

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

ISSUE 10: Autumn/Winter 2025

Welcome to issue ten of our quarterly newsletter.



We're pleased to bring you the latest news, updates and highlights from Neighbourhood Care Networks (NCNs) across the Aneurin Bevan University Health Board area.

This newsletter is here to keep you connected with the incredible work happening in our communities, celebrating the innovative ideas, strong partnerships and inspiring achievements that are making a real difference to people's lives.

Inside, you'll find details of upcoming events, uplifting stories and exciting new developments. Our goal is to help you feel informed, involved and proud of the progress we're making together. We hope you enjoy this edition and that it gives you a positive and inspiring glimpse into the fantastic work taking place across our communities.

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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What is a Neighbourhood Care Network (NCN)?

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

Each NCN unites a wide range of professionals, including GPs, dentists, optometrists, pharmacists, community nurses, allied health professionals (AHPs) and social care specialists.

By working collaboratively, NCNs improve care coordination, build a clearer picture of local health needs, prioritise service improvements and create tailored solutions that enhance the health and wellbeing of individuals and communities.



Blaenau Gwent

Blaenau Gwent NCN Children's Services event

The Blaenau Gwent NCN team recently hosted a 'Children's Services' themed event at the Tabor Centre, Brynmawr.

The session formed part of GP practices' protected learning time, ensuring representation from all practices in Blaenau Gwent.

The aim was to raise awareness of the range of services available to support children, young people and families. The Blaenau Gwent NCN leads were particularly keen to highlight the vital role of health visiting within this landscape.

Attendees had the opportunity to connect, share knowledge and strengthen collaboration across the network.

The event reinforced the importance of multi-agency working and showcased the fabulous services already in place to support families in Blaenau Gwent. It also provided a platform for practices to better understand and engage with these resources, ensuring children and young people receive the best possible care.

Bevan Bear helps promote the Blaenau Gwent nasal flu programme 2025



Bevan Bear has had a very busy summer helping the BG NCN Team promote the nasal flu programme.

With the help of our wellbeing coaches, the team attended National Play Day in Bedwellty House and Park, Tredegar. The event was fantastic and welcomed over 1000 people.

The event was hosted by the Family Information Service and included messy play; a slip and slide; arts and crafts; Wild Tots; and lots more! We were also joined by some amazing local services who were able to promote themselves within the community.

We also partnered with Morgan of Aneurin Leisure Sports Development and his wiggly words sessions, and went on tour around the Blaenau Gwent libraries, offering information and advice for the upcoming nasal flu vaccines delivery programme available in all the Blaenau Gwent 2 – 3 year olds education and nursery settings. Bevan has made lots of lovely friends in the Blaenau Gwent community and we look forward to seeing some of the children we met during the summer during the next 6 weeks as we start delivering our nasal flu programme out in the community.

Wonderful Waggy Wellbeing Time for Brynmawr District Nurses

"Thank you to everyone who joined the Blaenau Gwent NCN team for the recent staff wellbeing time with our Brynmawr District Nurses. It was truly special to see the team all taking a moment to pause, relax and connect.

From the calming presence of Rufus the lovely chocolate labrador therapy dog to the beautiful flower craft activities with Lisa, our YAB Activities Coordinator and the comfort of the relaxation chairs/massagers, kindly on loan from our ABUHB chaplain - the engagement and smiles made the activities so worthwhile.

It was a privilege to give some wellbeing support back to another one of our fabulous Blaenau Gwent teams for the incredible work you do every day. Warmest thanks to everyone involved for your support and help."

Angela Thompson-Roach
Place Based Care Officer





Caerphilly

Pan Caerphilly NCN Event Shines Spotlight on Women's Health

The Caerphilly Neighbourhood Care Networks (NCNs) / Caerphilly Locality Team hosted its highly anticipated Pan Caerphilly NCN Event on 6th November at Ty Penallta, bringing together over 100 attendees from across the county to focus on the vital theme of Women's Health.

