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

ISSUE 3: November 2023 - January 2024

## Welcome to the third edition of our quarterly newsletter.

In these pages, we're excited to share updates, insight, and news about the Neighbourhood Care Network's work across the Aneurin Bevan University Health Board area.

This quarterly newsletter keeps you informed about new initiatives, local achievements, and events.

Thank you for being part of our community. We hope you find this edition informative and inspiring.



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](mailto:abb.strategicchangeteam@wales.nhs.uk)

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NCN Communications & Engagement Update

NCNs bring together all local services involved in health and care across a geographical area, typically serving a population between 40,000 and 60,000.

General Medical (GPs), Dental and Optometric Practitioners, Pharmacists, Community Nursing, Allied Health Professionals (AHP), and Social Care combine their detailed knowledge and expertise.

Working as an NCN ensures care is better coordinated to assess population needs, identify service improvement priorities and develop local solutions to promote the wellbeing of individuals and communities.





## Blaenau Gwent

### The Bevan Health & Wellbeing Centre in Tredegar opens to Patients



We are delighted to announce that the £19m Bevan Health and Wellbeing Centre in Tredegar is now open to patients.

The Bevan Health and Wellbeing Centre is built on the former site of where the Tredegar General Hospital once stood and is located in the hometown of Aneurin Bevan, the founder of the NHS.

Nicola Prygodzicz, Chief Executive, Aneurin Bevan University Health Board comments, "The Bevan Health and Wellbeing Centre is a fundamental element of the clinical futures model within Blaenau Gwent, helping the Health Board deliver a wide range of services closer to home for the local community."

To keep up to date with further information about The Bevan Health and Wellbeing Centre, please visit:

<https://abuhb.nhs.wales/clinical-futures/developments/the-bevan-health-and-well-being-centre/>

### Blaenau Gwent Network Evening

On Tuesday 24th October the Blaenau Gwent locality team attended the Network Evening at Blaina ICC with all leaders/managers.

This was a great opportunity to be updated on any news and share ideas within the Childcare Sector, with speakers from the Team and organisations that support the sector.

The locality team raised the importance that as communities we do everything, we can to protect ourselves and each other against flu.

The flu vaccine helps protect children and others from flu-related illness, which can be serious- even for children who are healthy.

### Community Hubs

In the autumn of 2022 Blaenau Gwent Community Wellbeing Hub Network was established by the Blaenau Gwent Integrated Wellbeing Network team.

Community buildings across the towns of Brynmawr and Tredegar were invited to join.

The aim of becoming part of the community wellbeing hub network was fourfold:

- To share information and resources with other community buildings in Tredegar
- To promote wellbeing information in the setting
- To equip volunteers within the setting to have the knowledge and skills to disseminate wellbeing information to people using the building
- To feedback views of community members regarding gaps in services and support, for these to be addressed to increase wellbeing in the towns of Brynmawr and Tredegar

There are now 23 community buildings who are members of the network. As a result, a number of community activities have been established. Cuppa and company sessions run from 12 of the hubs.



## Caerphilly

### Caerphilly Social Prescribing

Following the release of the National Social Prescribing Framework Caerphilly Locality are driving this forward and joining programmes and initiatives across our partners together.



Currently NCNs have in partnership funded and supported the expansion of the Community Wellbeing Connectors across the borough and aligned them to GP practices. They will provide support and advice to adults and their families to enhance their wellbeing, to enjoy a more independent life within their own communities thus preventing social isolation. The Community Wellbeing Connectors will harness support and expand resilience to promote long term independence. They will work with residents identifying appropriate solutions to their complex needs, building on the current model whilst moving to a fresh approach to building resilient communities.

The Community Wellbeing Connectors will continue to strengthen working links and support the good work already being undertaken by the Caerphilly Integrated Wellbeing Networks / CWTSH, Caerphilly Cares, NCNs and voluntary sector

### Safeguarding Week - Caerphilly Support

Every child and adult in Caerphilly Borough has the right to live in a safe society, free from violence, fear, abuse, bullying or discrimination and we all have a role to play in achieving that. National Safeguarding Week is an important week in the calendar when multi-agency partners come together to learn best practice and share information, underlining our commitment to ensure that people are safe and protected.

