

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

ISSUE 5: May - July 2024

Welcome to the fifth edition of our quarterly newsletter.

Prepare to dive into the latest updates, insightful perspectives, and exciting news from Neighbourhood Care Networks (NCNs) across the Aneurin Bevan University Health Board area!

Our aim is to keep you updated on the remarkable work happening within our community. From pioneering initiatives and local achievements to local events, this newsletter is your go-to source for staying connected.

We deeply appreciate 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

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What is a Neighbourhood Care Network (NCN)?

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

Each NCN comprises General Practitioners (GPs), Dental and Optometric Practitioners, Pharmacists, Community Nurses, Allied Health Professionals (AHPs), and Social Care specialists, bringing together a wealth of diverse knowledge and expertise.

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



Blaenau Gwent

Bevan Bear Activity Event Brings Joy to Community

The Bevan Health & Wellbeing Centre recently hosted the Bevan Bear marketplace event, delighting attendees with free activities. Highlights included "Wiggly Words" storytelling, bear hat crafting, story sessions, and a lively singing session by Kidz R Us. The BG NCN Team provided origami and puzzles, while the BG Health Visitors offered interactive quizzes on toilet training, feeding, and weaning. Bedwelty Parc featured clay and leaf-making activities, and organisations like Home Start Cymru and the BG School Nursing Team provided information and freebies. Bevan Bear was a highlight, giving out free hugs.

Parents and grandparents praised the event. One patient, waiting for a GP appointment, commented on the uplifting sound of children's singing, saying, "The singing was so uplifting and the event looked lovely. You're all doing a grand job!"



Ebbw Vale District Nursing Team Enjoys Well-Deserved Wellbeing Session

The Ebbw Vale District Nursing Team recently enjoyed a well-deserved afternoon of relaxation and wellbeing. The event, held last week, was a heartfelt gesture to thank the nurses for their tireless work in the community.

The wellbeing session was supported by Michael, the ABUHB Chaplain, and Luisa of Healing Wings, whose contributions were greatly appreciated by all.

A special thanks goes to Angela Thompson-Roach, Blaenau Gwent's Place-Based Care Coordinator, for organising and delivering the session. Her efforts made the event a resounding success.



This afternoon of relaxation was a wonderful opportunity to show appreciation for the incredible dedication of our district nurses.

Ebbw Vale District Nursing Team Praised for Compassion



Our Ebbw Vale District Nursing Team received heartfelt feedback from the family of a patient they recently supported through an extremely difficult time, providing end-of-life care at their family home.

This was a particularly sad case, involving crisis management to ensure excellent care and manage expectations during the patient's final days. The family was deeply traumatised by their brother's rapid deterioration. Helen Braithwaite, Ebbw Vale District Nurse Lead, said, "My team is grateful they could provide the necessary support during this short period."

Receiving heartfelt thanks from our patients is always wonderful, and this case was especially meaningful.

We are very proud of our teams within Blaenau Gwent, and we extend a huge thank you to our Ebbw Vale District Nursing team.



Caerphilly

Pontllanfraith Ongoing Hub Development

Pontllanfraith Health Centre exemplifies a hub approach, optimising space to prioritise clinical delivery and bring services closer to the local community. It houses General Medical Services, a pharmacy, multiple health board services, and third-sector partners.

The Caerphilly Locality team has led the transition to this hub approach, making significant site improvements.

The centre, not redecorated for over 15 years, was included in a painting maintenance scheme. Our network support officer, Mari Burland, coordinated the decoration programme. This ongoing project has already transformed multiple areas. Many thanks to John Frowen for his hard work.



Caerphilly Drop In / Meet and Greet

On Thursday 23rd May a drop in session in Ysbyty Ystrad Fawr was held for all Caerphilly services and colleagues across Health, Social Care and 3rd Sector to have opportunities to introduce themselves, network and share information. This was initially set due to recent changes in staff / teams across the borough.

The session was a great success and brought together colleagues from a diverse sectors including Neighbourhood Care Networks (NCNs), community connectors / Caerphilly Cares, Gwent Association of Voluntary Organisations (GAVO), Community nursing teams - District Nursing, CRT, Community Dentistry/Collaborative Lead, Pharmacy leads, YYF ward staff. This was supported through Caerphilly NCNs whose focus is to bring together and collaborate across all teams so we can best deliver coordinated services and achieve best outcomes for the population of Caerphilly.

Mental Health Services - Caerphilly

In Caerphilly, the high demand for mental health support is a key focus for all NCN partners.

Recent NCN meetings have centred on mental health, featuring presentations from the Primary Care Mental Health Support Service (PCMhSS). They offered support, advice, and an overview of the 3 P's Model (Promote, Prevent, Prepare).

