospital  
Site, Caerleon Rd,  
Cwmbran  
NP44 8YN

**Time:** 10:00am-1:00am, or 1:30pm-4:30pm **People:** 16 per session

To reserve a spot, please send an email to: [ABB.PCCTdementia@wales.nhs.uk](mailto:ABB.PCCTdementia@wales.nhs.uk) including the participant's name, email address, employer, department and your preferred date and time (AM or PM)

# CARERS EVENT

On Friday 23rd February,  
At St Mary's Church Hall, New Inn,  
Pontypool, NP4 0PH  
11am-2pm,

***Cost of living event for unpaid carers!!***

A carer is someone who provides unpaid care and support to a relative, friend or neighbour who is disabled, physically or mentally ill, or affected by substance misuse.

On the day there will be energy saving advice and items, benefits advice and Health and Wellbeing information for carers and their loved ones.

The ILS department at Torfaen Learning Zone will be assisting with free refreshments on the day.

Information will be available about our new respite scheme Bridging the Gap Gwent.

The Care Collective Wales

Age Connects Torfaen

Alzheimer's Society

Assistive Technology Team

Community Connectors

Torfaen Voluntary Alliance

Torfaen Learning Zone

DAP

Versus Arthritis

ABHB Community Engagement

