

January 2026

19 HILLS HEALTH & WELLBEING CENTRE OFFICIAL OPENING



We proudly celebrated the official opening of the health centre on 13th November.

The event was attended by invited guests including representatives from local government, partner organisations, and members of the construction and design teams who helped bring the centre to life. Staff from across the Health Board also joined the celebration, marking the culmination of years of planning and collaboration.

Speaking at the opening ceremony, Cabinet Secretary for Health and Social Care, Jeremy Miles MS said:

"I'm delighted to officially open the 19 Hills Health & Wellbeing Centre today. This centre is part of our commitment to invest in a new generation of integrated health and social care facilities across Wales – bringing care into the heart of local communities, much closer to people's homes.

"Centres like 19 Hills are key to supporting people to live and stay well – helping them manage their own health conditions and preventing unnecessary hospital admissions. This is a powerful example of how long-term strategic planning and collaborative working can truly transform communities.

"This is the future of healthcare in Wales – integrated services firmly rooted in the community and designed around the needs of local people."

The Health Board extends its sincere thanks to all partners, contractors, and staff who contributed to the successful delivery of this project. Thank you to the Newport Youth Academy who provided the refreshments and Milton School Primary School Choir who sang for us following the official proceedings had taken place.



– Aneurin Bevan UHB Communications

January 2026

Diabetes Awareness Sessions

Community Dietetics deliver monthly Diabetes Awareness Sessions. These are one off, 2 hour tasters for patients newly diagnosed with Type 2 Diabetes or within 3 years of their diagnosis, to provide diet and lifestyle information about self-managing their condition. The team is also providing 1-2 nutrition support clinics per week providing nutrition advice to patients who are at risk of malnutrition. For more information please contact : Donna.Price2@wales.nhs.uk

Ringland Pharmacy Moving

Ringland Pharmacy are due to move to a new location in the new year. Their new address is Unit 8, 3 Kiln Square, Newport NP19 9EH.

Pharmacies across Wales offer a Common Ailments Service. This service offers patients a free NHS consultation for some common ailments that cannot be managed by self-care alone, offering an alternative to making an appointment with the GP or an out-of-hours doctor. The ailments covered by the service include acne, diarrhoea, indigestion and thrush among others.



**Common
Ailments Service**

Feeding Support & Finding a local feeding group

The ABUHB Responsive Feeding Team can provide feeding support for parents and run regular feeding groups throughout the 5 boroughs. Call 01644 431685 and ask to speak to the team.

Feeding Groups: Details of all local feeding groups can be found on [Healthier Together](https://www.abbhealthiertogether.cymru.nhs.uk/parentscarers/keeping-your-child-safe-and-healthy/health-visitors#Feeding-Groups) <https://www.abbhealthiertogether.cymru.nhs.uk/parentscarers/keeping-your-child-safe-and-healthy/health-visitors#Feeding-Groups>

Parents can turn up to any of the groups, not just the ones in their area. There is also a host of useful information, websites and videos which you can access on the [Responsive Feeding Linktree](https://linktr.ee/responsivefeedingab) - <https://linktr.ee/responsivefeedingab>

19 Hills CIC Art Fund

19 Hills CIC (www.19hills.org) is a local community social enterprise launched in early 2024 to support residents in Ringland and Alway, working in collaboration with the NHS, council and other local partners to promote health and wellbeing. In collaboration with a local arts and wellbeing organisation they are pleased to announce they have been successful in receiving a grant from the Arts Council for Wales, which they will soon be using to deliver arts and health sessions in community venues across Ringland and Alway. If you would like to know more about this please contact them at info@19hills.org or follow them on social media, including the Ringland and Alway Matters Facebook groups where they regularly post.

-Matt and Jonny, 19 Hills CIC Co-Directors

Community Dental Service Launches New Homeless Pilot Project

The new Homeless pilot project was launched by the Community Dental Service in conjunction with Newport City Council on 13th November 2025. This has been delivered by a great team who have worked tirelessly to deliver a much-needed service for those in our community. They have succeeded in levelling up access to a vital service which has such a big impact on the lives of people, making them healthier, reducing the risks of stroke and heart issues as well as improving their well-being, confidence and sense of worth.