Alongside the presentations, attendees had the opportunity to explore interactive stalls from local service provider, including: Gwent Violence against Women, domestic Abuse & Sexual Violence Nature Wellbeing, Heart Failure / Cardiac Rehab Service, Endometriosis / Sands, Sex Health and Education, Symptom Management Service, ABUHB Pelvic Health Physiotherapy, Housing Support, HV Breastfeeding Support, Zen Den, Integrated Wellbeing Network, Breast Cancer, Period Dignity and School Nursing.

The event was accessible to all NCN Members across the borough including; GP Practices, Professional Collaborative Leads, Integrated Wellbeing Network, Local Authority services, third sector and other key service providers across Caerphilly. It served as a valuable platform for networking, sharing knowledge, and strengthening partnerships to improve health outcomes for women in the community.

Caerphilly Wellbeing Day a Huge Success

On Thursday 9 November, Caerphilly IWN partnered with GAVO to host a Wellbeing Day for World Mental Health Day at St Gwladys Church Hall, Bargoed. The event ran from 2–6pm and welcomed over 100 attendees.

Visitors explored stalls from local services including Caerphilly Nature Wellbeing, GDAS, CHAMPS, Caerphilly Employment Support, PHPs, Dicky Tickers, Platform, DEWIS, Help Me Quit and Home Start Cymru – all sharing valuable health and wellbeing information.

Talks were delivered by Side by Side, a charity choir for people with long-term conditions, and Jolly Brew Crew, a men's mental health group, highlighting the benefits of singing and conversation for wellbeing.

The day also featured free hand massages, arts and crafts, performances by Stargoed, laughter yoga, and delicious cake tasters from Extraordinary Bakes.

Local Allotment Project Cultivates Health, Sustainability and Community Spirit

A thriving Caerphilly allotment is leading the way in healthy eating, sustainability and wellbeing.

Recent funding has supported creative projects like vegetable-based baking (even featured at NHS assemblies) and free growing kits to encourage home-grown fruit and veg.

The allotment's Wellbeing Room – once a storage space – now hosts free classes in crafts, cooking, sewing and carbon awareness, helping hundreds tackle loneliness and food poverty.

From humble beginnings to a vibrant hub, this allotment shows how health, sustainability and community can flourish together.

Additional funding has enabled a new polytunnel for year-round growing, further strengthening this vibrant hub where sustainability, health and human connection flourish.





Monmouthshire

Monmouthshire Falls Service

Falls are not an inevitable part of ageing, and many can be prevented.

The Monmouthshire Falls Service is sharing practical tips to help older people stay safe and independent this winter:

Top Tips to Prevent Falls:

- **Eye Care:** Regular eye tests (free for over 60s) and proper eyewear can reduce risks.
- **Stay Active:** Gentle exercise like chair-based routines, housework, or short walks improves strength and balance.
- **Medication Reviews:** Have your prescriptions checked annually to avoid side effects that increase fall risk.
- **Home Safety:** Keep spaces clutter-free, well-lit, and consider grab rails or personal alarms.
- **Cold Weather Prep:** Wear shoes with good grip, clear icy paths, avoid wet leaves, and keep warm indoors (minimum 18°C).

If you experience a fall, report it to your GP – you may be referred to the Falls Service for support.

Celebrating Trish Edwards – 60 Years Young & Still Going Strong

At the end of September we raised a toast to someone special – Trish Edwards, who celebrated her 60th birthday and began a well-earned partial retirement after years of incredible leadership, dedication, and heart within the Monmouthshire Management Team.



Trish has been a guiding light in our division, known for her wisdom, warmth, and unwavering commitment to improving lives across our communities.

Whether leading with vision or supporting with compassion, Trish has left a lasting mark on us all.

While Trish is stepping back from some responsibilities, we're thrilled she'll still be part of our journey – just with a bit more time for herself, and hopefully a few adventures!

