



Hyrwyddwyr Cymunedol Nye Nye's Community Champions



Issue 28

August 2025

Welcome to your August Newsletter



79% increase in skin cancer treatment since 2019.



The Health Board is issuing a strong warning to residents across Gwent this summer, as new figures reveal a 79% increase in skin cancer treatment since 2019.



Skin cancer, including melanoma - the most serious form - is on the rise. Just one sunburn every two years can triple the risk of developing it. However, the vast majority of cases can be avoided. Research shows that 86% of skin cancers are preventable through simple but vital sun safety steps.

"We've seen a 79% increase in people being treated for skin cancer in Gwent, which is deeply concerning," says **Bernadette Tenorio, Lead Macmillan Skin Cancer Nurse Specialist** at Aneurin Bevan University Health Board. "Skin cancer can affect anyone, regardless of age or skin type, so it's vital that everyone takes steps to protect themselves. That means regularly reapplying a broad-spectrum sunscreen with at least SPF 30; wearing hats, long sleeves and UV-protective sunglasses; and seeking shade, especially between 11am and 3pm when the sun is strongest. One bad sunburn can have lifelong consequences - early protection can save lives."

The Health Board is urging everyone in Gwent to follow these essential tips to protect themselves from sun damage, as well as taking extra care to protect children, as their skin is especially vulnerable.

It's also important to remember that sunburn doesn't only happen abroad - skin damage can occur here in Wales, even on cloudy days.

For more information on skin cancer prevention and sun safety advice, visit: **[Staying Sun Safe This Summer - Aneurin Bevan University Health Board](#)**



Community Pharmacist Saves Patients Life After Spotting Early Sepsis Signs



A 32-year-old mother has spoken of her gratitude after a Community Pharmacist in Monmouthshire helped her recognise the early warning signs of sepsis - ultimately saving her life.

Florrie, who was visiting the area for a wedding, had initially sought help for a throat infection. She was seen by Kyle, one of Monmouthshire's Prescribing Pharmacists, who had recently accessed materials from the Health Board's sepsis awareness campaign. Having come across the campaign online and received the printed resource pack, Kyle was well prepared to act.

As part of her consultation, Kyle prescribed antibiotics for the infection and provided Florrie with a leaflet and symptom card highlighting the key signs of sepsis. He carefully explained what to watch out for and urged her to seek urgent medical help if her symptoms worsened or matched any on the card. The following day Florrie's condition began to rapidly deteriorate. Recalling Kyle's advice, she contacted emergency services and raised concerns about the possibility of sepsis. Upon arrival at hospital, she was quickly diagnosed and treated for the condition. Doctors later confirmed that if she had delayed seeking help any longer, the outcome could have been much more serious. Sepsis is a life-threatening reaction to infection and can be difficult to spot in its early stages. Prompt recognition and treatment are essential. The awareness campaign, which provides printed and digital materials to healthcare professionals, aims to improve public understanding and support timely intervention. Knowing the signs of sepsis and acting quickly can save lives.

Signs of sepsis to look out for include:

Slurred speech or confusion

Extrême shivering or muscle pain

Passing no urine (in a day)

Severe breathlessness

It feels like you're going to die

Skin mottled or discoloured



Sepsis Awareness information now available in other languages

The Health Board launched a vital Sepsis Awareness Campaign in April, in partnership with The UK Sepsis Trust and bereaved mother Corinne Cope, whose nine-year-old son Dylan tragically lost his life to sepsis.



Sepsis is a life-threatening emergency. It happens when your immune system overreacts to an infection and starts to damage your body's own tissues and organs. Early recognition and swift medical treatment can save lives. This campaign aims to educate the public, healthcare professionals, and caregivers about the warning signs of sepsis and the importance of acting quickly.

We're pleased to share that two key resources – the **"Just ask... Could it be sepsis?"** leaflet and the **Spotting the Unwell Child** leaflet are now available in six additional languages to better support communication with our diverse communities.

The translated leaflets are now available in:

- Arabic
- Kurdish (Sorani)
- Spanish
- Urdu
- Turkish
- Albanian



These resources are designed to help families recognise the signs of sepsis and spot when a child may be seriously unwell. Improving access to this information plays a vital role in early recognition and timely care. Printed Sepsis Awareness campaign resources are also available. If you'd like a printed pack, requests can be emailed to:

ABB.CommsandEngagement@wales.nhs.uk

Please share these materials with patients, families, and colleagues to help ensure this important information reaches those who need it most.

To find out more about sepsis, visit: [Aneurin Bevan University Health Board Launches Sepsis Awareness Campaign - Aneurin Bevan University Health Board](#)

Respiratory Syncytial Virus (RSV) Reminder



Respiratory Syncytial Virus (RSV) can cause serious illness - especially in people aged 75–79 or pregnant woman from week 28 of their pregnancy
It spreads easily in colder months and affects the lungs and breathing.

