



WHAT IS A FIRE BREAK LOCKDOWN?



The fire break Lockdown is designed to **break the chain** of COVID infection risk and drive down the R rate of transmission, beginning on:

6PM • FRIDAY 23RD OCTOBER


2m social distancing


Wash your hands



Face coverings in enclosed public spaces



FIRE-BREAK LOCKDOWN GUIDELINES

- People must stay at home, except for very limited purposes
- People must not visit other households or meet other people they do not live with
- Certain businesses and venues, including bars, restaurants and most shops must close
- Secondary schools will provide learning online only for the week after half-term, other than for children in Years 7 and 8
- Primary schools and childcare settings will remain open
- Face coverings mandatory in indoor public spaces that remain open (subject to certain exemptions and exceptions), including on public transport and in taxis

#Firebreak #StayHomeStaySafe #SaveLives



Hello,

Hope you're all ok 😊

So another strange and uncertain time for everyone with the new rules coming in to place tomorrow.

Just to let you know I will be here throughout this lockdown so if you need anything please get in touch.

Stay Safe!

Wales' 'firebreak' lockdown

23 October - 9 November

- **"Stay at home"**
Except for exercise or essential journeys
- **Pubs, restaurants, non-essential shops shut**
- **Schools**
Primary schools will reopen after half-term.
Only Years 7 & 8 returning in secondary schools
- **Nurseries**
Remain open throughout
- **Hotels, hairdressers, beauticians**
All to close for duration of lockdown



No gatherings



No meetings between households inside or out.





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WHAT'S **CONTINUING** THROUGH FIREBREAK LOCKDOWN?



- **SCHOOLS / CHILDCARE**

Childcare settings, special schools, primary schools and Pupil Referral Unit all open after half term

Secondary schools open to years 7 & 8

Years 9 - 13 home based blended learning for one week

All examinations take place in school as usual

- **SCHOOL TRANSPORT / MEALS**

- **COMMUNITY CARE**

- **KERBSIDE WASTE COLLECTION**

- **PARKS / PLAY AREAS**

Everyone required to sanitise hands

- **HOMELESSNESS SERVICES**

#Firebreak #StayHomeStaySafe
#SaveLives



WHAT'S **CLOSING** THROUGH FIREBREAK LOCKDOWN?

FROM FRIDAY 23RD OCTOBER



- **RECYCLING CENTRES**

Llanfoist, Mitchel Troy and Five Lanes

Last appointment slots: 4:00pm - 4:30pm

- **LEISURE CENTRES**

All sites close at 6pm

- **LIBRARIES**

Friday closure times: Abergavenny 4:30pm,
Caldicot 4pm, Monmouth 4pm

- **COMMUNITY HUBS / CENTRES**

Friday closure times: Abergavenny 4:30pm,
Caldicot 5pm, Chepstow 4:30pm

- **MUSEUMS / INDOOR VISITOR ATTRACTIONS**

- **YOUTH CENTRES**




Due to the recent rise in the number of Coronavirus (Covid-19) cases in the Blaenau Gwent, Caerphilly, Newport and Torfaen Boroughs, we have set up temporary testing centres in these areas.

Please visit: <https://abuhb.nhs.wales/coronavirus/testing-centres/> to find out more.

Here is the link for the FAQ's about the Fire Break Lockdown

<https://gov.wales/coronavirus-circuit-break-frequently-asked-questions>







**It's easy to get a coronavirus
(Covid-19) test in Gwent.**

Contact us: 0300 30 31 222


Newport
Caerphilly
Monmouthshire

Torfaen
Blaenau Gwent



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KEEP WALES SAFE

Index

Speech and Language

Helping Hands Workshop

Libraries

Bookstart

Sparkle Halloween Competition

Sparkle Activities

Welsh Government

Gwent Police

Halloween Art Competition

Speech and Language

Are you looking for more information about speech, language and communication?

Here's a reminder that

the Children's Speech and Language Therapy team in Gwent are on Facebook and Twitter. We post daily updates, information and resources that can help you to support your child's speech, language and communication skills. We are also on hand to answer any queries you may have. If you'd like to connect with us:



Like us on Facebook: ABUHB Children's Speech and Language Therapy

Follow us on Twitter: @ABUHB_Speech

!!✦ Competition Time ✦!!

