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Aneurin Bevan University Health Board Neighbourhood Care Network (NCN) News

ISSUE 6: August - October 2024

Welcome to issue six of our quarterly newsletter.

Welcome to the latest edition of our quarterly newsletter, where we bring you the newest updates, insights, and exciting news from Neighbourhood Care Networks (NCNs) across the Aneurin Bevan University Health Board area!

Our goal is to keep you informed about the outstanding work happening within our community. From innovative initiatives and local successes to upcoming events, this newsletter is your essential guide to staying connected.



We greatly value your ongoing support and involvement. As you read through, we hope you find this edition both informative and inspiring. Thank you for being part of our journey!

For further information about the NCN programme, please visit [Neighbourhood Care Networks \(NCNs\) - Aneurin Bevan University Health Board \(nhs.wales\)](#), or please email: abb.strategicchangeteam@wales.nhs.uk

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NCN Communications & Engagement Update

What is a Neighbourhood Care Network (NCN)?

Neighbourhood Care Networks (NCNs) bring together local health and care services within a specific geographic area, typically serving populations of 40,000 to 60,000 people.

Each NCN includes General Practitioners (GPs), Dentists, Optometrists, Pharmacists, Community Nurses, Allied Health Professionals (AHPs), and Social Care specialists, combining a wide range of expertise.

Working within an NCN enhances care coordination, enabling better assessment of population needs, prioritisation of service improvements, and the development of tailored local solutions to improve the health and well-being of individuals and communities.



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Blaenau Gwent

Men's Wellbeing Event in Blaenau Gwent Praised

A recent Men's Wellbeing Event in Blaenau Gwent, held in partnership with Men's Den, followed a survey by the Integrated Wellbeing Network aimed at understanding how local men want support with their health and wellbeing. The event, attended by 27 people, received highly positive feedback.

Dr Simon Donovan, Blaenau Gwent Neighbourhood Care Network Lead, gave a well-received presentation on health screening, mental health, physical activity, and overall wellbeing, praised for his approachable style.

Eight partner organisations provided information on local services, and attendees described the event as "informative," "stimulating," and "helpful." Future events in 2025 will address topics like suicide prevention, stress management, and addiction.



'Sit A WHILE' Community Wellbeing Space

A new community wellbeing space was officially opened in Brynmawr last month, transforming a derelict area at the Mind Wellbeing Building on Worcester Street. Led by Blaenau Gwent Integrated Wellbeing Network (IWN), the project brought together five local organisations and community members to create a welcoming space for all.

The event celebrated the collaboration between BG & Torfaen Mind, Inside Out Cymru, Men's Den, The Community Hope Project, and Families First, who helped turn the neglected space into a vibrant, mural-adorned haven. A restored bench by Men's Den added a special touch. The space, named "Sit A WHILE," is now open for residents to relax and connect.



Blaenau Gwent Hosts Successful Menopause Event



A Women's Menopause Event was recently held in Ebbw Vale, following the Blaenau Gwent Women's Wellbeing Survey, which highlighted a strong demand for menopause information.

Organised by the Blaenau Gwent Integrated Wellbeing Network, the event offered women insights into menopause symptoms, treatments, and a chance to ask questions in a supportive environment.

Nikki Noble, Consultant Nurse in Sexual and Reproductive Health, gave expert advice on managing menopause, alongside a presentation on mindfulness and emotional wellbeing. Feedback was highly positive, with many calling for more sessions. Future events are planned for January and March 2025.

For more information, contact kathryn.cross@wales.nhs.uk.



Caerphilly

Successful 2 to 3 year old Flu Vaccination Pilot with Meddygfa Cwm Rhymni

To improve flu vaccination uptake in 2 to 3 year olds in Rhymney for 2024/25, the Caerphilly Management Team piloted a project with Meddygfa Cwm Rhymni, taking flu clinics directly to local nurseries and pre-schools. Qualified practice nurses, supported by HCSWs, began delivering nasal flu vaccines on 18th September, aiming to complete by 4th October.

Following letters and consent forms, 180 children received parental consent. By 4th October, 12 venues were visited, with 139 vaccines administered. Some children missed sessions and will attend future practice-based clinics.

The pilot saw a 280% improvement compared to last year's uptake. Further practice-based mop-up clinics are planned to target remaining children, confirming that bringing clinics to nurseries can significantly boost vaccination rates in this age group.