Chat Health: New School Nursing Text Service

The AB School Nursing Service have teamed up with Chat Health NHS to offer a new text service for young people aged 11–19. Young people can anonymously text our School Nursing Team on 07312 263 262 for confidential support and advice on a range of physical and/or emotional health issues.

Alcohol Support

Are you or your patients thinking about reducing your alcohol intake as part of your New Year's resolutions, or considering taking part in an alcohol-free challenge, like Alcohol Change UK's Dry January©? Check out ABUHB's [Living Well](https://abuhb.nhs.wales/hospitals/staying-well-and-healthy/living-well/page-links/alcohol-watching-your-units/) page:

<https://abuhb.nhs.wales/hospitals/staying-well-and-healthy/living-well/page-links/alcohol-watching-your-units/> to find out about alcohol, the benefits of cutting down and where to go if you'd like to access local support.

Ringland Regeneration Project

The Ringland Regeneration project is a large-scale transformation programme being delivered by Lovell for Hedynd and in partnership with Newport City Council, Cardiff Capital Region and Welsh Government, bringing a new lease of life to the Ringland area of Newport. The project consists of around 170 homes with a mixture of 1 and 2 beds, the first 38 of which will be welcoming families before Christmas. The project also consists of the restoration of the Ringland Shopping Centre. The 12 commercial units will be up and running with shops starting to move in over the next few months. The new park and bus stop are now operational. For any further queries, please contact: laura.palfrey@hedyn.wales



The Beresford Centre

Are you or your patients facing unplanned pregnancy, dealing with unexpected post-abortion feelings, or struggling to cope with the loss of a baby?

If so, and you're in the South Wales area, you'll find free help, information and support, along with a friendly listening ear, at the Beresford Pregnancy Counselling Centre in Newport

The Beresford Centre is a registered charity, established in 1993 to support couples in unexpected pregnancy, post termination and following baby loss.

They aim to provide long and short term support that is client led. Their help is impartial and confidential. For more information please visit their website:

<https://www.beresfordcentre.org.uk/>



Women's Health Survey

Menstrual health is a priority within the Women's Health Plan for Wales, recognising its impact on physical health, mental wellbeing, education, employment, and quality of life. Common conditions include heavy menstrual bleeding, endometriosis, fibroids, adenomyosis, polycystic ovary syndrome (PCOS), and premenstrual conditions such as premenstrual syndrome (PMS) and premenstrual dysphoric disorder (PMDD).

While most people who menstruate experience mild premenstrual changes, a smaller proportion experience severe PMS or PMDD which involves intense mood changes, anxiety, low mood, irritability, and physical symptoms that recur each cycle and can significantly disrupt daily life, and can be debilitating.

Public awareness of PMDD has increased in recent years, with several public figures speaking openly about their experiences. Despite this, many people still experience delays in diagnosis, inconsistent care, and limited access to appropriate support.

Aneurin Bevan University Health Board is undertaking a public engagement survey to better understand experiences of PMS and PMDD locally. The survey will explore how symptoms affect daily life, interactions with healthcare services, and where improvements in care pathways are needed.

Findings will inform a wider PMS/PMDD Discovery Project, helping to shape more evidence-based, equitable menstrual health services grounded in lived experience.

Complete the survey here: [Premenstrual Syndrome \(PMS\) & Premenstrual Dysphoric Disorder \(PMDD\) Engagement Survey](#)

Closing Date 12th January 2026

19 HILLS WELLBEING OFFER

New Year, New You

19 Hills Health and Wellbeing Centre is excited to announce our New Year, New You event on Thursday 15th and Friday 16th January 2026. We are inviting partners and individuals in the community to celebrate the start of 2026 as a blank page, full of possibilities. We aim to promote various health and wellbeing opportunities to help our patients get started with their new year resolutions! The events span over Thursday 15th and Friday 16th January. Among some of the events we have taster sessions for Fit Exiles and Chair Pilates in Hendre Hall over at the Community Hub. We also have Momentwm promoting their walking groups and Nature Prescriptions emphasizing meaningful connections with nature. Dietetics, mental health, oral health, alcohol support and smoking cessation are a few others who will be here to promote physical and mental wellbeing in addition to the library assistant who will be promoting our wellbeing book clubs. Refreshments will also be provided in the Community Hub.