Can you help us create a poster to remind people of social distancing? Our Speech and Language Therapy team are running a poster competition and the winner will receive a prize. Please see the flyer below for more details ↓↓

Good luck! 😊



Competition time

Design a poster to promote social distancing for Speech and Language Therapy in Gwent

As a service we are working to re-open our clinics. We are looking for a child or young person under the age of 18 to design a poster to help us all remember to keep our distance when we see each other.

Please include the 2m rule in the design

The winning design will be displayed in all our clinics And will receive a prize

All entries can either be posted to:
Speech and Language Therapy
Social Distancing Poster Competition
Room 102 ABUHB HQ
St Cadoc's
Lodge Road
Caerleon
NP18 3XQ
Or Emailed to:
enquiries.stt.abb@wales.nhs.uk

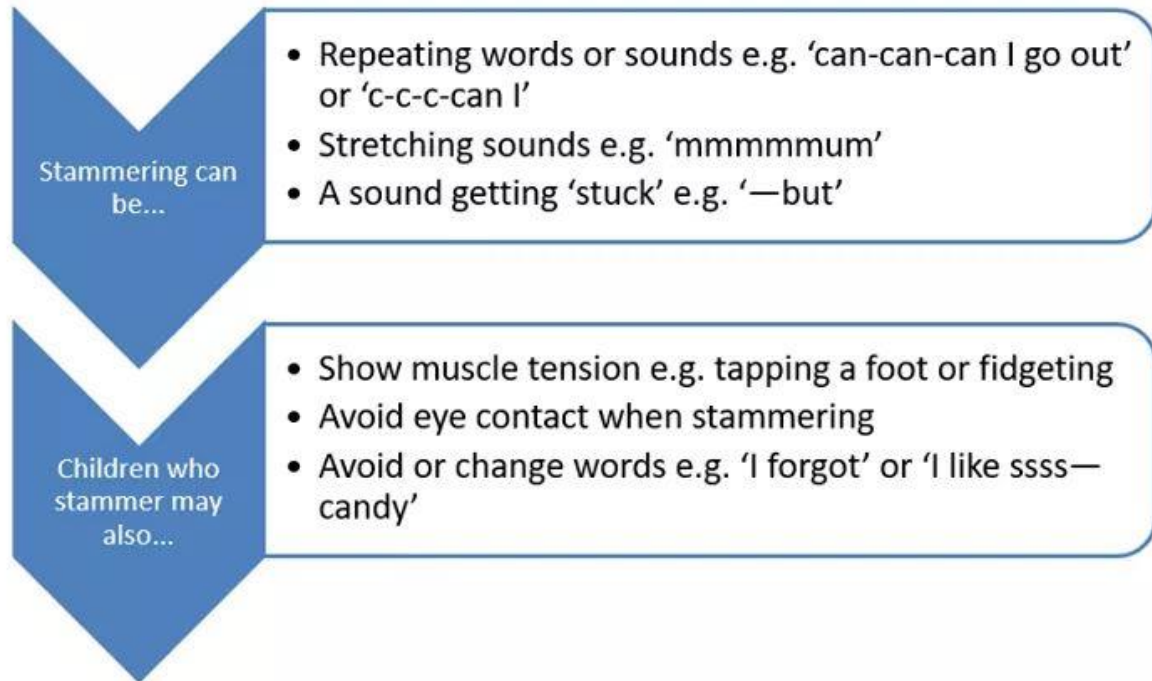
Speech and Language Therapy in Gwent
..transforms lives

The closing date for entries is **Friday 20th November 2020**
Please include your child's name, age, and contact information

Stammering

Did you know...

Stammering, stuttering and dysfluency all mean the same thing. Stammers usually start around age 2-5, the same time as children are learning lots of new words, beginning to use longer sentences, and asking lots of questions



Speech and language have a Website you can visit for more information

<https://abuhb.nhs.wales/hospitals/a-z-hospital-services/speech-and-language-therapy/>

Helping Hands Workshop

Helping Hands Psychology will be re-running their workshop on Supporting Anxious Children on Tuesday 27th October, 10:00am - 12:00pm. The virtual workshop is open to parents and carers of children with additional needs as well as to professionals working with these families. Please note that this session is a repeat of the workshop that we ran on the 21st July 2020.

I am hoping to attend this workshop 😊

To book a slot on the workshop email HelpingHands.Team.ABB@wales.nhs.uk by 5pm TODAY!!



