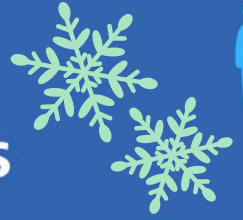




Hyrwyddwyr Cymunedol Nye Nye's Community Champions



Issue 30

November 2025

Welcome to your November Newsletter

During the November meeting, we welcomed **Jacob Guy** who talked about the **For Dads By Dads programme** where new and expectant fathers can sign up to a programme which aims to support dads on their new journey of parenthood. The 10-week For Dads, By Dads programme is run by Torfaen Sports Development and covers a range of topics such as child first aid, health & wellbeing, nutrition and parenting. The programme features workshops and talks, covering a wide range of subjects to support dads on their parenting journey. Some of the workshops include:



- Health and wellbeing
- Diet and nutrition
- Midwife and Health Visitor information
- Psychology
- Gambling and gaming



After completing the programme, dads will be given an opportunity to engage with local community groups, clubs and forums suitable for their needs.

Chris Hooper - Regional Partnership Team



Chris works for the Regional Partnership Team and has supported the development of the regional advocacy strategy for Gwent. He provided an overview of Advocacy, what it is and how it helps people to have their wishes and views taken into account and stand up for their rights.

Chris also covered the different types of advocacy available in Gwent and provided an overview of the Gwent Access to Advocacy helpline, that offers information, advice and support with signposting and referrals to adult advocacy services.



Future Arrangements for Stroke Rehabilitation Services

Aneurin Bevan University Health Board is responsible for all health services across the former county of Gwent (including the local authority areas of Blaenau-Gwent, Caerphilly, Monmouthshire, Newport and Torfaen) and some of the population of South Powys.

Aneurin Bevan University Health Board is reviewing the long-term arrangements for stroke rehabilitation services, which were centralised at one hospital on a temporary basis in 2023. We've launched a twelve-week period of public engagement in order to gather people's views on the best long-term provision for stroke rehabilitation services in Gwent.

This engagement period which runs until **Friday 30th January 2026**, is an important opportunity for patients, carers, local residents, staff, partner organisations and community groups to share their views and provide feedback. We invite the public to take a few moments to review our proposals. Views can be shared by completing the online survey, or by attending one of the public information sessions that will take place at various venues across Gwent.

- Wednesday 26th November, 4pm - Tabor Centre, Brynmawr
- Monday 15th December, 5pm - Stocktonville Centre, Tredegar
- Wednesday 7th January, 5.30pm - Nevill Hall Hospital, Abergavenny
- Wednesday 14th January, 3.30pm - Stow Park Community Centre, Newport
- Monday 19th January, 4pm - Online via MS Teams
- Wednesday 28th January, 5.30pm - Blaenavon Workmen's Hall
- To be confirmed - Bridges Centre, Monmouth (postponed due to Storm Claudia)

Read the full briefing, share your views, and find further information here: **[Future Arrangements for Stroke Rehabilitation Services - Aneurin Bevan University Health Board](#)**



You can also complete our survey, which can be accessed via the URL below or QR code displayed:

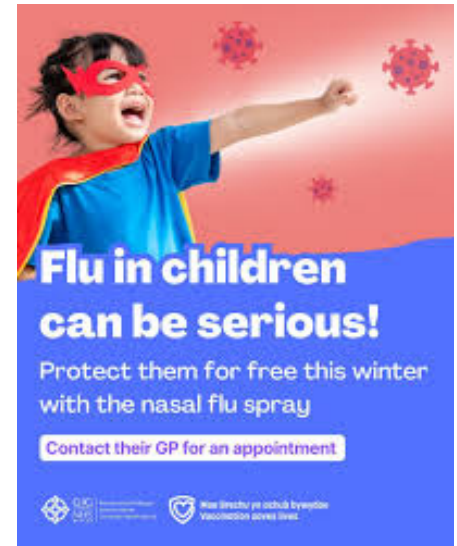
<https://forms.office.com/e/240EWsFa37>



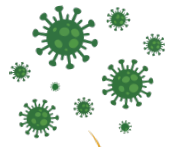
Flu Vaccinations 2025 / 2026

Aneurin Bevan University Health Board and Public Health Wales are urging all eligible groups, particularly 2-3 year olds and those with long term health conditions, such as diabetes and asthma, to get their free flu vaccination as soon as possible following evidence that flu is circulating earlier than usual in Wales. The latest surveillance data including data from GPs, hospital testing and confirmed outbreaks in different settings, shows that influenza activity is increasing and that the flu season has started earlier than usual.