On the 16th, we will be having our weekly coffee morning from 10am to 12pm with teas, coffees and biscuits as well as a few additional guests to promote the message of reinvention, self-care and new beginnings. We have representative from Diabetes UK as well as the Community Police and Antisocial Behaviour Team holding surgery in the 19 Hills Atrium. Additionally, we have representatives from Men's Shed coming over to emphasise men's mental health and a Menopause Champion from Park Surgery to encourage conversations about women's health. We hope the event is able to encourage many to focus on wellbeing and regeneration in the new year.

Warm Hubs

Culture Minds UK will be hosting a Community Warm Hub at the health centre on 23rd January 2026. Sponsored by GAVO, this is an all-day event to provide a welcoming, safe and inclusive space for community members to stay warm, connect, and access free winter essentials and wellbeing support during the colder months. The event will be offering free hot drinks, light refreshments, wellbeing resources, and a Pay-It-Forward Table with essential winter items available at no cost. We will also be sharing mental health and wellbeing information, alongside Culture Minds UK resources aimed at promoting emotional wellbeing and community connection.



January 2026

19 HILLS WELLBEING OFFER

Call for Support Groups

The health centre is looking to host support groups for Cancer, COPD, Diabetes and Menopause to offer a space to individuals affected by these conditions. There is capacity to host these groups at the centre and there may be funding available for obtaining additional resources for the group. If you are a group that is able to support individuals and would like a space to host sessions, please get in touch with sarah.saiffee@wales.nhs.uk

Arthritis UK

Arthritis UK supports 10 million people across the UK living with arthritis. Their vision is a future free from arthritis. Currently, Arthritis UK Cymru has various services on offer for the Community including Information and Support Talks on topics such as Pain Management, Sleep, and Mental Wellbeing with Arthritis.

We are looking to deliver a Pain Management session in the health centre in January. If any patients would benefit from this, please send over names and contact details to sarah.saiffee@wales.nhs.uk



Help Me Quit

Help Me Quit is the national NHS stop smoking brand for Wales, providing free, evidence-based support to help individuals quit smoking for good. A person is 4 times more likely quit smoking with using the FREE HMQ service. Jacquie, a behaviour change practitioner from Help Me Quit has been hosting one-to-one (Wednesdays) and group (Thursdays) sessions at the health centre. The one to one sessions last for ½ hour and involves behavioural change therapy, providing letters for products and carbon monoxide monitoring. The group sessions last for 1 hour and this also involves behavioural change therapy, providing letters for products and carbon monoxide monitoring. These sessions are based on referrals through the service which can be made using the following contact details:

Helpline: 0800 085 2219

Website: www.helpmequit.wales

Text: text HMQ to 80818

Email: ABB.HelpMeQuit@wales.nhs.uk (Name, DOB and contact number)

ABUHB Referral Form: <https://forms.office.com/e/Xjtj33Ee3x>



19 HILLS WELLBEING OFFER

Nature Prescription Launch

The Nature Prescription Launch took place on 20th November at the Ringland Community Centre. It was well attended by 30 other partners in the community. Developed in partnership with RSPB Cymru, Nature Prescriptions offer a free, accessible way for individuals to improve their health and wellbeing through simple, self-led activities. Each prescription has been framed as a calendar, detailing ways to connect with nature throughout the year, in all its different seasons. They emphasize “moments not minutes”, i.e., the benefits of spending meaningful time in nature and the effect it has on one’s wellbeing.

The prescription was co-produced in two stages with 26 partners involved in Stage 1 design and 32 various teams from multiple organisations involved in the quality assurance and final draft. The effects of the nature prescriptions have been proven by consistent participant trials. In Scotland, one of the first places to trial the prescriptions, 74% of patients said they benefitted from them and 91% of professionals said that they would continue to offer them. These prescriptions can be offered by any member of our wellbeing workforce here in Newport, from council employees, housing associations, health board and the third sector, following ‘What Matters’ conversations, making them a flexible addition to existing health and wellbeing support.