Helping Hands Psychology Supporting Anxious Children Workshop

Psychology Workshop for Parents, Carers and Professionals
with Dr Charlotte Montgomery, Clinical Psychologist
and Rhiannon Peters, Assistant Psychologist

Tuesday 27th October 2020, 10am-12pm

This workshop is open to parents and carers of children with additional needs who are accessing / have accessed support or services at Serennu, Nevill Hall or Caerphilly Children's Centres as well as professionals working with these families. It aims to help you support children and young people manage anxiety and worry.

This interactive group workshop will be delivered virtually via video-calling. A resource pack will also be made available following the training session.

Please email HelpingHands.Team.ABB@wales.nhs.uk by 5pm on Thursday 22nd of October with the following details to book a place –

- Your name
- Your local Children's Centre
- Your relationship to the child or young person with additional needs

Spaces are limited so booking is on a first come, first served basis.



Libraries

Are you a library member?

Our libraries across Blaenau Gwent, Torfaen and Monmouthshire have a range of FREE services available for members:

★ Borrow books and audiobooks from your local library with their Call and Collect service.

Join your local library online at

<https://aneurinleisure.org.uk/explore/libraries/join-the-library>

<https://www.monmouthshire.gov.uk/community-hubs-libraries/>

<https://www.torfaen.gov.uk/en/Libraries/Libraries-howtojoin/How-do-I-join.aspx>



Bookstart

Do you have children or grandchildren aged 0 - 3 years?

Bookstart is a national programme co-ordinated by Booktrust to encourage families to visit the library and share the joys of reading and looking at books with babies and toddlers.

You should receive your bilingual Bookstart Baby pack from your health visitor in your baby's first year, and your bilingual Bookstart Early Years pack from your health visitor when your child is aged 18-24 months.

For further information visit www.bookstart.org.uk



Every child in Wales is entitled to the Bookstart Baby and Early Years pack from BookTrust Cymru

Call your local library to order your free #Bookstart pack today!

Abertillery Library: 01495 355646

Brynmawr Library: 01495 357743

Cwm Library: 01495 370454

Ebbw Vale Library: 01495 355055

Tredegar Library: 01495 3578

Torfaen Libraries: 01633 647676

Usk Library: 01633 644644

Monmouth Library: 01600 775215

Abergavenny Library: 01873 735980

Gilwern Library: 01873 833055



Sparkle Halloween Competition

🎃👤 Halloween Colouring Activity

We have lots of different pumpkin pictures below that need to be coloured in!

We have special certificates for everyone that sends in a coloured pumpkin picture and we also have some special Halloween goody bags for three entries (We will pick three names out of a hat)

To Enter:

🎃 Colour in one of the pictures below and then simply take a photo and send it in to us via social media or via email: marketing@sparkleappeal.org by Wednesday 28th October.

🎃 please make sure that you pop your name on the message or email so we know whose artwork that we are receiving.

We will announce the three lucky winners of the treats on Friday 30th October!

We can't wait to see some spook-tacular colourings!

I have attached the colouring pages to this email 😊





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Sparkle Activities

 Sparkle is the official charity for the Serennu & Nevill Hall Children's Centres
We offer support across Blaenau Gwent, Newport, Monmouthshire & Torfaen
sparkleappeal.org
helpu plant arbennig i ddisgleirio
helping special children shine



Are you a parent or carer of a child or young person with a disability and/or a developmental delay?

Sparkle provides clubs and activities for children and young people, aged 0 - 18 years, and support to their families.

We are pleased to announce that Sparkle services are soon to be available in North Torfaen, North Monmouthshire and Blaenau Gwent

Our clubs and activities promote

- Friendships
- Co-ordination
- Independence
- Sharing
- Confidence
- Creativity
- Socialisation

To request a referral form, please email leisure@sparkleappeal.org

Registered charity in England and Wales number 1093690. Registered address: Serennu Children's Centre, Cwrt Camlas, High Cross Road, Rogerstone, NP10 9LY

Welsh Government



Llywodraeth Cymru
Welsh Government

Coronavirus COVID-19 Update



The following information has recently been updated or published.

[£1 million fund for carers to mark launch of public consultation](#)

20-10-2020 08:12 AM BST

KEEP WALES SAFE.

Follow the latest Welsh Government advice and guidance for [coronavirus \(COVID-19\)](#).

