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WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



Hyrwyddwyr Cymunedol Nye Nye's Community Champions

Welcome to your Summer Newsletter

This edition focuses on helping you support your contacts and communities with key health messages during the summer months – including sun and cancer awareness, women's health, and seasonal wellbeing.

We'd love your support in spreading the word. If you're able to share these messages across your networks, it would be greatly appreciated to help raise awareness and extend our reach.



Cancer & Screening

Important messaging around Staying Sun Safe this summer.



Summer Health & Wellbeing Messages



Key Champion News, Updates and Reminders





Cancer and Screening

Skin cancer is one of the most common cancers in the UK and the number of people who develop it is increasing.

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.



Too much ultraviolet (UV) radiation from the sun or sunbeds is the main cause of skin cancer. In the UK almost 9 in 10 cases of melanoma, the most serious type of skin cancer, could be prevented through enjoying the sun safely and avoiding using sunbeds (Cancer Research UK, April 2017) It is important to keep your skin protected in the sun to prevent skin cancer.

Here are some tips for staying safe in the sun:

- A sunscreen with at least an SPF of 30 and a UVA rating of 5 or 6 stars is generally considered as a good standard of sun protection in addition to shade and clothing.
- Apply sunscreen at least 15 minutes before going outdoors and reapply every two hours, especially during exercise or swimming.
- Wear sunglasses with UV400 rating and a CE mark..
- Wear a broad rim hat that covers the head, ears and neck
- Stay out of the sun during peak times, 11am - 3pm.
- Sit in the shade and stay out of direct sunlight.



The "ABCDE" rule helps identify common warning signs of melanoma, the most serious skin cancer:

- **A** - Asymmetry: One half of the spot doesn't match the other.
- **B** - Border: Edges are irregular, ragged, notched, or blurred.
- **C** - Color: The color is not uniform, featuring shades of brown, black, pink, red, white, or blue.
- **D** - Diameter: The spot is typically larger than 6mm (roughly the size of a pencil eraser).
- **E** - Evolving: The mole is changing in size, shape, or color, or developing new symptoms

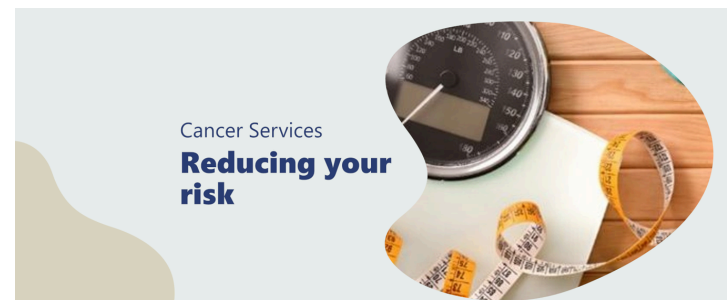
Please encourage others to check their skin!

Cancer Awareness - Beyond the Skin

Around **four** in **ten** cancers can be prevented by leading a healthy lifestyle.

Making positive changes is the most important thing you can do to support your health and wellbeing. These simple changes can help to reduce your risk of cancer:

- Stopping smoking
- Drinking less alcohol
- Watching your weight
- Eating a healthy and balanced diet
- Moving more
- Staying safe in the sun



Finding cancer early means it's easier to treat. So, it's important to be aware of any new or worrying symptoms.



The type of changes to look out for include:

- Coughing, chest pain and breathlessness
- Changes in bowel habit
- Bloating
- Bleeding
- Lumps
- Moles
- Unexplained weight loss
- Tummy or back pain
- Indigestion and heartburn
- Itchy and yellow skin
- Feeling tired and unwell

Women's Health Focus

At the heart of our communities across Gwent, women and anyone accessing women's health services, at any age, deserve to feel heard, understood, and supported.

We want women across Gwent to feel informed, confident, and empowered to take ownership of their health.

In light of this, we launched an online women's health hub with information to help you live a healthy lifestyle, details of community groups and local events near you to support your health, and guidance on how to access further support from healthcare professionals, should you need it. Please visit: abuhb.nhs.wales/womens-health

Healthier
Women:
Stronger
Communities

Helping you thrive
at every stage of life



Breast Cancer Screening

Breast screening looks for breast cancer before symptoms show. This involves taking mammograms, which are x-rays of the breast.