Apprenticeship Programme in Caerphilly

Caerphilly Locality and NCNs are supporting the ABUHB Apprenticeship programme, which allows individuals to work in healthcare without prior essential skills and experience.

In Caerphilly, apprentices are employed as MDT Coordinators while working towards a nationally recognised modern apprenticeship qualification. This programme maximises the potential of our future workforce by enabling experienced staff to pass on their skills and provide support throughout the learning process.

Apprenticeships focus on Level 2 qualifications, such as NVQ Level 2, along with Essential Skills. They play a crucial role in developing a capable workforce to ensure the best care for patients.

Caerphilly welcomes Rory Draper to the team in Trethomas as an MDT Coordinator.

Initially, an MDT pilot is being launched in East and South Caerphilly NCN areas, collaborating with general practice to improve care quality and access, while enhancing teamwork across partners. The model emphasises proactive, personalised health planning for individuals with complex needs, coordinated through multi-disciplinary teams.

The team is excited to support Rory throughout his apprenticeship as he begins his career in the NHS.

Wellbeing Pop-Ups in the Caerphilly Borough



Come and have a chat to us about health and wellbeing support and services (including nature wellbeing and oral hygiene)

- Monday 4th Nov 2-4pm at Ystrad Mynach Library
- Tuesday 5th Nov 12.30-2.30pm at Rhymney Library
- Monday 11th Nov 10-12pm at Bargoed Library
- Tuesday 12th Nov 10-12pm at Blackwood Library
- Tuesday 19th Nov 10-12pm at Risca Library
- Thursday 21st Nov 10.30-12.30pm at New Tredegar Library
- Tuesday 26th Nov 10-12pm at Caerphilly Library



In November, Caerphilly IWN, Caerphilly Nature Wellbeing, Community Dental, Caerphilly Cares, and DEWIS are holding Wellbeing Pop-up sessions at libraries across the borough, offering advice on health and wellbeing services.

Caerphilly Nature Wellbeing: Promotes outdoor activities for better physical and mental health.

Community Dental: Raises awareness for Mouth Cancer Action Month and offers oral health advice.

Caerphilly Cares: Provides support with finances, employment, and loneliness, with Wellbeing Connectors helping people find local activities.

DEWIS: Offers advice on all aspects of well-being.



Monmouthshire

Monmouthshire Secondary Care Phlebotomy Clinics

North Monmouthshire GMS and Nursing Professional Collaboratives joined forces to provide a Secondary Care Phlebotomy Service in Monnow Vale Health and Social Facility. The new North service is provided by Hayley Brueford, a HCSW within the Community Nursing Team, who runs the clinic twice a week.

The service provides care closer to home and provides a more streamlined service for Monmouth residents who require ongoing bloods management from secondary care services; cardiology, urgent pre surgery, pre and post chemotherapy, Urgent Suspicion of Cancer (USC), haematology and much more. All ages above 12 years of age can be directed to this initiative.

Monnow Vale Ward Manager Nominated for Hospital Award

Monnow Vale Health and Social Facility Ward Manager, Kelly Windebank, has been nominated for a Hospital Award.

Kelly has a wealth of nursing knowledge her background is from secondary care and district nursing.

Kelly has hit the ground running with the support of the ward staff and the management team.

Trefynwy Ward, Monnow Vale is an innovative GP led ward providing care to patients with rehabilitation needs and at times palliative needs. With a focus on discharge planning and complex discharge, Kelly and the ward staff pride themselves on putting patients and their relatives first.

Trefynwy is a 21 bedded unit with both male and female patients, and dynamic Kelly works closely with the integrated service teams and has an excellent working relationship with all MDT members. She is always looking for new ways to improve on the care provided in a progressive environment of an integrated health and Social Care model.

Leanne Watkins Assistant Head of Service for Monmouthshire said, "It has been a pleasure to support Kelly through her first months in this role and we hope that she will go from strength to strength and keep supporting ABUHB throughout her career"

Celebrating Excellence: Sue Tranka presents CNO Awards

Join us in celebrating nursing & midwifery staff Rochelle Walters, Alison Rylan and Helen Crosbie all awarded the Chief Nursing Officer Excellence Award in September by Chief Nursing Officer Sue Tranka. These awards reward significant and outstanding contributions made by nursing and midwifery staff.