View the latest [FOI releases](#) for coronavirus (COVID-19).

Find out more on the web:

gov.wales/coronavirus

Follow us on Twitter:

[@WelshGovernment](https://twitter.com/WelshGovernment)



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Welsh Government

Coronavirus COVID-19 Update



The following information has recently been updated or published.

[Coronavirus: changes to benefits appointment, assessments and claims](#)

20-10-2020 02:00 PM BST

KEEP WALES SAFE.

Follow the latest Welsh Government advice and guidance for [coronavirus \(COVID-19\)](#).

View the latest [FOI releases](#) for coronavirus (COVID-19).

Find out more on the web:

gov.wales/coronavirus

Follow us on Twitter:

[@WelshGovernment](https://twitter.com/WelshGovernment)

Gwent Police

This year, Halloween is going to be different. 🧛

But that doesn't mean it's going to be any less fun.

Download our pumpkin activity pack and share a photo of your work. 🎃

<http://orlo.uk/NFIxX>



Gwent police have put together a great activity pack together, you can either follow the link or I have attached the pack to the email 😊 they have lots of other colouring and activity packs on the website as well 😊

Halloween Art Competition

Looking for a Halloween themed activity to do with your little one? Then please enter our free Halloween Art Competition.

We are looking for Halloween inspired pictures created with any medium to be photographed and messaged to our Brynmawr Rotary Facebook Messenger Page.

We have two age categories (8 years and under and 9 to 16 years). The winner of each age group will receive an Amazon voucher and chocolate hamper.

Competition deadline: 30th October at 12pm.

Winners will be contacted on Halloween.

Good luck!



**HALLOWEEN
ART
COMPETITION**

Create a Halloween Inspired picture and send it to our Facebook Messenger for a chance to win an Amazon voucher and chocolate hamper

ENTRY DEADLINE: 30TH OCTOBER AT 12PM

AGE CATEGORIES:

- 8 YEARS AND UNDER
- 9 TO 16 YEARS

WINNERS TO BE ANNOUNCED ON FACEBOOK ON HALLOWEEN

PERMISSION TO POST PHOTOS OF THE WINNING ENTRIES PRESUMED BY COMPETITION ENTRY

 **Rotary** | Brynmawr Blaenau Gwent

Teen Yoga

Our Physiotherapy service here at Nevill Hall Children's Centre passed on the following information about a new website called Teen Yoga -

<https://www.teenyogastudio.com>

There is a Charge for the service but all that information is on the website

Teen Yoga Studio is the UK's first online studio delivering a wide range of daily live yoga classes for 11-18yrs from our home to yours. We are aiming to connect with young people from all corners of the UK on a daily basis- to shine a light onto teen yoga mats across the country creating a web of uplifting and peaceful connection.

At Teen Yoga Studio, you will:

- Find balance in your body and mind
- Feel more positive and relaxed
- Connect with yourself
- Build strength and flexibility in your body
- Feel more confident and grounded

Ready to bring balance to your life?

Frequently Asked Questions

When are classes? Can I practise anytime?

YES! The beauty of a virtual studio is you can pull out your phone and practise wherever and whenever you want. A quick meditation before school, something to calm down before bed, in between classes, anytime.

How do I prepare for my first class?

Yoga can be slow and relaxing or dynamic and powerful. Dress in comfortable athletic clothes and aim for bare feet. Yoga can be a full body regimen so for most classes you'll want to wear something that gives you full range of motion.

Grab a water bottle and maybe a blanket for the final relaxation. Set up your phone at the short end of your mat so you'll be the most comfortable and not have to bend your neck to see your instructor.

What can I expect at my first class?

Find a space that is quiet and away from others, but mostly come prepared to have fun. At Teen Yoga Studio, you have the support of an instructor every step of the way. Just be yourself, come as you are...and enjoy the experience!

I've never been to a yoga class and feel intimidated. Is this for me?

We're glad you chose us for your first class! Our compassionate and highly skilled instructors will walk with you through your class. We challenge you in the classes, but encourage you to not push the limits of your comfort. Everyone is on a different yoga journey - from beginners to the more experienced. Relax! You're welcome here!





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Hope you have a great half term

If you need anything please let me know

Sarah.painter-sims@wales.nhs.uk

01873 732712



stay 
healthy
helpful
& calm