Women living in Wales, aged from **50** up to **70** are invited for breast screening every 3 years. Women aged 70 and over will not be invited for screening, but can contact [Breast Test Wales](#) and ask for an appointment.

Cervical Cancer Screening

Cervical screening looks for high-risk types of Human Papillomavirus (HPV) that can cause cell changes to the cervix.

People aged 25 to 64 are invited for cervical screening every 5 years.



Sgrinio Serfigol Cymru
Cervical Screening Wales

Menopause

Menopause is a natural stage of life that affects people who were born with ovaries. It marks the end of menstrual periods and can bring a range of physical and emotional changes. This page offers information, support and resources for women, transgender men, non-binary people, and families. Whatever stage you're at - perimenopause, menopause or post menopause - you're not alone.

For more information, please visit: <https://abuhb.nhs.wales/hospitals/a-z-of-services/womens-health-hub/menopause/>





Summer Health and Wellbeing Messages

Busting Common Myths About Teeth and Gums



June is National Smile month. Misinformation can lead to poor oral health habits, but the good news is that looking after your smile doesn't have to be complicated. Below, we separate some myths from facts and share simple, practical tips to help keep your mouth healthy.

✗ Myth

Type 1 or Type 2 diabetes are nothing to do with the mouth.

✓ Fact

If you have been diagnosed with Diabetes type 1 or type 2, and haven't been checked for gum disease, you should do so. Having gum disease makes diabetes control much less successful. As a result, poor diabetes control makes gum disease worse. Cleaning between your teeth every day with floss or interdental brushes improves both conditions.

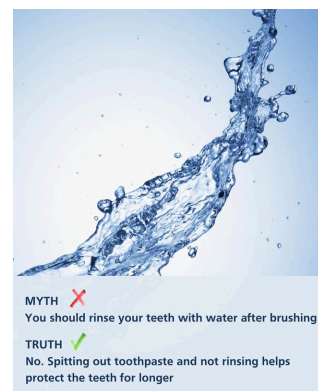


✗ Myth

You should rinse your teeth with water after brushing

✓ Fact

No. Spitting out toothpaste and not rinsing helps protect the teeth for longer

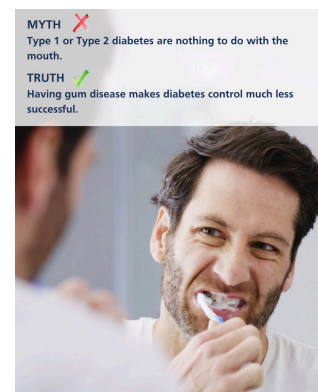


✗ Myth

You should wet your toothbrush before brushing

✓ Fact

No! A dry toothbrush is best. Wetting the toothbrush will dilute the toothpaste making the fluoride less effective.



Staying Safe in the Hot Weather



In hot weather, please take care of yourself and others. Most of us can enjoy the hot weather safely, but please look out for those who are more vulnerable during the heatwave.

The main risks posed by a heatwave are:

- not drinking enough water (dehydration)
- overheating, which can make symptoms worse for people who already have problems with their heart or breathing
- heat exhaustion and heatstroke
- sunburn

A heatwave can affect anyone, but the most vulnerable people are older people (especially those over 75) and young children. Please think about:

- those who live on their own or in a care home
- people who have a serious or long term illness – including heart or lung conditions, diabetes, kidney disease, Parkinson's disease or some mental health conditions
- those who may find it hard to keep cool – babies and the very young, the bed bound, those with drug or alcohol addictions or with Alzheimer's disease
- people who spend a lot of time outside or in hot places – those who live in a top floor flat, the homeless or those whose jobs are outside

Schools out for Summer!!!



Avoid unnecessary discomfort or trips to the Pharmacy over the summer by being prepared for heat-related problems, such as sunburn, dehydration, insect bites and hay fever.

It's a good idea to stock up on the following:

- Insect Repellent
- Antihistamine tablets
- Antihistamine cream
- Rehydration sachets
- Sunscreen
- After Sun
- Plasters

Stay safe and enjoy the summer!