Sue's visit also formed part of a scheduled visit to the health board where today she visited wards of the Mental Health & Learning Disabilities Division.





Newport

Health and Wellbeing Groups for Diverse Ethnic Groups in Newport

Newport is a multicultural city with the second highest number of ethnic minority communities in Wales, including 48 spoken languages across 20 communities. Many of these communities fear statutory organisations, leading to misunderstandings and isolation, worsened by language barriers that prevent access to essential services and communication with agencies like schools and GPs.

To address these challenges, our NCN has commissioned Kid Care 4 U (www.kidcare4u.co.uk) to support women's groups and provide interpreting services until March 2025. They will offer health and wellbeing activities in deprived areas of Newport for low-income ethnic groups facing health issues. "Our project will engage women from seven diverse ethnic backgrounds in Newport, offering weekly groups, workshops, and one-on-one support. We aim to empower community members to effect change in their lives while considering their cultural, religious, and language needs, helping them develop skills to manage stress and access services."

Wellbeing Friends - Key Connectors in Communities

The Integrated Wellbeing Network aims for a holistic approach to prevent and address health-related issues. Though it sounds complex, it's quite simple!

The Networks (IWN) involve everyone—neighbours, community groups, public organisations, and schools—sharing information on staying well and connected.

The IWNs engage with local groups, schools, and care homes to identify existing support and resources, then promote these connections to help services grow and reach more people. They invite the public to join network meetings, empowering them to shape local services.

As the IWN expands, there are many ways to get involved, even through social media. Small actions can make you a 'Wellbeing Friend,' essential for building a stronger community. Together, we can create healthier, happier communities.

Wellbeing Friends signpost others to support and opportunities (Social Prescribing Academy, 2024), playing a vital role in connecting people in their communities.

19 Hills Health & Wellbeing Centre - Senedd Update

We would like to share with you a [video link](#) of John Griffiths, AM, speaking in the Senedd, about the service model within 19 Hills HWBC, following his visit to the centre on 4th October 2024.



Ringland Regeneration Community Engagement Event

Newport City Homes, Kier, Lovell and other partners held a successful community event on 19th September in the Ringland Community Hub, to share information about the new developments happening across the Ringland Campus.

Aneurin Bevan UHB Services in attendance were Mental Health Services, Community Dental, Family and Therapies, Integrated Wellbeing Network, the Newport Locality Team and Park Surgery offered Health Check for members of the community.





Torfaen

Torfaen Celebrates Community Champions

On Friday, 18th October 2024, the Parkway Hotel in Torfaen hosted the Community & Volunteer Awards, celebrating local volunteers and organisations. The event brought together around 200 attendees, including representatives from various voluntary organisations and businesses.

Independent judges selected three finalists for each category, leading to the following winners:

- Adult Volunteer: Andrew Betty
- Young Volunteer: Leo Morton
- Trustee of the Year: Matthew Cox
- Sports Volunteer/Group: Rob Davies
- Health Volunteer: Wendy Edwards
- Environmental Volunteer/Group: Mark Sullivan (Bridges 46 to 5 Locks Canal Group)
- Heart of the Community: For Dads by Dads
- Business of the Year: Coffi Kitoko
- Arts, Culture & Heritage Volunteer/Group: Pontnewydd Male Choir
- Children & Youth Group: New Inn Juniors AFC
- Community Leader: Dawn Clayton

The evening highlighted the vital contributions of individuals and groups, inspiring all attendees and reinforcing the spirit of community in Torfaen.

Reading Well for Dementia Reading List

The 'Reading Well for Dementia' list is now available at Cwmbran Library. This collection recommends books for those living with dementia, offering reliable information, advice, support, and personal stories. It also includes titles for family members, friends, and carers.

Reading Well is a programme developed by The Reading Agency in partnership with Libraries Connected, funded by Arts Council England and the Welsh Government. It has been co-created with Innovations in Dementia.

The collection can be accessed digitally using the below link:

[Overview of titles \(Wales/bilingual\) - Reading Well for dementia \(2024\) - The Reading Agency.](#)

Free Stroke Support Groups Available in Torfaen

Three free support groups are available in Torfaen for stroke survivors and their families. Operating in North and South Torfaen, these groups provide a welcoming environment for recovery. Open to anyone affected by a stroke, the groups offer peer support and opportunities for social connections. Attendance is free, ensuring a comfortable atmosphere for all. For those feeling apprehensive about joining, the Community Connector team in Torfaen can provide assistance and referrals to help individuals take the first step.

