



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

ISSUE 4: February - April 2024

Welcome to the fourth edition of our quarterly newsletter.

Get ready to dive into the latest updates, insightful perspectives, and exciting news straight from the heart of the Aneurin Bevan University Health Board area!

Our mission is simple: to keep you in the loop about all the incredible work happening within our community. From groundbreaking initiatives to local triumphs and upcoming events, this newsletter is your go-to source for staying connected.



We're grateful for your ongoing support and involvement in our community. As you explore this edition, we hope you find it 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

Contents:

Page 1	Introduction
Page 2	Blaenau Gwent NCN
Page 3	Caerphilly NCN
Page 4	Monmouthshire NCN
Page 5	Newport NCN
Page 6	Torfaen NCN
Page 7	Professional Collaboratives
Page 8	NCN Communications & Engagement Update

What is a Neighbourhood Care Network (NCN)?

NCNs serve unite local health and care services within a defined geographic area, typically catering to populations ranging from 40,000 to 60,000.

Comprising General Medical (GPs), Dental and Optometric Practitioners, Pharmacists, Community Nursing, Allied Health Professionals (AHP), and Social Care specialists, NCNs harness a wealth of diverse knowledge and expertise.

Operating within an NCN ensures improved coordination of care, allowing for the assessment of population needs, identification of service improvement priorities, and the development of tailored local solutions to promote the well-being of individuals and communities.





Blaenau Gwent

Engagement Event in The Bevan Health and Wellbeing Centre



An engagement event was held to welcome local Tredegar residents and members of the Town Council to look around the new facility and discuss plans for further development of services that will be available.

A volunteer singalong group, 'The Goldies' started the wellbeing activities and with tea and Welsh cakes provided before the tour and we finished the afternoon session concluded with a group of young singers from Kids R US.

There was also a Q&A session in the evening that discussed the next phase of the development.

We also held a Market place with stands from partner and volunteer services to provide information on local wellbeing services, including, GAVO, CAB, EEP, Aneurin Leisure, Health Visitors and the Communications and Engagement Team.

Positive visit to YAB Ebbw & Sirhowy wards

Llais, the independent statutory body representing the people of Wales in health and social care, visited Ysbyty Aneurin Bevan (YAB) on November 20, 2023, with positive feedback on the hospital and care received.

During the visit, Llais volunteers interacted with patients on Sirhowy and Ebbw Vale wards, noting their feedback. The majority expressed satisfaction with their care, with comments such as "Staff polite and comfortable experience" and "Care has been marvellous." The senior leadership team have completed and returned an action plan in response to the Llais recommendations. They have also progressed the recruitment of an activities coordinator on the wards to implement a structured programme of activities to support patient rehabilitation and wellbeing and we look forward to appointing to this role in the near future.

Young People's Wellbeing Friends – Pilot Project



Brynmawr Foundation School partners with the Integrated Wellbeing Network (IWN) for a community engagement and wellbeing information project. Year 9 students train as wellbeing friends, gathering insights from family and friends to shape the town's wellbeing offerings. Their findings are documented and discussed with the IWN team, who provide feedback to partners like the Aneurin Bevan University Health Board.

The IWN team meets with these wellbeing friends regularly to collect information, discuss findings, and provide feedback to relevant partners, such as the Aneurin Bevan University Health Board.

The project facilitates information sharing among youth and their families, with plans to involve partners in the youth service for future collaborations. While the IWN spearheads the pilot, they aim to empower youth to propose ideas and projects for future collaboration.

For more details about this initiative, please contact kathryn.cross@wales.nhs.uk.



Caerphilly

Local Collaboration Blossoms at Trethomas Health Centre



The Caerphilly team, in collaboration with Keep Wales Tidy, is enhancing the wellbeing of visitors to Trethomas Health Centre while safeguarding ancient Welsh fruit trees and their ecosystems.

Led by Mari Burland, Caerphilly's Network and Community Services Support Officer, a tree planting event occurred on March 19th. Local Councillors and students from Ty'n y Wern Primary School joined to plant a small orchard featuring 12 varieties of local heritage fruit trees.

Carolyn Joyce, Caerphilly Dental Collaborative Lead, and colleague Kylie Bright provided toothbrush sets, stickers, and oral health information to children attending the event.