A safe, effective vaccine is available for those most at risk.

For more information on eligibility or how to get your vaccine, please visit:

<https://abuhb.nhs.wales/vaccinations/respiratory-syncytial-virus-rsv/rsv-vaccination-for-older-adults/>

Maternity and Neonatal Feedback via SMS Survey

On 3rd March 2025, we introduced CIVICA SMS to enhance how we gather patient feedback, initially launching in our Emergency Department (ED) and Minor Injury Units (MIUs).

From September 2025, we will be extending CIVICA SMS to within Maternity and Neonatal Services.

Five new surveys will be introduced as part of the NEW All Wales Maternity and Neonatal Experience Surveys. These surveys will be sent at certain points during pregnancy and post birth: two antenatal, two postnatal and one if there has been an admission to the Neonatal Intensive Care Unit.

These surveys are being used across Wales and will allow for the collection of valuable feedback around experience of maternity and neonatal care. Distributing these surveys via CIVICA SMS will enable a wider reach and help us capture more comprehensive feedback, providing valuable insights to support continuous learning and improvement. In addition to SMS, patients can still provide feedback while on site by speaking directly with a member of staff or accessing the generic survey via the feedback poster on display.

For those who may have questions, require advice or support, or wish to opt out of receiving these text messages, our Patient Advice and Liaison Service (PALS) is available to assist. PALS can be reached at:

01633 493753

ABB.PALS@wales.nhs.uk

There is also an option to **opt out** directly from the survey.



New Maternity and Neonatal Feedback Surveys via SMS

Medicines Waste Management Campaign



Only Order What You Need

Approximately £9.6 million is wasted each year in Gwent on unused or unnecessary repeat prescriptions.

We need your help to reduce this.



Every year, an estimated £9.6 million is wasted in the region on unused or unnecessary repeat prescriptions. This not only places a significant financial strain on NHS resources but also raises important concerns about patient safety and the environmental impact of pharmaceutical waste. Once medicines are dispensed, they cannot be reused, making it essential that we all play our part in ordering responsibly.

The campaign seeks to raise awareness of the issue and encourage people to be more mindful when requesting repeat prescriptions. It urges individuals to check the medicines they already have at home before reordering, and to only request what is genuinely needed. The campaign also reminds people to check their prescriptions when collecting them from the pharmacy. If any items are no longer needed, inform the pharmacy team before leaving, so the medicine can potentially be reused for others. Additionally, it is vital to return any unused medicines to a pharmacy for safe disposal. Storing large quantities of medication at home poses a danger, particularly to children and pets. Medicines should never be thrown in household waste or flushed down the toilet, as this can cause serious harm to the environment.

Further information about the campaign can be found on the Aneurin Bevan University Health Board website: abuhb.nhs.wales/yourmeds

Have you ever smoked or vaped? We want to hear from you!

We want to learn more about how people across Gwent use nicotine. Your story could make a difference. Whether you've vaped, smoked, chewed, or used other nicotine products we're interested in what might lead someone to start using nicotine, stop using it, or choose not to use it at all. We want to understand your thoughts on what influences these choices and what challenges people might face.

Please take our short, anonymous survey that only takes around 5 minutes to complete:

[Eich Barn ar Nicotin | Your Views on Nicotine](#)

Tim Iechyd Cyhoeddus
Gwent
Public Health Team

Have you ever smoked or vaped?
We want to hear from you.

Your story could make a difference. Whether you've vaped, smoked, chewed, or used other nicotine products - **Complete our survey now.**



MyDESMOND

MyDESMOND is a free, online education programme for anyone with a diagnosis of type 2 diabetes over the age of 18 and living in Wales.



Features of MyDESMOND:

- Learn more about type 2 diabetes through the interactive learning and 10-weekly booster sessions
- Chat with members of the MyDESMOND community
- Set daily goals that fit around your lifestyle
- Ask the Expert – where you'll have the multi-disciplinary team of the Leicester Diabetes Centre at your fingertips
- Track your activity levels and even link up to the Fitbit or Google Fit
- Track your weight, blood pressure, HbA1c, diet and cholesterol
- Compete with others in our MyDESMOND community on the global leader boards
- Invite your friends and family to join you in your journey

Benefits of the Programme:

- MyDESMOND has shown to increase Welsh users confidence to manage their type 2 diabetes themselves
- MyDESMOND Wales users reported their understanding of type 2 diabetes significantly improved
- Because of this users from Wales have reported they are more active, have changed their diet and are better able to manage their stress levels
- 88% of users from Wales agree that the information in MyDESMOND is valuable
- 90% found the information easy to understand and not too long

If you live in Wales and have type 2 diabetes, visit www.mydesmond.wales to request access by completing the online form.

myDesmond
mydesmond.wales

TYPE 2 DIABETES DIGITAL EDUCATION AND SUPPORT

If you live in Wales and have type 2 diabetes visit www.mydesmond.wales or scan the QR code to request access by completing our online form.