- For further information on Children's Nasal Flu Spray, visit the [Children's Nasal Flu](#) webpage.
- For further information on whether you are eligible for a free Flu Vaccine, visit our [Flu Vaccinations](#) webpage.



You can receive your flu vaccine at your GP Practice, Pharmacy, Cwmbran Vaccination Centre or one of our Community Vaccination Clinics, to find out more, visit [our website](#) or contact our Vaccination Booking Team on 0300 303 1373.



Help Us to Stop Infections Spreading

Help us stop infections spreading

Please
wash your
hands
regularly



Winter respiratory infections are on the rise across our hospitals and communities, leading to more hospital admissions - especially among vulnerable groups like older adults, babies, and those with existing respiratory conditions.

If you're planning to visit one of our hospital sites in the coming weeks, you can help protect patients, staff, and yourself by taking a few simple steps:

- Practice good hand hygiene: Wash your hands regularly with soap and water, or use hand sanitiser.
- Wear a mask in hospital settings: Whether you're attending an appointment or visiting a loved one, we encourage you to wear a mask to help reduce the spread of illness.
- Get vaccinated: If you're eligible for the flu or COVID vaccines, don't delay make sure to get yours.
- Visit responsibly: If you're feeling unwell, please avoid visiting vulnerable individuals to help keep them safe.

Temperatures are dropping across Gwent - let's look out for each other!

Cold weather can be dangerous for older or vulnerable people, especially those living alone. Lower temperatures can lead to icy falls and injuries, worsen respiratory conditions, and increase vulnerability to winter viruses such as Flu, Covid-19, and RSV.



A quick check-in on someone vulnerable could make all the difference. You could help by:

- Making sure they're warm and have heating, blankets, and hot drinks
- Checking they have nutritious food, medication, and sturdy slippers
- Offering to pick up shopping or prescriptions



These simple acts of kindness could save lives!

Gwent Health Guide
Find the right health and wellbeing service

GIG CYMRU NHS WALES | Bwrdd Iechyd Prifysgol Aneurin Bevan | University Health Board

Don't forget the Gwent Health Guide is here to make sure you and your family know where to go for help

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

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





Keep Your Medicines Cabinet Stocked



A well stocked medicine cabinet, especially over Winter can help you to treat common illnesses and ailments. For example, it is handy to keep:

- Eye drops
- Antacids
- Paracetamol, Aspirin and Ibuprofen
- Antihistamines
- Nasal Sprays
- Sore throat and Cough lozenges
- Antiseptic Cream
- Plasters
- Thermometer



Order Your Prescriptions in time for Christmas



With this year's Christmas bank holidays fast approaching, we are encouraging residents to order any repeat medication as soon as possible to ensure they have plenty to see them through the festive period.



As all GP surgeries and the majority of community pharmacies will be closed on Christmas Day, Boxing Day and New Year's Day, access to dispensaries will be extremely limited over these days and the pharmacy teams in Gwent are asking patients to prepare for their medication needs by ordering them at least a week in advance.

A small proportion of Gwent pharmacies will be open for limited hours over the bank holidays for urgent needs. This timetable is available on the Health Board's website: **[Accessing Medical Help in Gwent over the Christmas Period - Aneurin Bevan University Health Board](#)**

Anyone in need of urgent medical help over the Christmas period should visit the Gwent Health Guide to find where they can go for help: **[Gwent Health Guide - Aneurin Bevan University Health Board](#)**

Update to the Common Ailments Service

The Common Ailments Service is available free of charge at participating pharmacies, offering help for a range of common health problems. We are pleased to share that the **Urinary Tract Infection (UTI) service** and the **Sore Throat Test and Treat Service** are now included within the Common Ailments Service. This means these services should be available in every pharmacy.