The initiative aligns with Caerphilly's commitment to the Decarbonisation Strategic Delivery Plan and The Wellbeing of Future Generations Act, aiming to improve air quality for better health outcomes.

Trethomas Health Centre offers diverse care services, including respiratory, cardiac, falls prevention, podiatry, diabetes management, counseling, and more.

Community Wellbeing Connectors

Caerphilly NCNs have provided funding for four additional Community Wellbeing Connectors to bolster the Caerphilly Cares Team in partnership with Caerphilly Local Authority.

These Connectors are now in their roles and are assigned to various GP practices across the borough. They aim to provide personalised support and guidance to adults and their families, fostering wellbeing and independence within their communities to combat social isolation.

Working closely with residents, the Community Wellbeing Connectors will identify tailored solutions to complex needs, building on existing relationships while fostering a fresh approach to community resilience.

The Dicky Tickers

The Nature Wellbeing (Green Prescribing) program in Caerphilly County Borough, supported by the IWN team, Caerphilly Locality team, and NCNs, has seen significant progress over the past ten months.



In collaboration with Pulmonary Rehab and Neurological Rehab, the Cardiac Rehab team sought our assistance in establishing a Heart Failure peer support group at Bargoed YMCA. Following informative sessions with the team, manager, and potential members, the 'Dicky Tickers' group was formed. This initiative will be presented at the upcoming British Society for Heart Failure meeting. Continued support from the IWN has enabled the group to organize an open information event at Bargoed YMCA on May 1st, coinciding with Heart Failure Awareness week, to recruit new members.

This success is attributed to the collaborative efforts of the IWN, the Nature Prescribing program, Hayley Rose (Cardiac Rehab), and Jo Price (Bargoed YMCA), showcasing effective partnership across NCNs, Public Health, and community stakeholders.



Monmouthshire

Monmouthshire NCN Showcase Assistive Technology at Chepstow Community Hospital



In a bid to foster independence and enhance the quality of life for patients, Monmouthshire Neighbourhood Care Network (NCN) has joined forces with Monmouthshire County Council to unveil two pioneering Assistive Technology demonstration rooms at Chepstow Community Hospital.

Assistive technology includes a range of tools like voice-controlled curtain openers and 'smart home' setups, addressing challenges such as memory impairment and mobility limitations. From memory aids to communication devices, the showcased technologies cater to diverse needs, ensuring inclusivity and accessibility.

Early adoption and familiarity with assistive technology are vital, especially for individuals with conditions like dementia. Introducing these tools early allows patients to acclimate and derive maximum benefit, promoting independence and autonomy.

The booking system to visit the rooms is now live and can be found at [AssistiveTech Monmouthshire - Monmouthshire](#) .

An open day has been confirmed for 4th June.

Monmouthshire Exercise Referral Scheme

The National Exercise Referral Scheme (NERS) is a chronic condition prevention and management programme which aims to improve the health and wellbeing of sedentary and inactive adults who are at risk of developing or who have an existing chronic condition.

It provides a 16-week programme of physical activity to individuals referred by NHS health professionals, using behaviour change techniques to embed positive physical activity habits.

Once referred, patients that meet the criteria are invited to their local leisure centre for an initial assessment with a qualified exercise referral professional.

They will be offered a tailored, supervised exercise programme for 16 weeks and their progress will be reviewed at key points.

Memory Café at Chepstow Community Hospital

21st February saw the first sessions for the Chepstow Community Hospital Memory Café.



The Memory Café was supported by the Singing Club Choir who entertained the group with song renditions spanning the decades from 1940's to more recent times. The Memory Cafe is a wonderfully welcoming place for individuals with any form of dementia, or other brain disorders. They are designed to include the care partner as well, for a shared experience.

Focusing on different aspects for a unique experience, enjoy the connections of music, singing and informal conversations to create new friendships.

There were lots of smiles on people's faces and everyone in the room burst in to song as the choir mixed with the group members making everyone feel involved. The sessions are run every third Wednesday of the month 11am-1pm.



Newport

St Woolos to Royal Gwent - Ward Moves

During the month of February 2024, the community wards at St Woolos Hospital were successfully relocated to the Royal Gwent Hospital.

