



Hyrwyddwyr Cymunedol Nye Nye's Community Champions



Issue 31

March 2026

Welcome to your March Newsletter

Guest Speaker

During the April meeting, we welcomed **Joanne Lloyd** for **CRT Together** as our Guest Speaker. Joanne provided an overview of the **Nobody Should Face Cancer Alone** programme and the non-clinical support that is for anyone affected by cancer, how the referral process works the kind of support the link workers offer and the need for people to support and promote the programme.

CRT TOGETHER

Nobody Should Face Cancer Alone

Supporting people, families & empowering small community groups.

Let's Chat
07802 425443
ab-together@coalfields-regen.org.uk
www.crttogether.org

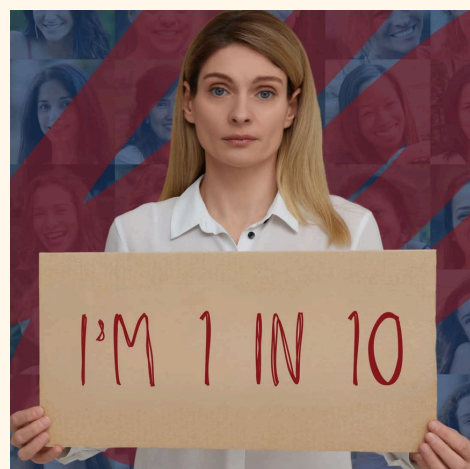
In Partnership with **MACMILLAN CANCER SUPPORT**

Delivered by **Coalfields Regeneration Trust**

We offer support around:

- Housing**: Housing can be a challenge when dealing with a cancer diagnosis. We can provide advice and help you deal with the relevant associations if you need to make housing adjustments due to your diagnosis.
- Finance**: Dealing with a diagnosis can be overwhelming, and financial concerns can add to the burden. We're here to help ease that load by guiding you to grants, benefits, and other financial resources that may help you.
- Transport**: Getting to doctors' appointments and hospital visits can be difficult, we will help you access support, such as driver schemes and other local transport networks that may be able to help you in your local area.
- Emotional & Family**: Cancer often impacts not just the person diagnosed but also their loved ones. We can connect you to free local counselling services, support groups, and one-on-one sessions designed to help you manage the emotional challenges that come with a cancer diagnosis.

Endometriosis Action Month



Endometriosis affects 1 in 10 women in Wales. Endometriosis is when tissue, similar to tissue found inside the womb, is found elsewhere in the body. For some, this can cause severe symptoms, including painful periods and pelvic pain, and it could mean that people have difficulties getting pregnant. Endometriosis can have a huge impact on a person's quality of life, their work, and their relationships. For information and support, visit: <https://orlo.uk/1xovW> or <https://orlo.uk/W7DBW>

HPV Awareness

Did you know that around 80% of people will come into contact with HPV at some point in their lives? It's very common, and in most cases it causes no problems at all. But some types of HPV can lead to changes in the cervix over time, which is why HPV vaccinations and cervical screening (smear tests) are so important.



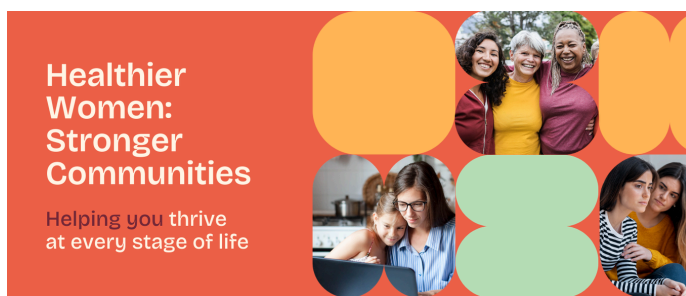
In this video, Dr Georgina Forbes, Specialist Doctor in Sexual Health at Aneurin Bevan University Health Board, explains what cervical screening is looking for, why the focus is on detecting HPV, why screening starts at age 25 and is carried out every 5 years, and when you should see a clinician about cervical cancer symptoms:

<https://vimeo.com/1165698627?fl=ip&fe=ec>

If you've been invited for a HPV vaccination, or for your cervical screening, please make your appointment. It could make a lifesaving difference.