Other key support and preventative measures were highlighted including [Melo](#) and [Silvercloud](#).

Psychological Health Practitioners (PHPs), funded by the NCN and aligned with GP practices, provided updates on their work. They conduct direct assessments without GP referrals, offer signposting, watchful waiting, and referrals to specialist services, and collaborate with other professionals like Community Connectors and the Integrated Wellbeing Network.

Caerphilly also benefits from MIND Cymru sessions, where PCMhSS and PHPs can refer individuals for counselling. Collaborating across secondary care, primary care, and third-sector colleagues, we aim to support services locally to promote good mental health and prevent escalation of mental health issues.



Monmouthshire

Successful Open Day at Chepstow Hospital Showcases Assistive Technology

On June 4th, Chepstow Hospital hosted an open day for its new Assistive Technology Demonstration Rooms. This project, a collaboration between the Monmouthshire Neighbourhood Care Network (NCN) and Monmouthshire County Council, showcased innovative devices designed to support daily living.

The event was a success, drawing attendees from Age Cymru, the University Hospital of Wales, Care and Repair Monmouthshire and Torfaen, Newport Council, Monmouthshire Councillors, and various health and social care professionals.

The technology on display included voice-controlled curtain openers and advanced smart home systems, addressing challenges like memory impairment and mobility issues.

The initiative emphasises the value of early adoption of assistive technology, especially for individuals with conditions like dementia, to maximise independence and autonomy.

For those who missed the event, the demonstration room booking system is now live at [AssistiveTech Monmouthshire - Monmouthshire](#).

In Partnership for children, young people and families

In partnership with Monmouthshire County Council and local schools, a series of market-style events have been organised where agencies come together to provide information and resources to young people and families.

These events showcase services while offering a networking space for public sector services, voluntary organisations, and community groups. The aim is to foster new and innovative conversations to strengthen our communities.

The following events have already taken place:

- Monmouth Comprehensive at Monmouth Carnival on 30th June
- Caldicot Comprehensive on 12th July

Upcoming events include:

- Chepstow Comprehensive
- 7th October 2024, 9am - 5pm
- King Henry VIII 3-19 School
- April 2025, Time TBC



Fantastic Falls Feedback

Mrs R, a 74-year-old woman, was referred to the Monmouthshire Falls Service in Spring 2023 by her GP after suffering multiple complex fractures from a fall in October 2021. Despite extensive treatment—including a pin in her wrist, a ratchet joint in her elbow, and a splint for her knee—her recovery was slow, and her confidence was severely impacted. Living in a two-storey house in Abergavenny with her husband, Mrs R had lost confidence in walking and relied on furniture and an elbow crutch. She struggled with stairs, often crawling on all fours due to pain and a 'clunking' knee.

The Falls Exercise Programme helped Mrs R progress significantly. She moved from using a stick to walking unaided, improved her posture, strength, and balance, and eventually ascended stairs without stopping. She was initially sceptical about a four-wheeled walker but found it improved her mobility and reduced pain, leading her to use it daily and even enjoy shopping trips.

Completing all four stages of the programme, Mrs R joined the weekly Falls Peer Support Group at Mardy Park. Although her injuries have limited her independence, she has regained confidence, resumed walking the dog, and no longer feels isolated.



Newport

Newport Nursing Collaborative Meeting Summary

The Newport Nursing Collaborative meeting took place at Lysaght's Institute on July 11th.

These collaborative meetings bring together nurses from various services to network, learn more about each other's work, and address population health needs across their Neighbourhood Care Network (NCN) areas. They focus on collaborative efforts to meet these needs.

The meeting featured a presentation from Betsi Cadwaladr University Health Board on their Red Bag Scheme and updates from Mark Ledville-Smith, the new Nursing Collaborative Lead for Newport.

IWN Newport Participatory Budgeting Partnership Success

The Integrated Wellbeing Network (IWN) Newport Team is part of the steering group for Participatory Budgeting (PB) events in the city. This democratic process allows community groups to pitch for funding, which is then awarded based on public voting. In June 2024, projects addressing emotional wellbeing for women, children, and young people, and tackling loneliness, were funded through £130,000 from the UK Government's Shared Prosperity Fund and local support. Out of 36 applications, 28 projects received funding. Examples include sessions on menopause, bullying awareness training for schools, journaling for young women, and cultural immersion days.

The steering group, which includes Newport City Council, Aneurin Bevan University Health Board, Mutual Gain, and community members, received positive feedback for their efforts.