Supporting Veterans in Community Hospitals

Monmouthshire has shown a strong commitment to supporting veterans in healthcare settings, working with the Professional Nursing Collaborative and ABUHB Armed Forces Lead, Maisy Provan, to launch the Poppy Programme. Following NCN Winter Planning, the programme was introduced at Cas-Gwent Ward (Chepstow Community Hospital) and Trefwynny Ward (Monnow Vale). Both teams have embraced the initiative, ensuring veterans receive tailored support during their stay and beyond.

A great example comes from Cas-Gwent Ward, where staff identified a veteran patient and collaborated with SSAFA to plan a safe, dignified discharge. "We are already seeing how useful this programme can be," said Kelly Saidani, Deputy Ward Manager. Chepstow Hospital also marked Armistice Day with a nostalgic wartime singalong led by the chaplain, creating a heartwarming moment of remembrance and connection.

Meanwhile, Dixton Road Surgery in Monmouth has achieved accreditation as a Veteran Friendly GP Practice, led by Dr Brian Harries, reinforcing its commitment to personalised care for those who have served.



Newport

Cabinet Secretary Officially opens 19 Hills Health & Wellbeing Centre



Aneurin Bevan University Health Board proudly opened the 19 Hills Health & Wellbeing Centre in Newport on 13 November, with a ceremony led by Jeremy Miles MS, Cabinet Secretary for Health and Social Care.

The Centre is a major milestone in the Health Board's Clinical Futures Programme, bringing integrated, person-centred services under one roof to support physical and mental wellbeing closer to home. Purpose-built spaces offer primary care, mental health support, community services and wellbeing initiatives in a modern, welcoming environment.

Jeremy Miles MS praised the Centre as "the future of healthcare in Wales – integrated services rooted in the community." Chief Executive Nicola Prygodzicz added: "This is more than a building; it's a hub for healthier, more connected lives."

The event included local partners, staff, and community contributions, with refreshments from Newport Youth Academy and a performance by Milton Primary School Choir.

Coffee Mornings at 19 Hills Health & Wellbeing Centre

Come and join us in the atrium every Friday morning between 10am and 12pm. A chance to catch up with friends and local residents, talk about upcoming health and wellbeing activities in your area and tell us what you would like to see in your local community.



Nature Prescriptions Launch in Newport

The Nature Prescription Launch took place on 20th November at the Ringland Community Centre. It was well attended by 30 other partners in the community. Developed in partnership with RSPB Cymru, Nature Prescriptions offer a free, accessible way for individuals to improve their health and wellbeing through simple, self-led activities. Each prescription has been framed as a calendar, detailing ways to connect with nature throughout the year, in all its different seasons. They emphasize "moments not minutes", i.e., the benefits of spending meaningful time in nature and the effect it has on one's wellbeing.

The prescription was co-produced in two stages with 26 partners involved in Stage 1 design and 32 various teams from multiple organisations involved in the quality assurance and final draft. The effects of the nature prescriptions have been proven by consistent participant trials. In Scotland, one of the first places to trial the prescriptions, 74% of patients said they benefitted from them and 91% of professionals said that they would continue to offer them. These prescriptions can be offered by any member of our wellbeing workforce here in Newport, making them a flexible addition to existing health and wellbeing support.



Torfaen

United for Better Care: Nursing Teams Collaborate Across Torfaen

On Thursday, 2nd October 2025, nursing professionals from across Aneurin Bevan University Health Board (ABUHB) Clinical Divisions came together for the Nursing Professional Collaborative Meeting - a dynamic and inspiring event dedicated to enhancing patient care in the Torfaen Borough.

This gathering marked a significant milestone in place-based nursing collaboration, bringing together borough-specific nursing groups to foster meaningful inter- and intra-professional dialogue. The aim being to share insights, strengthen partnerships, and co-create strategies that elevate the quality of care and patient experience across the region.