REMINDER: Common Ailment Service



Your local pharmacy can help with many common health concerns, offering quick support without the need to see a GP.

All Pharmacies in Gwent offer free advice and treatment for 26 common mild illnesses as part of the Common Ailments Service. Some conditions covered by the service include those frequently seen in Summer months, such as:

- Hayfever
- Conjunctivitis
- Dry Eyes



The Common Ailments Service allows local residents to be seen by trained pharmacists, who can assess symptoms, provide confidential guidance, and supply treatment if required. As Summer is a busy time in community pharmacies, appointments are recommended, and so patients are advised to call ahead before visiting their chosen pharmacy and will typically be seen within 24 hours.

Patients may be asked to register for the free Common Ailments Service. For sore throats and UTIs, a simple test may be carried out to check if antibiotics are required.

Find a list of all the conditions covered under the Common Ailments Service at:

<https://abuhb.nhs.wales/hospitals/pharmacies-chemists/common-ailments-service/>

Good Hydration Guide

Making sure that we each drink enough is so important for our bodies that even when levels drop only slightly, we can begin to feel the effects. Not drinking enough can give us headaches, feelings of dizziness, and of tiredness, poor concentration and a dry mouth.



Dehydration which goes on for longer can mean people have more falls, experience constipation, have poor memory and dehydration can be associated with UTIs (urinary tract infections)

Adults need to drink around 1.5–2 litres of fluid a day. A typical mug or glass is about 200 millilitres (ml) so this equates to 8-10 drinks a day.

Children need slightly less and should aim for around 6-8 drinks a day, but once they reach teenage years their requirements are similar to adults.

Don't forget that fluid needs can vary depending on various factors including level of physical activity – people who are more active need to drink more.

Bank Holiday Arrangements

Aneurin Bevan University Health Board is here for you 24 hours a day, 365 days a year. With the August bank holiday fast approaching, it's a good idea to make sure your medicine cabinet is fully stocked, which could help you treat common illnesses and ailments at home.

If you are in need of urgent medical help over the Bank Holiday period, please visit the Gwent Health Guide for advice on where to go: **[Gwent Health Guide - Aneurin Bevan University Health Board](#)**

For urgent dental problems, please contact the Out of Hours Dental Helpline on 01633 744387 or register on the Dental Access portal: **<https://dhcw.nhs.wales/product-directory/our-digital-services/dental-access-portal/>**

Out of Hours

Anyone experiencing life-threatening symptoms should call 999 or go straight to the Emergency Department at The Grange University Hospital.

To find our Pharmacy August bank holiday rotas, please visit:

<https://abuhb.nhs.wales/hospitals/pharmacies-chemists/out-of-hours-and-extended-opening-hours-rotas/>



Key Champions News, Updates and Reminders

MenB vaccine roll-out for young people in Wales ahead of new academic year



**Llywodraeth Cymru
Welsh Government**

Young people in Wales will be offered Meningococcal B (MenB) vaccination for the first time, in autumn 2026, as part of a time limited programme.

The programme is being introduced as a precautionary measure following the unprecedented outbreak of MenB primarily among University of Kent students in March 2026 and other more recent unseasonal clusters elsewhere in the UK.

MenB is the most common cause of invasive meningococcal disease in the UK, and can cause meningitis and sepsis, both of which can be life-threatening.

Evidence shows that young people face higher risk of contracting MenB, and that there are particularly risks associated with higher educational settings due to high levels of close social mixing.

The roll-out will run from **July** to **December 2026** and will be available to all those currently aged 17 to 18 years (born between 1 September 2007 and 31 August 2008), as well as anyone aged 18 to 25 who will be entering higher education or residential further education for the first time in autumn 2026, including international students.

The vaccine will be offered in a two-dose programme. Those aged 17 to 18 will receive an invitation letter from their health board from 6 July providing details on how to get their vaccine. Those aged 18 to 25 who will be entering higher education or residential further education for the first time this autumn, including international students, will need to contact their health board after 20 July 2026 to find out more information.

For more information, please visit [**Meningitis and meningococcal disease - Public Health Wales**](#)



As we reflect on Pride month, which took place in June, we want to reflect on our vision of an NHS where everyone is empowered, valued, and free to be themselves. Creating that environment is a shared responsibility.