What patients can expect:

- Expert advice and treatment: Pharmacists are trained to assess symptoms, provide guidance, and supply treatment if required.
- Point of care testing: for sore throats and UTIs a simple test may be carried out to check if antibiotics will work.
- Fast and confidential care: Consultations are confidential and typically available within 24 hours.
- Access within 48 hours – if the service is unavailable at a chosen pharmacy patients can be directed to a neighbouring pharmacy to ensure they are seen.

This expansion makes it easier than ever for people to access safe, expert care without needing a GP appointment. For further information, please visit:

[Pharmacies – Aneurin Bevan University Health Board](#)



Have Your Say on Local Pharmacy Services

The Health Board would like your views on pharmacy services in your area as part of its Pharmaceutical Needs Assessment (PNA).

Your feedback is vital in helping us understand if improvements are needed, such as whether a new pharmacy is required in a particular area or if more pharmacies should offer specific services.

The survey is anonymous, and any information you provide will not be linked to you. Please do not include any details that could identify you or anyone else. All personal data will be handled in line with our privacy policy. To take part, please complete the questionnaire here: **[Pharmaceutical Needs Assessment Patient Survey](#)** or for more information or if you need help

completing the questionnaire, email **abb.primarycaredepartment@wales.nhs.uk** with “PNA questionnaire” in the subject line, or call 01495 241260.



GIG
CYMRU
NHS
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Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

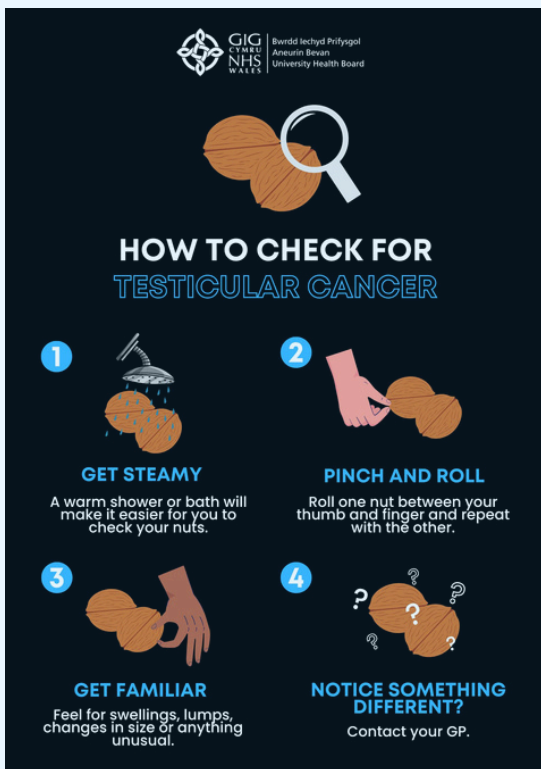
Dyfodol  Clinigol
Clinical Futures



Men's Health Awareness Month

November is **Men's Health Awareness Month**. Throughout the month, we have been sharing important health messages across our channels to inform residents of signs and symptoms to look out for, when to seek help and to take up cancer screenings if they're eligible.

During November, we collaborated with the **Jolly Brew Crew**, a free, monthly men's mental health group held at the Newbridge Memo. The group meets on monthly Sundays from 6:30pm to 8pm to provide a relaxed environment for men to chat, share, and learn about mental wellbeing through conversation and workshops. Attendees can enjoy a free brew while investing in their mental health and connecting with others in a safe, supportive space.

HOW TO CHECK FOR TESTICULAR CANCER

- GET STEAMY**
A warm shower or bath will make it easier for you to check your nuts.
- PINCH AND ROLL**
Roll one nut between your thumb and finger and repeat with the other.
- GET FAMILIAR**
Feel for swellings, lumps, changes in size or anything unusual.
- NOTICE SOMETHING DIFFERENT?**
Contact your GP.