The IWN team has been working closely with the NCN teams to raise awareness and increase support of PB and the impact that PB and community provision can have on the health and wellbeing of our communities. Promoting the increased role Primary Care can play in this process to reduce demand on services and support preventative health conditions. The Steering Group and NCC Policy Team have been delighted with the support shown by the NCN Management and are looking forward to developing a deeper partnership in the future PB process.

19 Hills HWBC Community Engagement Event



A successful community engagement event took place on Wednesday, 8th May 2024 at the Ringland Community Hub. ABUHB Services including Community Dental and Family and Therapies Dietetics and Physiotherapy showcased the services that will be available within the new development. In addition, partners including GAVO, Keir, Lovell, NCC Community Connectors and Ringland Pharmacy supported the event, to highlight some of the additional provision that will be available to all Newport East residents across the wider Ringland campus. The event was opened by Cllr Debbie Harvey (Alway Constituency).

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:

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



Torfaen

Pontypool Dementia Group

Pontypool dementia group is an opportunity for people who care for a loved one with memory loss to meet fellow carers. The friendly, informal group offers an array of weekly activities as well as information and support.



They meet at Pontypool Museum every Wednesday between 2pm - 4pm.

For more information contact Dave Mynott by Email dave.mynott1@gmail.com

QR Walking Trail Maps Bridge 46 to Five Locks Canal Group

Five Locks Canal Group is a group of eight people who got together three years ago to fight the developers who were building near Bridge 46 and causing untold damage to the canal, neither Torfaen or the Canal Trust would take them on, so they decided to form their own lobbying group and now are proud to say they have over 6,200 members on Face Book. The trail was created following the success of a similar one in Brecon, Health and Wellbeing Trail from Bridge 47 in Sebastopol to BH&Q in Cwmbran. The Trail is just shy of two miles in length, downhill toward the Town Centre, along the trail participant can scan eighteen Q.R. code posts to learn about the history, the local area and also the wildlife along their canal walk making getting their fitness and health back a little more pleasurable.

The hope is as in the Brecon model, G.P.s will "prescribe" the map to patients as an aid to recovering their health, fitness and also well being. For more information please contact Philbridge46tofivelocks@outlook.com or Claire.stickler@wales.nhs.uk for the trail maps.

New Tofaen Bereavement Support Groups

Safe spaces within the community that offer help and support at difficult times.

The Good Grief Club @ Bethlehem Chapel, Blaenavon on the last Wednesday of every month.
Morning session 10:00-12:00 Evening Session 18:00-20:00

Bereavement Support Group @ Merchant Hill Baptist Church, Pontnewynydd on the second and fourth Wednesday of every month 10:00-12:00.

Counselling and 1:1 Bereavement Support @ TLC Community Church Wellbeing Centre Two Locks.
Drop in friend support 10:00-12:00 Every Wednesday, Thursday and Friday.

Funded by UK Government Wedi ei ariannu gan Llywodraeth y DU

Bereavement Groups Torfaen

Safe spaces within the community that offer help and support at difficult times

- The Good Grief Club**
Bethlehem Chapel Blaenavon
Last Wednesday of every month
Morning session 10am - 12pm
Evening session 6pm - 8pm
- Bereavement Support Group**
Merchant Hill Baptist Church Pontnewynydd
Second and fourth Wednesday every of month
10am - 12pm
- Bereavement Friends**
Richmond Road Baptist Church Pontnewydd
First Tuesday of every month 10am - 11am
- Counselling and 1:1 Bereavement Support**
TLC Community Church Wellbeing Centre Two Locks
Drop in friend support 10am - 12pm
Every Wednesday, Thursday and Friday

This project is funded by the UK Government Shared Prosperity Fund.

FYNIANT LEVELLING UP

NCN Communication & Engagement

Bring Back Your Old Inhalers

Patients are being encouraged to return their used inhalers to pharmacies, highlighting the significant environmental impact of improper disposal. Currently, carbon emissions from inhalers account for approximately 3% of the NHS's total carbon footprint. Alarming, used inhalers often contain 30% of their original propellant, and when disposed of in landfills, they contribute to global warming due to the release of residual gases.

According to estimates, if every inhaler user in the UK returned their inhalers for one year, it could prevent the release of 512,330 tonnes of CO₂e—equivalent to an average hatchback car driving around the world 88,606 times.

We are appealing for all types of old inhalers to be returned to pharmacies for safe disposal. Simplifying the message to "bring back your old inhalers" aims to make it easier for the public to adopt this environmentally friendly practice. To spread the word, posters are being distributed to GP practices, and social media assets are available for download to share on practice channels (see below). These materials are part of a broader effort to raise awareness and encourage sustainable disposal habits among inhaler users.