If there are any concerns about a child, young person or vulnerable adult, you can report concerns to:

Adults: 0808 100 2500 / [IAAADULTS@caerphilly.gov.uk](mailto:IAAADULTS@caerphilly.gov.uk)

Children: 0808 100 1727 / [contactandreferral@caerphilly.gov.uk](mailto:contactandreferral@caerphilly.gov.uk)

### Better by Nature

The Integrated Wellbeing Network (IWN) programme in Caerphilly in conjunction with the Caerphilly Neighbourhood Care Networks (NCNs) has developed a Nature Wellbeing (green prescribing) programme.

Promoting and signposting people to activities such as walking, mindfulness in nature, gardening groups and allotments, habitat restoration and others is sometimes called green prescribing, often viewed as part of a wider social prescribing approach. GPs, primary care professionals and others can directly refer patients to these activities, whilst importantly, people can discover the opportunities themselves or be signposted in the community.

Based on a successful pilot, the Nature Wellbeing programme started in May 2023 supported by the Caerphilly NCNs as well as Caerphilly County Borough Council and Gwent Association of Voluntary Organisations (GAVO), with a dedicated coordinator role and a small fund for new activities. Around 50 people have been referred or self-referred to date. The programme has linked successfully with some specialised services such as the Pulmonary Rehab and Cardiac Rehab programmes and supported the Community Neurological Recovery team with clients.



## Monmouthshire

### What's Going on in Monmouthshire?

#### 'Ask Us Anything' Wednesday



Ask questions you always wanted to:

- What is personal care and how personal does it get?
- I worry about a stranger helping me, how do I overcome that?
- Will people see me naked?

Wednesdays from 09:30am – 1.00pm in The Cabin Information and Advice Centre, Chepstow Community Hospital  
email [Community@newport.homeinstead.co.uk](mailto:Community@newport.homeinstead.co.uk)

#### Together Works, Caldicot

TogetherWORKS is a community hub that aims to be community-driven. It offers a plethora of activities and groups, based upon local need, to reduce isolation and loneliness, encourage people to come together for the sharing of skills and information.

Located at Woodstock Way, Caldicot NP26 5DB

Visit: <https://www.facebook.com/togetherworks.caldicot> for details and updates.

### Projects/Services in Monmouthshire funded by the Regional Integration Fund (RIF) Small Grant Scheme and Winter Resilience Fund

RIF and Winter Resilience funding has helped many projects across the Borough, including: Top Stop Youth, Chepstow; Inside Out - an Artful Wellness session in Chepstow ([info@inside-out-cymru.org](mailto:info@inside-out-cymru.org)); Basecamp Cooperative ([basecamp-chepstow.co.uk](http://basecamp-chepstow.co.uk), Mind Monmouthshire - 'Supported Self-Help for Young People' project; Bridges Centre - 'Equine Connections: Healing and Growth for Young people with additional needs' project, the Monmouthshire Winter Wellness Initiative and Trishaw Bike; Disability Advice Project - [DAP WALES](http://DAP.WALES); Sporting Memories Foundation - [Caldicot RFC](http://Caldicot RFC) [Sporting Memories Club](http://Sporting Memories Club) | [Sporting Memories](http://Sporting Memories); The Palmer Centre- [The Palmer Community Centre, Chepstow](http://The Palmer Community Centre, Chepstow) ([palmercentre.org.uk](http://palmercentre.org.uk); Bulwark Senior Citizen Club/ Cromwell Road Community Club- the 'Cromwell Cwtch' project and Growing Space- [Monmouthshire - Growing Space](http://Monmouthshire - Growing Space)

### Chepstow Town Council Meeting

Monmouthshire staff were delighted to welcome Chepstow Town Councillors to Chepstow Community Hospital. The morning event was facilitated by Trish Edwards, Head of Service for Monmouthshire Locality and included presentations from our South Monmouthshire NCN Lead and General Practitioner, Mental Health and Learning Disabilities Clinical Lead, Consultant Nurse for Minor Injuries, Frailty Consultant, and Integrated Services Manager. It was a great sharing and learning event with lots of questions and information. The event provided an opportunity to bring Councillor's up to date with all the services currently being offered within the hospital and surrounding community.