Due to the coordination and assistance of staff at St Woolos, the Newport Locality Team, Community Resource Team, Portering Services and some of the Primary Care staff who made themselves available to help, the move was well organised, with all patients settling in well to their new ward setting. All patients were welcomed on to their new respective wards by applause and cheers for something that was difficult for some of the patients. So, a big thank you to those who were involved in helping make the move a success.

The Newport Team would also like to thank Mason's Removals for making the move enjoyable, with their staff members laughing and joking with us all the way through the masses of equipment that needed to be moved.

Place Based Care continues to flourish across Newport

The place-based care model is fully supported by all GP practices and partners across Newport.

MDTs are enabling a more holistic and consistent approach to managing patient care and continue to demonstrate the success of working in partnership to provide preventative interventions and education/ tools to patients to support their own health and wellbeing. The attending partners have reiterated that the positive outcomes for the patients are helped by being present at the meetings and being able to openly discuss the case and give the patient the right care, at the right time, in the right place.

The continued success is reflected by the excellent feedback received from our partners:

Social Services First Contact Team: "I found this is a great way to create a coordination between health and social care, this is working really well and preventing people attending GP surgeries when their primary need is either prevention services or care and support".

19 Hills Health & Wellbeing Centre - Community Event, 8th May 2024



We are holding a community engagement event on Wednesday 8th May 2024 in the Ringland Community Hub, to share information about the 19 Hills HWBC development.

Information about the development will be provided from Kier, ABUHB Family and Therapies and Community Dental Services, GAVO, IWN about the services going into the new building and Newport City Homes and Lovell will share information about the wider Ringland development.

The drop in event will be held between 3.00pm and 6.00pm and will be opened by the Council Leader, Cllr Jane Mudd.

The latest Ringland Partnership and Kier newsletter with updates about 19 Hills Health and Wellbeing Centre and the wider Ringland development are available to read on our website:

abuhs.nhs.wales/files/development-newsletters/



Torfaen

Over 60's Exercise-Blaenavon

Torfaen Sports Development, in partnership with Blaenavon Town Council, provide free weekly classes designed for those over 60 in Blaenavon. Regular activity can lower your risk of heart disease, stroke, some cancers, depression and dementia. Moving more helps your thinking skills – like problem-solving, decision-making and remembering facts and words. Being active can lessen aches and pains, help you stay steady on your feet and boost your mood. These classes are fun, social and can be catered to all abilities.

Gentle Circuits - Wednesday 11am-12pm

Chair Based Strength & Tone - Friday -10am-11am

Spotlight Dance Fitness - Friday 11am-12pm

All classes take place at Blaenavon Workmen's Hall.

For more information contact

sophie.johnson@blaenavontowncouncil.co.uk 07877 849143



All Sorts Club Cwmbran

All Sorts Club Is run by Brenda Flewelling in partnership with Cwmbran Community Council, Brenda has a lovely team of supportive volunteers who each week welcome people looking to enjoy a few hours out of the house, socialising with others while trying something new.

All Sorts offer a variety of different craft options each week for you to try, everything is provided and there's no need to book. If crafting isn't for you, we also have a wide range of board games to enjoy or simply come along for a cup of tea and a chat, everyone is welcome.

Monday 11am-2pm At Cwmbran Community Council Annex

For more information contact: Cwmbrancc@cwmban.gov.uk

Hospital 2 Home Discharge Service comes to County Hospital

age connects
torfaen.
Widdershins Centre, East Avenue,
Sebastopol, Pontypool, Torfaen NP4 5AB
Charity No: 1172466
www.ageconnectstorfaen.org

Hospital 2 Home Discharge Service

Age Connects Torfaen provides a hospital discharge service to the borough of Torfaen for residents aged 50 or over who may need some support to return home safely following their visit to

- County Hospital

We can accompany people home following discharge from a hospital ward to help resettle them and make sure they are safe, warm and secure at home



Support is provided for up to 6 weeks.

To access this service email:
widdershins@ageconnectstorfaen.org
☎ 01495 769264

Forget Me Not Friday

This lovely support group is providing a welcoming space and activities for people living with dementia, memory loss and their carers. The Forget Me Not Friday group is run by Torfaen Council's Community Connectors and meets every Friday at Cwmbran Library, 1pm to 3pm.