This month, we highlighted how to check for **testicular cancer**. If you would like access to this poster to print out and distribute in your community, please email us on ABB.Engagement@wales.nhs.uk and we will send you the PDF file.




Gentlemen, look after your THIRD NUT

Some of the common symptoms of prostate disease are:

- A poor urine flow
- Passing blood in the urine
- Pain passing urine
- Passing urine more frequently by day or night

Most men with early prostate cancer don't have any symptoms. Be proactive, be aware and know the risks:

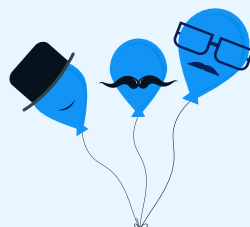
- 1 in 8** Welsh men
- 1 in 4** Black men
- 1 in 3** with a family history

If you are concerned about prostate cancer, or have any of these symptoms, consult your health professional who will:

- Assess any symptoms
- Examine your prostate (DRE - digital rectal examination)
- Discuss the merits of a PSA (prostate blood test)

PROSTATE CYMRU
02920 340 029 | info@prostatecymru.com
Reg. Address: 12 Drake Walk, Waterfront 2000, Cardiff CF10 4AN
Charity registration no. 1168682

We have also shared **Prostate Cymru's** resources and raised awareness of the signs and symptoms of prostate cancer.



Diabetes Awareness Month

Undiagnosed **Type 1 diabetes** is a medical emergency. If you notice ANY of the key symptoms of Type 1 diabetes, you need to make an urgent GP appointment, or contact your Out of Hours service.

The main symptoms of Type 1 diabetes are known as the **4 Ts**:

- **Toilet:** going to the toilet a lot more than usual, bedwetting in children who were previously dry at night or heavier nappies in younger children
- **Tired:** Increased tiredness/lethargy
- **Thirsty:** Increased thirst which is difficult to quench
- **Thinner:** Weight loss, looking thinner, clothes feeling looser



After living with **Type 2 diabetes** for over 20 years, Lynette Taylor, a Ward Clerk at Nevill Hall Hospital, decided to take control of her health.

In 2022, she joined Slimming World, adopted a balanced diet, and started running - eventually losing an incredible 7 stone!

Her blood sugar returned to normal levels, and by last summer, Lynette was no longer insulin dependent.

Through embracing a healthy lifestyle, Lynette was able to put her diabetes into remission and hasn't looked back since. Her story illustrates the vital role that healthy eating and regular physical activity can play in managing type 2 diabetes.

For more information on how to live a healthy lifestyle like Lynette, visit the **Gwent Live Well, Live Longer Hub** on our website: <https://abuhb.nhs.wales/hospitals/staying-well-and-healthy/living-well/>



Diabetes Awareness Month

Living with **Diabetes?**

Have you had a urine test in the last 12 months?

2 in 5 people miss this simple check.



Not had one? Pop along to, or call your GP and:

1. **Pick up a sample pot**
2. **Pee in it**
3. **Pass it back to the practice**

It is very important to **have your urine tested at least once a year** as protein in the urine is the **first sign of kidney damage**.

Picking this up early means you can start treatment that can **protect your kidneys from long term damage**.



Act Early, Test Yearly.

With thanks to our patients for supporting the co-production of these materials and to the charities Kidney Wales and Diabetes UK for facilitating the focus groups



A special parkrun for Cardiovascular Health



Come and Celebrate Cardiovascular Health at parkrun on 29th November!!



We're shining a spotlight on Gail Prosser, one of our amazing nurses from the Acute Cardiology Ward at Grange University Hospital, who's completing her 80th parkrun at Riverfront Newport! Gail has been with Aneurin Bevan University Health Board for 3 years and knows first-hand the incredible benefits of getting active.

"Parkrun is a welcoming, friendly place open to everyone. There may be one in your local area, and having a regular positive routine like this has a powerful impact on your wellbeing."