CHEPSTOW  
TOWN COUNCIL

The Councillors were given a guided tour of the hospital at the end of the morning and positive feedback was received. The Monmouthshire team hope to repeat this engaging event again in the future and plan on adopting the same approach for Councillors in other areas of Monmouthshire too.



## Newport

### BAME Women - Community Aqua-based Sessions

Newport NCN is proud to continue to fund aqua-based exercise sessions for women from within the BAME community. The session is delivered by one of the National Exercise Referral Scheme (NERS) instructors.

The sessions take place at Newport International Sports Village every Wednesday at 2pm and clients are limited to a 16 week referral. The women are encouraged to engage in the group as a long term social interaction, as well as an exercise lesson, with coffee sessions attended after the class in the Café area.



### Partnership Work at its Best - Newport IWN

The Integrated Wellbeing Network (IWN) in Newport is supported by a range of partners such as Newport City Council, Department Work and Pensions, Age Friendly Communities, Newport City Housing, Pobl, Newport Live, Welsh Ambulance Service, Primary Care, local business representatives and community leaders. Operating a place-based approach we come together in Ringland bi-monthly to share knowledge and insight. Working together through a multidisciplinary approach, the network leverages the strengths and resources of each partner, aiming to better understand and improve the health, wellbeing, community provision and accessibility of services for the community.



### 19 Hills Health and Wellbeing Centre, Ringland

The building work is progressing at speed. The steel frame is now complete, the concrete flooring has been laid and the roof work has started which will allow for internal works to start.

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:

[Ringland December Newsletter \(nhs.wales\)](#)

[abuhb.nhs.wales/files/development-newsletters/newport-east-newsletter-edition-4-dec-2023-v4-pdf/](https://abuhb.nhs.wales/files/development-newsletters/newport-east-newsletter-edition-4-dec-2023-v4-pdf/)

### Health Fayres at Newport Mosques

Two successful health fayre's have taken place, the first on 18th November at Central Mosque Newport and the second on 20th January at IQRA MASJID and Community Centre.

Aneurin Bevan University Health Board, Public Health Wales and Muslim Doctors Cymru attended with a focus on Cardio Vascular Disease, Hepatitis screening and advice, Health advice, Flu & Covid-19 adult vaccinations, childhood immunisations, vaccine information, population screening advice and Making the Right Choice.



## Torfaen

### Torfaen Clinical Assessment Team for Care Homes (CATCH) Re-Launch

We are delighted to inform you that Torfaen CATCH service will be re-launching on Tuesday 6th February 2024.

CATCH supports GP practices in the borough of Torfaen to provide an enhanced level of healthcare to those patients who reside in nursing or residential care homes. Working in collaboration with care home staff and alongside the wider community Multidisciplinary Teams, CATCH nurses complete comprehensive patient assessments, make timely onward referrals, and discuss advanced care wishes with residents and their families, with the aim of achieving right care at the right time and in the right place.



### A thank you from the Welsh Blood Service to Torfaen NCN

"I wanted to reach out to celebrate how Pontypool's first blood donation session of the year has been. It's the first time we've had a donation session at Little Mill Village Hall and I'm pleased to say the figures from the session were :-

- 90 attended
- 70 donations collected
- 6 New Donors!!

Our estimate of first time donors for this session was 4 so we've not only met that target but, beat that target by 2 which is fantastic. We are always trying to recruit more donors to our life saving panel so thank you for helping us share the word so we could receive these lifesaving donations."

#### Emily Francis

Cydgysylltydd Ymgysylltu â Rhoddwyr  
Donor Engagement Coordinator  
Gwasanaeth Gwaed Cymru | Welsh Blood Service



### Tasty Not Wasty

Tasty Not Wasty, is a community interest company based in Llanyrafon, Cwmbran. The company is run by volunteers and picks up surplus food from supermarkets 6 days a week. On Christmas Eve, distribution bases are set up across the county. This year the project was supported by the Community Involvement Officer for Torfaen. The IWN networks during 2023 and this meant we were able to support vulnerable families by working with Health Visitors to refer some of our most disadvantaged families.

