

## Hywel Dda Community Health Council

# What's news

### COVID-19: What can I do to protect myself, my family, friends and community?

**Testing and contact tracing**, contact tracing is a tried and tested method of controlling the spread of infectious diseases such as coronavirus, however, it does not work on its own. We all need to continue to play our part and follow the latest [public health guidance](#).

The most common symptoms of coronavirus (COVID-19) are one or more of the following:

- new continuous cough
- high temperature
- loss of or change to sense of smell or taste

If you develop one of these symptoms, you should immediately self-isolate and follow the [self-isolation guidance](#). You should [also apply for a test](#). Please **do not** visit your GP surgery or hospital to request a test, as you may infect others. The test is only effective for those who are experiencing coronavirus symptoms and needs to be taken in the **first 5** days of having symptoms. It only checks if you have coronavirus right now and not if you have already had the virus.

Information on [Regional/local coronavirus testing facilities](#).

If you feel you cannot cope with your symptoms at home or if your condition gets worse, or your symptoms do not get better after 7 days, use the 111 online coronavirus service. **If you do not have internet access, call 111.**

The [NHS COVID-19 app](#) is free to download and is the fastest way to see if you're at risk from coronavirus. The faster you know, the quicker you can warn and protect your loved ones and your community.

For up to date information see Public Health Wales website:

<https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/>

## Hywel Dda CHC September Facts and figures

**12241**



Our top Facebook post was on our **winter pressures survey**

giving us a reach of 12,241 people. Follow us on Facebook and Twitter for update on local health issues

Number of clients our Advocacy team are currently helping to raise a concern/complaint about their NHS Services through the 'Putting Things Right' process

**103**

**36**

Members representing your views on local health matters covering Carmarthenshire, Ceredigion and Pembrokeshire.

We have spaces for **5 new members**, have we peaked your interest? See website for details

Our dedicated team of staff and members represent your views on a range of external committees (committees arranged by other organisations), these include Hywel Dda UHB Board meetings, Transforming Mental Health Services and Community Health Services

**27**

# Help us to help you

## Mental Health Survey

Accessing NHS mental health services during the Covid pandemic has changed for lots of people. If you were one of them or you care for someone who has, what's it been like? We'd really like to hear from you in our confidential survey.

We will look at the themes we see coming from your responses and take these to the Health Board that runs mental health services. We are also talking directly to Welsh Government about people's NHS experiences at the moment, so it's a great time to feedback your experiences and views.

Link to survey:

[https://forms.office.com/Pages/ResponsePage.aspx?id=uChWuyjjgkCoVkM8ntyPrsxEwXtF-8dEq\\_P7P71QiXIUMkFUM1czWUdaMEhGQURGSIpGUK1MVFRJUy4u](https://forms.office.com/Pages/ResponsePage.aspx?id=uChWuyjjgkCoVkM8ntyPrsxEwXtF-8dEq_P7P71QiXIUMkFUM1czWUdaMEhGQURGSIpGUK1MVFRJUy4u)

or feel free to contact us if you'd prefer to complete a paper copy and post it back to us.

## Hywel Dda UHB will hold its annual baby memorial service on Wednesday 14 October

The virtual ceremony, will feature both the Glangwili and Withybush chapel areas that are familiar and comfortable venues to loved ones.

The ceremony will include a selection of poems, readings, and prayers along with appropriate music. Family and friends may wish to have their own candle available to light during the service. Bubbles will be released at the end as a mark of remembrance.

A separate email address is below for loved ones to forward a message, which will be placed on the memorial tree and book. Please leave an email address to send invite to join the web-link to join. If you are unable to attend but would like a candle lit or to offer a message please use the email address.

If you would like further information about the service or to ask for a message or a candle please contact the Health Board Chaplaincy Office **01267 227563** or [Loved.Forever.HDD@wales.nhs.uk](mailto:Loved.Forever.HDD@wales.nhs.uk)

## Hywel Dda UHB / New local restrictions for large area of Llanelli

There has been an increase in the number of tests available for people of Llanelli. You are able to make an appointment at the following:

**Parc y Scarlets Car Park B**, Trostre Retail Park, Llanelli

**Ty'r Nant site** (next to KFC), Trostre, Llanelli

**Carmarthen showground** (signposted in both directions off the A40)

There should be no need for anyone from Llanelli to travel far for a test and tests should be booked through the UK Portal. Any Llanelli residents having problems when booking a test locally using the UK portal can instead email [covidenquiries.hdd@wales.nhs.uk](mailto:covidenquiries.hdd@wales.nhs.uk) or phone **0300 333 2222**.

## Patient information and updates

**Welsh Government** Winter protection plan for health and social care 2020 to 2021 <https://gov.wales/sites/default/files/publications/2020-09/winter-protection-plan-2020-2021.pdf>

**Welsh Ambulance Service NHS Trust (WAST)** Behind the headlines newsletter

[https://www.ambulance.wales.nhs.uk/Media/Documents/BTH\\_September%202020\\_ENG.pdf](https://www.ambulance.wales.nhs.uk/Media/Documents/BTH_September%202020_ENG.pdf)

**CAVS e-bulletin #95 / Carmarthenshire 3rd Sector**

<https://us4.campaign-archive.com/home/?u=0c0bc054fa1574bad20cc02a6&id=828ff7fb0f>

**CAVO** £1.3m to support package of mental health services for all in Wales  
<http://www.cavo.org.uk/archives/9812>

**Community Connector - West Pembrokeshire**

<https://www.dewis.wales/ResourceDirectory/ViewResource.aspx?id=18273>



<https://hywelddachc.nhs.wales>  
<http://www.wales.nhs.uk/sitesplus/904/page/101715>

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