For more information, please contact Jackie Reynolds at jackie.reynolds@wales.nhs.uk.



Wyddoch chi?
Gall gwella iechyd eich ysgyfaint helpu chi a'r amgylchedd

Did you know?
Improving your lung health can help you and the environment

HELPWCH NI | HELP US FOR HELPU CHI | HELP YOU



National Smile Month - Love Your Smile

It's that time of year again! National Smile Month, organised by the Oral Health Foundation, took place from 13 May to 13 June 2024. This year's campaign theme was Love Your Smile.

Having a healthy smile is both physically and psychologically beneficial. It can boost your confidence, improve your appearance, and even influence how others perceive you. However, it is not enough to have a healthy smile; you must show it too. Smiling has been shown to improve mental health, helping to lift your mood and positively affect those around you.

Carolyn Joyce, Dental Collaborative Lead for Caerphilly North NCN, said, "As part of Caerphilly North NCN, I encourage everyone to explore and download the resources available through the links below and participate in this fantastic campaign. Whether you're displaying a poster or using the email signature image, every effort helps raise awareness about good oral health."

- [Smile Month Resources](#)
- [Download Poster](#)
- [Email Signature Image](#)

Diolch yn fawr / Many thanks and best wishes,
Carolyn Joyce

+ Hyrwyddwr Iechyd y Geg Arweiniol / Lead Oral Health Promoter
+ Gwasanaethau Deintyddol Cymunedol / Community Dental Service
+ Bwrdd Iechyd Prifysgol Aneurin Bevan / Aneurin Bevan University Health Board

NCN Communication & Engagement

New Poster Campaign Launched to Promote Community Pharmacy Services

To enhance public awareness of the valuable services provided by community pharmacies, comprehensive service posters will be distributed for display in all pharmacies across the Health Board area. Our teams are collaborating to ensure these posters reach community pharmacies in their respective NCN areas. This initiative aims to inform residents about the various health services accessible through their local pharmacies on behalf of the NHS.

The new poster highlights an array of services, including prescription dispensing, common ailments service, emergency medicines supply, emergency and quick start contraception, and seasonal influenza service. Each poster features two QR codes: one directing users to the Health Board's website for detailed service information and videos, and the other to a feedback form for community members to share their experiences.

Gwasanaethau Pfferyllfa

Mae'r fferyllfa hon yn darparu'r gwasanaethau GIG canlynol ar ran Bwrdd Iechyd Prifysgol Aneurin Bevan:

- ✓ Dosbarthu Presgripsiwn
- ✓ Gwasanaeth Anhwyldeu Cyffredin
- ✓ Cyflenwi Meddyginiaethau Brys
- ✓ Atal Cenhedlu Brys a Chychwyn Cyflym
- ✓ Gwasanaeth ffliw tymhorol

Am fwy o wybodaeth, gofynnwch i aelod o staff neu sganwch y cod QR

I roi adborth, sganwch y cod QR

Pharmacy Services

This pharmacy provides the following NHS services on behalf of Aneurin Bevan University Health Board:

- ✓ Prescription Dispensing
- ✓ Common Ailments Service
- ✓ Emergency Medicines Supply
- ✓ Emergency and Quick Start Contraception
- ✓ Seasonal Influenza Service

For more information, please ask a member of staff or scan the QR code

To provide feedback, please scan the QR code

These services are funded by NHS Wales

Flu Vaccination Drive

Flu can seriously threaten children, causing complications like bronchitis, pneumonia, and ear infections. Each year, some children in Wales need intensive care due to flu-related illnesses. Increasing flu vaccine uptake protects children and helps reduce flu spread in the community.

As part of the 2024-25 flu campaign, three informative videos are available to promote vaccination.

For questions about the flu campaign videos, please contact Aimee Clement-Rees, Assistant Head of Service for Blaenau Gwent Locality, at aimee.clement-rees@wales.nhs.uk.

Raising the Profile of the NCNs

The Neighbourhood Care Network (NCN) Pulse site has recently introduced several new features to enhance user experience and improve access to important resources. Users can now access copies of the NCN quarterly highlight reports directly on the site. Additionally, presentations from NCN leads meetings are now available for viewing.

In another update, Protected Learning Time (PLT) sessions have been integrated into the events calendar, making it easier for users to stay informed about upcoming events and sessions. These additions aim to improve resource availability and streamline event planning.

The NCN Pulse site is growing in popularity, with site usage analytics showing 11,442 visits in the last 90 days (up to 22/07/24).

[Neighbourhood Care Network \(NCN\) - Home \(sharepoint.com\)](https://sharepoint.com)