To access support or make a referral, contact the Community Connectors at communityconnectors@torfaen.gov.uk or call 01633 742397.

Come along to our stroke group

New Inn Stroke Support Group

Stroke changes lives in an instant. Our group inspires, supports and helps each other through social and recreational activities.

Contact us:
Name: Cheryl Harvey Email: harvey-i3@sky.com
Phone: 07500 908082
Stroke Helpline: 0303 303 3100
Website: Stroke.org.uk

Every Tuesday 10.30am till 12.15pm
St Mary's Church Panteg Church Hall
134 The Highway, New Inn, Pontypool NP4 0PH

In support of the
Stroke association

NCN Communication & Engagement



ABUHB Screen Presentation - UPDATED October 2024

A presentation containing health messages, campaigns and service information has been created for use on public facing screens. The presentation has a running time of 29 minutes, is bilingual and can be played with/without sound as it is subtitled. The file format is MP4 and can be set to play on a loop.

You can download the file [here](#)

If you have any questions, please email lisa.orford@wales.nhs.uk

Making Appointments with GP Practices in Gwent

A new resource has been made available to help Gwent patients find alternative ways to make appointments with their GP practices. The table, which lists all GP practices across Gwent and the different methods for booking an appointment, is now available on the Aneurin Bevan University Health Board (ABUHB) website [GPs - Aneurin Bevan University Health Board \(nhs.wales\)](#).

Updated by practices, the spreadsheet offers a range of contact options for patients who may find it difficult to get through to their surgery by phone. In addition to traditional telephone booking, the tool highlights alternative ways to schedule appointments, such as via email, the NHS App or in-person.

This new resource aims to make it easier for patients to access their GP, especially during busy periods when phone lines can be overwhelmed.

[GP appointment booking table](#)

Please note: booking options may change at short notice due to staffing issues.

ISPB Brand Guidelines and Assets Now Available for Download

The Gwent Integrated Services Partnership Boards (ISPBs) Communications and Engagement Strategy, brand guidelines and assets are now accessible on both the NCN Pulse site and the Gwent Regional Partnership Board website. These resources are available for immediate download, providing key materials to ensure consistency across ISPB communications.

Included in the assets are logos for each ISPB, PowerPoint and Word document templates, and Teams backgrounds. These resources are designed to help teams across the ISPB network maintain a professional and cohesive brand presence.

To access these materials, please visit the [ISPB pages on the NCN Pulse](#) site or the [ISPB pages on the RPB website](#).



Discover the Benefits of Being a Collaborative Lead in Optometry

In a [short video](#), Geraint Jones highlights the key role of a collaborative lead in optometry, integral to the work of Neighbourhood Care Networks (NCNs). As a lead, you capture insights from local optometrists and healthcare providers, helping shape services to meet community needs.

Collaborative leads drive innovation, share best practices, and work across service boundaries to improve care standards. This collaborative approach enhances patient outcomes and supports professionals in delivering the best possible care.



Raising the Profile of the NCNs

The NCN Pulse site continues to go from strength to strength, with 12,655 visits in the last 90 days (up to 24/10/24), reflecting its growing popularity. The site plays a key role in raising the profile of NCNs and their incredible work, featuring regular news updates, key dates, campaign resources, and more to support users in accessing essential information and planning events.

[Neighbourhood Care Network \(NCN\) - Home \(sharepoint.com\)](#)



Natalie Janes Honoured with Prestigious Queen's Nurse Title

A huge congratulations to Natalie Janes for receiving the prestigious Queen's Nurse title from the Queen's Nursing Institute (QNI). The title recognises her dedication to delivering exceptional community nursing care.

Natalie expressed her pride in joining the respected network of professionals committed to improving care standards: "I am incredibly honoured to receive this title. It inspires me to continue making a positive difference in the lives of those I serve."

Lloyd Hambridge and Lucy Kings also praised Natalie's achievement, recognising her commitment to outstanding community care. Well done, Natalie!



All editions of our quarterly newsletter are available on the [ABUHB website](#).

If you would like more information about any of the featured stories or wish to be added to our mailing list to receive this newsletter, please email lisa.orford@wales.nhs.uk.