To find out more, visit: <https://abuhb.nhs.wales/cervical-cancer/>

New Online Women's Health Hub Launched in Gwent



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've launched a brand-new 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





Menopause Champions



Yn cael hi'n anodd ymdopi â symptomau menopos?

Struggling with Menopause symptoms?

Clinigwyr hyfforddedig yma i wrando, cefnogi, a thywys chi trwy'r menopos, eich lles, eich ffordd.

Trained clinicians here to listen, support, and guide you through menopause, your wellbeing, your way.

Ewch i weld Hyrwyddwr Menopos yn eich Meddygfa GP
See a Menopause Champion in your GP Practice

- Cyngor ar symptomau
- Cymorth gyda HRT neu ddulliau amgen
- Clust gwranddo sy'n deall
- Advice on symptoms
- Support with HRT or alternatives
- A listening ear who understands

Siaradwch â'ch Meddygfa GP am fanylion pellach
Speak to your GP Practice for further details



Opening of the New Velindre @ Nevill Hall Chemotherapy Unit



Velindre Cancer Service, are proud to celebrate the opening of the new Velindre @ Nevill Hall Chemotherapy Unit in partnership with Aneurin Bevan University Health Board.

This purpose-built unit at Nevill Hall Hospital in Abergavenny replaces the previous Solid Tumour Chemotherapy service delivered at the Windsor Suite, which was closed due to structural issues. The new facility will make it easier for people across Gwent and South Powys to access expert cancer care closer to home.

Open every Tuesday and Thursday, it will deliver around 20 chemotherapy sessions a day, around 15% of Velindre's total daily chemotherapy capacity. This expansion helps us meet rising demand while reducing long travel times for patients.

Designed with comfort and dignity at its heart, the new space includes:

- 7 comfortable chemotherapy chairs
- A dedicated team of Velindre nurses providing person-centred care
- Large windows with calming views of the Abergavenny hills

Carl James, Interim Chief Executive of Velindre University NHS Trust, said:

"We are committed to providing patients with high quality care as locally as possible. The opening of the Velindre @ Nevill Hall Chemotherapy Unit is another important step on this journey. Our partnership with Aneurin Bevan University Health Board is well established and we are excited to be able to provide offer services to patients from across the whole of South East Wales at this facility. From now on patients will be able to receive both radiotherapy and chemotherapy at Nevill Hall which should improve their overall experience."

Find out more about the unit: [Velindre @ Nevill Hall Radiotherapy Unit - Aneurin Bevan University Health Board](#)

Measles is more than just a rash!

Mae'r **Frech Goch**
yn fwy na dim
ond brech

Gall y Frech Goch arwain at
cymhlethdodau difrifol megis:

- dallineb
- colli clyw
- niwed i'r ymennydd
- anawsterau anadlu

Ond gellir atal hyn.

Diogelwch eich plentyn.
Rhowch y **brechlyn** iddynt.



Measles is more
than just a rash

Measles can lead to serious
complications like:

- blindness
- hearing loss
- brain damage
- difficulty breathing

But it can be prevented.

Protect your child.
Get them **vaccinated**.



Accessing Dental Care

Urgent dental treatment:

Patients experiencing pain not relieved by painkillers, dental infections, or lumps, swelling or ulcers persisting for more than two weeks should contact their dental practice.

If you do not have an NHS dentist, please call the Dental Helpline on 01633 744387 (Monday–Friday, 9:00am–12:15pm and 1:15pm–4:00pm). Evening calls (6:30pm–8:00am) will receive advice only as appointments are not available overnight.

Routine dental treatment:

If you do not have an NHS dentist, you can register your interest via the **Dental Access Portal - Digital Health and Care Wales** You will be contacted when a place becomes available.

Existing NHS dental patients:

Please contact your practice directly for both urgent and routine appointments.

More information about urgent dental treatment and the Dental Access Portal can be found at: **Dentist - Aneurin Bevan University Health Board**

A Reminder of Three Community Pathways

The Community Neuro Rehabilitation Service (CNRS), The MSK (Musculoskeletal) Transformation Programme and Symptom Management Service (SMS) work under the community pathways umbrella. Together, these services create pathways that support people to understand the options available to them; to manage their condition, improve access, reduce duplication, and ensure people receive the right support at the right time.

Symptom Management Service (SMS)

Our team supports individuals living with Fibromyalgia, Myalgic Encephalomyelitis (ME), Chronic Fatigue Syndrome (CFS), and post-viral conditions, including Long COVID.