Gwent Recovery College Model service name

We would like you to help us decide what the Recovery College Model service should be called in Gwent. In our engagement events and survey this year, you all made great suggestions about what mattered to you the most. From all those suggestions, we have 5 names that we would like you to consider. When making a decision, we would like you to think about the importance of language, and how this can affect us and others, both positively and negatively. We understand it is important to make the service as inclusive, welcoming and accessible to all.

Please make one vote and feel free to tell us in the comments box why you have chosen this name. What are the positives and negatives of this name? Is there anything you feel is important for us to know, that we may have not asked you? Once voting has ended, this will be taken to our co-produced panel who will take your votes and comments into consideration before a final decision is made.

To place your vote, please complete our survey by Saturday 30th August: <https://forms.office.com/e/hyc2ycrZ8R>



Or to find out more about the Gwent Recovery Model, please contact: Louis.Davies4@wales.nhs.uk

Patient Choice Awards



The Health Board is excited to announce the launch of our Patient Choice Award – a chance for patients, families, and the public to recognise individuals or teams who have gone above and beyond in delivering exceptional care.

Whether someone has:

- Gone the extra mile to provide outstanding service,
- Shown remarkable compassion and dedication, or
- Delivered care with excellent safety and quality

.....this award gives people the opportunity to say a heartfelt thank you.

To find out more about the new Patient Choice Awards and to make a nomination, visit Patient Choice Award - Nominate Someone Who Made a Difference!





Nye's Community Champion Charter

Over the last few months, we have welcomed a number of new champions to our programme so we wanted to take this opportunity to remind you what you signed up for.

As a Champion, you will:

- Receive regular updates from the Health Board regarding services and new developments
- Be invited to virtual and face to face meetings at regular intervals with the Communications and Engagement team, and receive newsletters throughout the year containing key information
- Be provided with communication toolkits to share on social media and websites, to help you share information with your networks
- Be assured that the information you share from us is accurate and up to date.
- Receive support for any queries raised by you or your network
- Have the opportunity to connect with other champions in your area.

What do we ask of you?

As a Nye's Community Champion, we appreciate your help in sharing the latest factual updates about health services with your network. We value your role as our "eyes and ears on the ground" in providing us with insight from your networks; participating in consultation and engagement opportunities on Health Board projects and suggesting ideas for future communications and campaigns.

Over the coming weeks, we will be conducting an annual review of the Champions Programme to ensure it continues to meet both organisational priorities and the needs of our Champions. This review will help us assess how effectively the programme is being used and identify opportunities to make it even more impactful. As Champions, your insight and feedback will be essential to this process, so we would ask you to look out for our emails shortly to ensure your views are counted!

If you have any questions or would like to get in touch, please feel free to contact us through any of the following methods:

Email: ABB.Engagement@wales.nhs.uk

Telephone: 01633 431894



Community Engagement Schedule

WHERE CAN YOU FIND US?

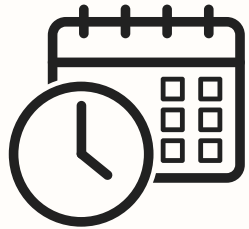
Our community engagement program is a great opportunity for the public to speak to Health Board staff about services and to ask any questions they may have as well as provide feedback on their experiences. The team are here to listen and help. Our engagement schedule is updated daily on our website:

www.abuhb.nhs.wales/about-us/public-engagement-consultation/community-engagement/



Next Meeting Date

The next meeting for champions will take place on **Thursday 9th October 2025 at 11am** via Microsoft Teams
We look forward to seeing you then but if you have any feedback or questions in the meantime please do get in touch!



Follow our **social media channels** and **WhatsApp** to receive the latest information about healthcare services in Gwent.

EIN DILYN/
FOLLOW US:



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



bipab.gig.cymru abuhb.nhs.wales



Bwrdd Iechyd Prifysgol Aneurin Bevan
Aneurin Bevan University Health Board



@BIPAneurinBevan @AneurinBevanUHB



DILYNWCH EIN SIANEL WHATSAPP:
FOLLOW OUR WHATSAPP CHANNEL:



01633 431890
ABB.Engagement@wales.nhs.uk



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SCAN ME

We hope you find this newsletter both insightful and informative.

If you have any queries or comments, please contact us on

Email: ABB.Engagement@wales.nhs.uk

Telephone: 01633 431890