The success of this project means that a total of 10 families, 28 children had presents to open on Christmas day. It also means that our health professionals now know where to refer families for support in the community. It isn't simply having happy children and families on Christmas day, this supports wellbeing and mental health, taking a small pressure of our families at a very stressful time of year.





## Professional Collaboratives

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 Professional Collaboratives include:

- Allied Health Professionals (AHPs)
- Community Nursing
- Dental
- General Medical
- Optometry
- Pharmacy

Lots of hard work has taken place across all Boroughs to establish Professional Collaborative representatives.

The collaboratives will capture the knowledge and experience of local professionals to map service provision, identify gaps and develop against needs.



## Monmouthshire Optometry Professional Collaborative

The first meeting was held on 20th November and was a joint North and South event to “launch” the Optometry collaborative.

Helen Tilley, Owner and Optometrist Monnow Eyecare Monmouth is pleased to be leading the North Monmouthshire Optometry Professional Collaborative.

Jaclyn Pugh Optometry NCN lead for South Monmouthshire is an independent prescribing optometrist at The Optical People in Chepstow. Jaclyn said, “There is so much that can be achieved in community optometry practices which patients and other healthcare professionals are unaware of. I hope that stronger relationships, using NCN's, will help spread this information and result in more local and efficient care for patients.”

## Torfaen Professional Nursing Collaborative

The Torfaen Nursing Collaborative had their first meeting on Thursday 9th November at Bron Afon. It was a huge success with 27 attendees, from Community Resource Teams (CRT), Rapid, Community Hospital, Specialist nursing (Immunisations, Respiratory, Sexual Health, Inclusion Service, Home-visiting, Mental Health, CATCH, and GP practice. There are dates arranged for 2024. This is extremely exciting because we are raising the profile and the voice of nurses and nursing as a whole.



## Changes to Urgent Eye Care Services

Patients requiring urgent eye care can now be signposted into any Opticians, as all Optometrists are now WGOS accredited to provide an urgent eye care service.

Catherine McNamara, Primary Care Practitioner and Optometric Advisor for Aneurin Bevan University Health Board, explains more in [this short video](#)



## NCN Communication & Engagement

### New Community Pharmacy Recruitment Video

A new community pharmacy video has been added to Aneurin Bevan University Health Board's pilot recruitment campaign.

With gaps identified in roles across community pharmacy services, the new video highlights the positives about working as a Community Pharmacist and Pharmacy Technician. In response to the growing healthcare needs of our community, we recognise the importance of ensuring accessibility and high-quality primary care services. Monmouthshire is the first area to have a dedicated and local recruitment campaign and if successful, will be rolled out across all Neighbourhood Care Network (NCN) areas of the Health Board.

Interested healthcare professionals and potential candidates can learn more about the campaign, hear from existing healthcare professionals and explore career opportunities by visiting: <https://abuhb.nhs.wales/healthcare-services/primary-care-and-community-recruitment/>

For practices and services looking to recruit, a campaign asset pack has been created to help advertise posts: [Recruitment Campaign \(Pilot\) - asset bank \(sharepoint.com\)](#).

[The campaign video can be viewed here](#)



### Gwent Health Guide Launched

The Gwent Health Guide has been designed to assist the residents of Gwent in navigating our local healthcare system.

The online resource offers advice on where to go for a wide range of health and well-being concerns in the Gwent area, from life-threatening illnesses and injuries, to mental health difficulties and minor ailments.

You can view the online guide by clicking the link below

[Gwent Health Guide - Aneurin Bevan University Health Board \(nhs.wales\)](#)



### NEW Videos to Promote Pharmacy Services

Two news videos have been produced to increase awareness of the Contraceptive Service and Sore Throat Test and Treat Service in community pharmacies.

The two videos and further information about these services can be found at [Pharmacies - Aneurin Bevan University Health Board \(nhs.wales\)](#).