If you would like to learn more about the service or access support, please visit our website: [Symptom Management Service - Aneurin Bevan University Health Board](#)

The Community Neuro Rehabilitation Service (CNRS)



leaders and volunteers, who are trained by Say Aphasia.

The Community Neuro Rehabilitation Service (CNRS) [Community Neurological Rehabilitation Service - Aneurin Bevan University Health Board](#) has been working with the charity Say Aphasia to transition a local communication café from one led by our speech and language therapy team to one fully led by our own homegrown peer

We are extremely proud to have witnessed this project blossom from a small seed into a fully independent group that will continue to grow without direct involvement from NHS services. Amazingly, 2 out of the 3 Say Aphasia communication cafes are in the ABUHB catchment – Cwmbran and Abergavenny.

To find out more about Aphasia and Say Aphasia, please visit the website: [What is Aphasia | Say Aphasia](#)

MSK (Musculoskeletal) Transformation

The MSK Transformation Programme continues to streamline how patients access care, focusing on earlier intervention and more consistent pathways across our services.

The MSK hub is a single MSK “front door” for primary care, designed to ensure patients are quickly directed to the most appropriate support, reducing variation, providing early information, and improving flow.

- Early advice and information 18,000 contacts per month – 65% of visitors looking for self-management advice – approximately 25,000 avoided health appointments.
- Prevent unnecessary outpatient waits and appointments through use of brief advice and self-management calls - 61% of people discharged to self-manage after a brief advice call.
- Increased community-based, supported self-management options – no cost to the Health Board

If you would like to learn more about the service or access support, please visit our website: <https://abuhb.nhs.wales/health-advice/the-keeping-well-service/hub/musculoskeletal-msk/>

NHS 111 Wales

NHS 111 Wales is a free 24/7 service providing urgent, non-emergency medical advice, accessible by calling 111 or visiting their website.

It helps patients access GP out-of-hours, find local services, get self-care advice, or speak to mental health professionals.

- **Website:**
<https://111.wales.nhs.uk/?locale=en&term=A>
- **Telephone:** Call 111
- **Urgent Mental Health Support:**
Call 111, press Option 2

NHS 111 **Wales** 



Visit **111.WALES.NHS.UK** or call

111

Get expert healthcare advice

Your first step if you're feeling unwell
or aren't sure where to go for help

Free, 24/7 advice: whether it's physical or mental health.

 **Recite**  **Relay UK**  **SignVideo**

“I Didn’t Need a Hospital Visit – My Local Optician Took Care of Me”



Local opticians now offer more than just eye tests - Floaters? Blurred vision? Sudden changes? Contact your local optician for fast, professional care in your community.

Eye care in Wales is evolving. Under the Welsh General Ophthalmic Services (WGOS), optometry now goes beyond basic sight tests, giving you quicker access to specialist treatment in your community. Many eye conditions that once meant a trip to hospital can now be assessed and treated by specially trained optometrists at your local optician. This means faster appointments, expert care, and the comfort of being seen close to home.

Neirin’s Story:

“Earlier this year, I noticed a large ‘floater’ in my right eye that hadn’t been there before. It worried me, so I asked an optometrist if I should get it checked. They told me it was important to rule out serious issues like retinal detachment.

What surprised me most? I didn’t need to go to hospital or wait weeks for an appointment. Instead, I was seen quickly by a specially trained optometrist at my local optician in Risca, just a short walk from home.

The practice was calm and welcoming and the assessment was thorough. As this was an urgent appointment, there was no charge.

Thankfully, everything was fine. The only advice was that the eye drops they used during the appointment meant I couldn’t drive for a few hours, but that was no problem since I walked home!”

You don’t always need a hospital visit for eye problems. Many conditions can now be managed and treated by expert optometrists in your local community. It’s quicker, easier, and closer to home. For more details, speak to your local optician or visit:

<https://abuhb.nhs.wales/hospitals/gps-dentists-opticians-ncns/optician/>



No Smoking Day 2026



In support of No Smoking Day which took place on 11th March 2026, we are asking for your support in sharing this year's key messages and helping residents across Gwent take the crucial step towards a smoke-free future.