For more information about the Forget Me Not Friday dementia support group, contact:

Melanie Smith at
cwmban.library@torfaen.gov.uk or
phone 01633 647676.



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Optometrists to play a role in helping people quit smoking

Help Me Quit is a free specialist NHS service that provides support for smokers across Gwent who want help to give up smoking. Research has shown that people are up to 300% more likely to quit smoking with support from Help Me Quit than going it alone.

The Aneurin Bevan University Health Board Public Health Team are partnering with Opticians across Gwent to help introduce the Help Me Quit service to our local population.

Daniel Clayton, Senior Public Health Practitioner, said, "Smoking can lead to vision loss. Studies show smoking increases the risk of age-related macular degeneration, cataracts, glaucoma and diabetic retinopathy and Dry Eye Syndrome. As a patient's primary eye care provider, Optometrists have the opportunity to drive home this message about smoking and eye health, and to encourage cessation. So, I'm really excited about the opportunity to work collaboratively with Opticians across Gwent to promote the Help Me Quit service".



To find out more about the webinar, please contact Stephanie Campbell, Community Optometrist Lead stephanie.campbell@wales.nhs.uk, or Daniel Clayton, Senior Public Health Practitioner daniel.clayton2@wales.nhs.uk



Nursing Professional Collaboratives - A Review and Celebration

An event was held at Ysbyty Ystrad Fawr on 25th April to celebrate a year of hard work developing the Nursing Professional Collaboratives within Aneurin Bevan University Health Board.

Professional Collaboratives (PCs) are networks of professionals with shared expertise, working together to use their unique skills to assess the needs of the population where they work. The collaboratives capture the knowledge and experience of local professionals to map service provision, identify gaps, and develop against needs. They inform decision-making and propose solutions.

The well-attended event, which was opened by Kelly Downes, Deputy Director for Nursing, Aneurin Bevan University Health Board, included a review of the last year and a look forward to the year ahead presented by Nursing Collaborative Leads from each of the five Boroughs. Chiquita Cusens, National Nursing Lead for Primary & Community Care, presented on the national view; Kelly Downes outlined the Health Board view, and Sue Thomas delved into the local context.

Kelly Downes said, "Our vision is that we have a collaborative voice at the table so we can inform the larger agenda on what's right for our patients, so we can deliver place based care... today is all about our journey so far, where we are and next steps. It's about us nurses and what we can do to support our communities".



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NCN Communication & Engagement



Integrated Service Partnership Boards (ISPBs) Communications and Engagement Strategy

Integrated Service Partnership Boards (ISPBs) are the mechanisms by which representatives from across the Borough's footprint collaborate to review and plan to implement and deliver for the need of the local population. Representatives include Health Board, Local Authority, Third Sector, public health experts and planners. There are 5 ISPBs across the ABUHB footprint - one in each Borough.

As part of the NCN milestones, ISPBs were required to create a Communications and Engagement Strategy aimed at optimising opportunities for engaging with the local community across the NCN footprint.

A new strategy has been written and approved by all ISPB Chairs. It will serve as a comprehensive guide for all communication and engagement activities.



Raising the Profile of the NCNs

The profile of the NCN programme has been raised via the [NCN Pulse site](#), which serves as a portal for sharing local initiatives and NCN resources. The site has gained momentum. In the last 90 days (up to 30/04/24), the site has received 7,506 visits. NCN news is also shared via a monthly Pulse newsletter, distributed across Primary Care and NCN/locality teams, as well as through this quarterly PDF newsletter disseminated to the Health Board's 2,000-strong stakeholder list, via the ABUHB website, to all professional collaborative teams and across Primary Care teams.



Highlighting the Link Between Poor Vision and Falls

A new video has been produced highlighting that poor vision, or visual impairment, could be a contributing factor to falls.

The short film, featuring Catherine McNamara, Optometrist and Optometric Advisor for Aneurin Bevan University Health Board, spotlights the importance of proactive measures such as regular eye tests in identifying and addressing vision issues early on.

The video aims to empower the public with knowledge about maintaining optimal vision health to mitigate the risk of falls and enhance overall well-being. It also outlines the low vision service and how low vision specialists can signpost to other services that will help keep people mobile and independent in their own home.

You can watch the video here:

[#morethanglasses](#)