Each year, we are asked why Pride remains important. Pride exists because equality and rights were hard fought for, allowing LGBTQIA+ people to live openly and authentically.

While progress has been made, those freedoms should never be taken for granted. Pride is not about celebrating difference. It is about recognising a history of inequality, standing against discrimination, and ensuring everyone has the same freedom to live, work, and thrive as their true self.

This Pride Month, we invite everyone to consider what they can do to create a more inclusive workplace. Every action, conversation, and act of allyship helps build a culture where people feel safe, respected, and able to be themselves.

Our message is simple:

“BE YOU!!!!!!!”



The ‘Be You’ video, an empowering message to everyone which can be viewed here:
<https://fb.watch/Hukrs3WaLH/>

Don't skip your yearly diabetes check-up!

Living with diabetes means regular care matters and your annual review is one of the most important appointments you can attend.



Yearly check-ups help to:

- ✓ Monitor blood sugar control
- ✓ Spot early signs of complications
- ✓ Check heart, kidney, eye and foot health
- ✓ Adjust medications and care plans if needed
- ✓ Give you the chance to ask questions and get support

Many complications of diabetes develop slowly and without symptoms - but with regular checks, they can often be prevented or managed early.

If you have diabetes, make sure your annual review is booked - it's a key step in staying well and living confidently.

If YOU Smoke, I Smoke



Secondhand smoke finds its way into hospital waiting rooms, wards and even the lungs of our most vulnerable patients, which is why it is against the law to smoke on hospital sites.

Get free help to **STOP NOW** and make a positive difference to your health and those around you. Visit: <https://orlo.uk/kShPt>

Just ask...

“Could it be sepsis?”



Sepsis is life threatening. It can be hard to spot.

There are lots of possible symptoms. They can be like symptoms of other conditions, including flu or a chest infection.

If you think you or someone you look after has symptoms of sepsis, call 999 or go to the Emergency Department at The Grange University Hospital. Trust your instincts.

Call 999 or go to the Emergency Department at The Grange University Hospital if:

A baby or young child has any of these symptoms of Sepsis:

- Are breathing very fast
- Have a 'fit' or convulsion
- Look mottled, blueish or pale - on darker pigmented skin, colour changes may show on the inside of the forearms or palms
- Have a rash that does not fade when you press it
- Are very lethargic or difficult to wake
- Feel abnormally cold to touch

A child under 5 may have Sepsis if they:

- Are not feeding
- Are vomiting repeatedly
- Have not passed urine for 12 hours

An adult or older child has any of these symptoms of sepsis:

- **Slurred** speech or confusion
- **Extreme** shivering or muscle pain
- **Passing** no urine (in a day)
- **Severe** breathlessness
- **It feels like** you're going to die
- **Skin** mottled or discoloured

For more information, please visit:

<https://abuhb.nhs.wales/health-advice/sepsis/>

Patient Advice and Liaison Service (PALS)



PALS serves as a dedicated point of contact for patients, their families, and carers, offering confidential advice, support, and information on health-related matters.

The PALS Team is here to listen and assist you if:

- You have a query or problem but don't know who to ask.
- You want to talk to someone not directly involved in your care.
- You want to leave feedback about your experience or compliment a service or individual members of staff.
- You have a suggestion on how we can make improvements.

The PALS Team is committed to resolving any queries, issues, or concerns quickly and directly with the staff involved. They will stay in touch with you by telephone and/or email to ensure your concerns are addressed promptly.

Contact the PALS Team:

Telephone: 01633 493753

Email: ABB.PALS@wales.nhs.uk

Please note: If the PALS telephone line is busy, your call may go to voicemail. Kindly leave a message with your contact details, and a team member will return your call within 24 hours.



Community Engagement Schedule

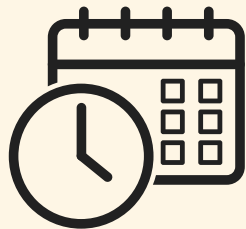


WHERE CAN YOU FIND US?

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 be Thursday 24th September 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.

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We hope you find this newsletter both insightful and informative.

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

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Telephone: 01633 431890