What Made the Meeting Special:

- **Cross-Divisional Engagement:** Nurses from various Community specialties and settings - joined forces to discuss shared challenges and opportunities.
- **Interactive Sessions:** Workshops and breakout discussions encouraged open dialogue, idea exchange, and collaborative problem-solving.
- **Patient-Centred Focus:** Every conversation was anchored in the goal of improving outcomes and experiences for residents of Torfaen.
- **Professional Networking:** Attendees built new connections and sparked future collaborations across divisions.
- **Guest Speaker Presentations-** These sessions provided valuable updates on current services, and how they contributed to the broader landscape of patient care.

The event highlighted the power of collective wisdom and the importance of nurturing professional relationships across boundaries. By working together, nursing teams are better equipped to deliver compassionate, coordinated, and effective care to the communities they serve. The Nursing professional Collaborative Meeting set the stage for ongoing partnerships and continuous improvement - because when nurses unite, patients thrive.

Successful Children's Services Event Brings Organisations Together in Cwmbran

A successful Children's Services Event took place at The Power Station in Cwmbran, welcoming 49 attendees. The event featured a series of engaging presentations from key Children's Services across Torfaen, including:

- Best Start in Life
- The Impact of Care
- SPACE Wellbeing
- Neurodiversity Early Support Hub (NESH)
- Cynefin
- Community Psychology
- Healthy Child Wales

The presentations were well received, sparking informative discussions among participants.

In addition, a number of stalls provided information and opportunities for networking with local organisations, such as Sparkle, HDRC, Health Visitors, TOGs, Flying Start, Public Health, ISCAN (Integrated Support for Children with Additional Needs), and the Early Intervention and Prevention system.

The event offered a valuable chance for professionals and community members to connect, share knowledge, and explore the services available to support children and families in Torfaen.



Other News...

Local Pharmacy Project Delivers Big Savings



H. Shackleton Ltd, a community pharmacy in Ebbw Vale, has successfully tackled the growing problem of medication waste, saving hundreds of pounds for the NHS in just a few weeks.

Medication waste is a major issue across Wales, costing the NHS millions each year and adding unnecessary environmental impact. In Gwent alone, around £9.6 million is wasted annually on unused or unnecessary repeat prescriptions. To address this, Rhys John, a Primary and Community Care Academy Pharmacist, led a Quality Improvement project at Shackleton's Pharmacy, supporting the Aneurin Bevan University Health Board campaign "Only Order What You Need" and aligning with NICE guidance on medicines optimisation.

The project focused on a simple but effective intervention: asking patients collecting repeat prescriptions whether they needed every item in their bag. This extra check helped prevent unnecessary dispensing and significantly reduced waste. Total savings reached £459.50 in just 34 working days.
<https://abuhb.nhs.wales/hospitals/pharmacies-chemists/yourmeds/>

Have Your Say on Local Pharmacy Services

Aneurin Bevan University Health Board is asking for your views on pharmacy services in your area as part of its Pharmaceutical Needs Assessment (PNA).

This review helps us understand if current services meet local need and if improvements are required. 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: [Pharmaceutical Needs Assessment Patient Survey](#). It only takes a few minutes and your views will help shape future pharmacy services. For more information or if you need help completing the questionnaire, call 01495 241260, or email abb.primarycaredepartment@wales.nhs.uk with "PNA questionnaire" in the subject line.

NEW Common Ailments Service FAQs

A new set of Frequently Asked Questions (FAQs) is now available for the Common Ailments Service (please see below).

The Common Ailments Service is an NHS initiative that enables local pharmacies to provide free advice and treatment for a range of everyday health problems. From head lice to athlete's foot, and sore throats to urinary tract infections (UTIs), trained pharmacists can assess symptoms, offer confidential guidance, and supply treatment where appropriate.

The new FAQs will support your understanding and communication about the service. For further information about the Common Ailments service, please visit: [Common Ailments Service - Aneurin Bevan University Health Board](#)



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.