Why parkrun is perfect for YOU:

- ♥ Completely FREE to join
- ♥ Welcomes ALL abilities - sprint, dash, jog, race, trot, stroll, march, trek or walk!
- ♥ Brilliant for your heart health and mental wellbeing
 - ♥ Meet friends, volunteer or take part
 - ♥ A positive weekly routine that really works

Find your local parkrun and take that first step towards a healthier heart

More information can be found here:

<https://www.parkrun.org.uk/riverfront/news/2025/10/06/aneurin-bevan-university-health-board-british-heart-foundation-cymru-special-event-29th-november/>



Cancer Screening Reminder!

Cancer is one of our top health priorities at the Health Board. Early detection makes a huge difference - the sooner cancer is identified, the better the chances of successful treatment.

That's why attending and completing your cancer screening tests is so important. These simple checks could save your life.

Below, you'll find the main cancer screening programmes offered by Public Health Wales, along with details on who is eligible.



Bowel Cancer Screening

Bowel screening aims to find cancer at an early stage when treatment is likely to be more effective. The test kit is designed to measure how much blood is in your poo and can be

completed at home. Once you have sent your test your results will be back with you within two weeks.

People **aged between 50 and 74**, and who are living in Wales are invited to take the test **every two years**.

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**.



Walk and Talk for Grief Awareness Week



You are warmly invited to join us for a gentle Walk & Talk in recognition of Grief Awareness Week on Wednesday 3rd December – meet at 14:00 outside the Olive Tree, Edlogan Way, Croesyceiliog, Cwmbran, NP44 2JJ.

Grief touches every life, and taking time together can offer comfort, connection, and a sense of community.

This walk is open to everyone — whether you are living with loss yourself, supporting someone who is grieving, or simply wish to stand alongside others with kindness and understanding. You are welcome to chat, listen, or simply walk quietly in the company of others.

Please dress comfortably for the weather and feel free to bring a friend or colleague. We hope you'll join us as we walk with compassion and care for one another.



For more information, please contact:
Abb.grace@wales.nhs.uk
Telephone: 01633 493863



Nye's Community Champions Programme for 2026

In order to ensure that the Nye's Community Champions programme is continuing to meet the needs of both the Health Board and our Champions themselves, we would like to ask you to complete a short survey to allow the team to review our work to date and look at how we run the programme next year. The survey should not take more than a few minutes and can be found here:

https://forms.office.com/Pages/ResponsePage.aspx?id=uChWuyjjgkCoVkM8ntyPrgpAtkXoQYJOrC_prh9JMFtUMFZNUkhTUFkyTU1NU1Q5QVhKOENMQuczNy4u

If you do have any comments that you would like to share with the team that are not covered in the survey please feel free to email them to us directly at

ABB.Engagement@wales.nhs.uk



2026

Merry Christmas and A Happy New Year

The Communications and Engagement team has had an incredibly busy yet rewarding 2025, connecting with residents across Gwent. This year, we've worked tirelessly to help people understand where to turn when they're unwell or injured, offering guidance, advice, and support. We've also signposted individuals to essential health services and addressed concerns to provide reassurance and clarity.

A particular highlight has been hosting nine Nye's Community Champions meetings, where your participation and input have been invaluable. Together, we've helped share vital messages across our communities, making a real difference.



As this is our last meeting of the year, we want to wish all of our Nye's Community Champions a Merry Christmas and a happy, healthy start to 2026!
Your ongoing support in sharing our messages with your networks is truly invaluable.

Thanks to your efforts, residents across Aneurin Bevan University Health Board have access to the information they need to navigate local healthcare services.
We deeply appreciate your dedication to the Champions programme and are excited to continue working with you in 2026. Thank you for making such a positive impact in your communities!

Best Wishes,

Adele & Chiara

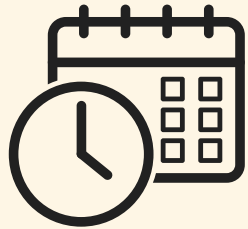
Community Engagement Schedule

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 confirmed with you over the next few weeks.

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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@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