This year, we are highlighting the powerful personal story of Lisa Brock, an Advanced Nurse Practitioner in Gwent, who tragically lost her mother to lung cancer. Lung cancer remains the leading cause of cancer death in the UK, with around 90% of cases linked to smoking. Worryingly, half of those diagnosed may not survive beyond the first year. Lisa has chosen to share her experience publicly to encourage others to quit before it's too late. In her emotional video message, she urges people who smoke to take action now:



“Your family want memories with you, not memories of you - quit smoking today.”

Lisa’s full story (including video link) can be found here:

<https://youtu.be/d75ZvnWI5Y0>

Lisa also draws on her clinical experience, reminding us of the real impact smoking has on families and communities across Gwent: *“Every day I tell my patients: don’t let this be you. Think about your partner, your children, your grandchildren. My mum will never meet hers. That’s been taken away, just because of smoking. It’s not worth it.”*

How Partners Can Support

- We would be grateful if you could support our No Smoking Day activity by:
- Sharing our social media posts from the day
- Signposting your communities to free NHS Help Me Quit services
- Encouraging conversations about quitting smoking
- Promoting the positive, life-changing impact of stopping smoking at any age

Help Me Quit - Free Local Support

Free NHS stop smoking support is available across Gwent. Residents can access tailored plans, expert advice and medication to help them quit for good. Let us help you quit:

- Call: 0800 085 2219
- Text: HMQ to 80818
- Visit: [**Help Me Quit - Aneurin Bevan University Health Board**](#)

It is never too late to make a change, and quitting today could save a life.





GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

Dyfodol Clinigol
Clinical Futures



New Text Service for Parents and Carers

The ABUHB School Nursing Service is excited to **launch Parent/CarerLine, a new SMS text service for parents and carers of children aged 5 to 16!**

Parents and carers can text our school nurses on 07507330206 for expert advice and support with a child's health and wellbeing. * Texts are replied to Monday - Friday 9:00 - 16:00 (excluding bank holidays)

School nurses are specially trained public health nurses who can help with a range of physical and emotional health issues, such as emotional wellbeing, toileting, immunisations, low mood, exam stress, self-harm, behaviour, relationships, healthy eating and more.

We've made it easy for staff and partners to help spread the word of this exciting new service. Visit our **School Nursing Padlet** to view and download the promotional resources.

If you're a parent yourself, the best way to help spread the word is through your personal network. Text the number to a friend, post in the school WhatsApp, or share our posts on social media (@schoolnursingab)

Further information can be found on the **Aneurin Bevan University Health Board website** For more information on how Chat Health uses your data visit the **ChatHealth website**

The Gwent Health Guide has had a refresh



To find the right health and wellbeing service for you and others, please visit:

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



I think I've got a life-threatening illness, or injury



I am struggling with my mental health, or I am lonely, or I want to improve my wellbeing



I've injured myself but I don't think it is life, or limb (arm or leg) threatening





Bank Holiday Arrangements

Aneurin Bevan University Health Board is here for you 24 hours a day, 365 days a year. With the Easter bank holidays 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.

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 Easter Pharmacy bank holiday rotas, please visit:

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

Important Information

The COVID-19 Spring Booster Programme will begin on 13th April 2026

The primary aim of the national COVID-19 vaccination programme remains the prevention of severe illness (hospitalisations and deaths) arising from COVID-19. As currently available COVID-19 vaccines provide limited protection against mild and asymptomatic disease, the focus of the programme is on offering vaccination to those most likely to directly benefit from vaccination, particularly those with underlying health conditions that increase their risk of hospitalisation following infection..

More information on COVID-19 vaccines can be found on the **[COVID-19 vaccination information - Public Health Wales](#)** website.

There is also still time to get your **Flu vaccine** until the end of March 2026. For more information, please visit: **<https://abuhb.nhs.wales/hospitals/staying-well-and-healthy/living-well/immunisations/flu-vaccinations/>**



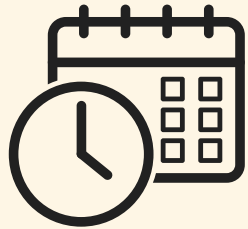
Community Engagement Schedule

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 25th June 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:**



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bipab.gig.cymru abuhb.nhs.wales



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**DILYNWCH EIN SIANEL WHATSAPP:
FOLLOW OUR WHATSAPP CHANNEL:**



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**SGANIWCH FI
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