Please contact sarah.saiffee@wales.nhs.uk to access Nature Prescriptions in Ringland.



Wellbeing Offer at 19 Hills

Please see the poster for the 19 Hills Coffee Morning below. If you would like to attend and promote your services, or send in any information for future newsletters, please contact sarah.saiffee@wales.nhs.uk



19 Hills Coffee Morning

The team at 19 Hills Health and Wellbeing centre would like to invite you to our weekly coffee mornings. A chance to meet with friends and other residents.



Fridays

10am – 12pm

Main Atrium

Additional guests

**Age Friendly Communities; DEWIS Cymru
Information stand and Warm Hubs**

19th December 2025

Platform Into Work Services

9th January 2026

**Diabetes UK; Community Police Surgery and
Antisocial Behaviour Team**

16 January 2026

Alzheimer's Society

23rd January 2026

Affordable Warmth

30th January 2026

NEW YEAR, NEW YOU



Here's to a new year, a blank page, full of possibilities

THURSDAY 15TH JANUARY 2026

19 HILLS ATRIUM

- MYTH BUSTING NUTRITION GUIDANCE
- LOVE YOUR TEETH, LOVE YOUR SMILE
- MOMENTS NOT MINUTES - NATURE PRESCRIPTIONS
- ALCOHOL AND YOU
- MENTAL HEALTH DROP-IN (12PM-2PM)
- HELP ME QUIT SMOKING (12PM-2PM)
- STEP INTO WELLNESS (12PM-2PM)



HENDRE HALL, COMMUNITY HUB

(VIA LINK CORRIDOR)

- CHAIR PILATES - 10:15AM - 11AM
- FIT EXILES - 11:00AM - 11:45AM
- WELLBEING BOOK CLUB 2026 SIGN UP

Free refreshments will be provided in the Community Hub
by the Youth Academy



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University Health Board



NEW YEAR. NEW YOU



FRIDAY 16TH JANUARY 2026

19 HILLS ATRIUM

10 AM - 12 PM

**HAVE A CHAT AND A CUPPA WITH OUR GUESTS
DURING OUR USUAL COFFEE MORNING:**

- **DIABETES UK**
- **COMMUNITY POLICE**
- **ANTISOCIAL BEHAVIOUR TEAM**
- **MEN'S SHEDS**
- **MENOPAUSE SUPPORT**



**A new year is a time for fresh beginnings, big goals
and reinvention and we are here to help make this
your year.**



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WALES**

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Aneurin Bevan
University Health Board**



Scan Here



CultureMindsUK Community

WARM HUB

Stay Warm | Feel Welcome

**JAN, 23RD
2026**

10AM-2PM



What's Available (FREE)

- Pay-It-Forward Community Table
- Warmth Essentials
- Wellbeing & Mental Health Support
- Tea, coffee and hot chocolate
- Hot Drinks & Comfort
- Mental health resources, etc...



**19 Hills Health and Wellbeing
Centre, Newport, Wales NP199PS**



Funded by
UK Government
Wedi ei ariannu gan
Llywodraeth y DU



Welsh Association of Voluntary Organisations
Amwyddir yn Neudodol: 4000000000 4000000



NEWPORT
CITY COUNCIL
CYNGOR DINAS
CASNEWYDD

GREEN RHYTHM



H.E.A.L.
HENRIE EMPOWERMENT
for AWARENESS & LIFE

All the support you need, on your doorstep



Your Newport is an online platform connecting you to your community, providing you with the support you need to keep well, stay active and connect with others.

The Your Newport website provides the information you need to support Your Health, Your Home and Your Community, with access to activities and services to enhance your health and wellbeing.

Scan to access our
website.

Or simply visit
yournewport.co.uk



Please share
with your
colleagues,
teams, family,
friends and
networks



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e: info@yournewport.co.uk
www.yournewport.co.uk



Community Outreach Services

General Advice in your Community Spaces

Bettws Community Centre

43 The Precinct, NP20 7TN

Every Monday 13:30-16:30

Alway Community Centre

Aberthaw Avenue, NP19 9NS
Every Wednesday 09:30 - 13:00

Pill Millennium Centre

Courtybella Terrace, NP20 2GH
Every Wednesday 09:30 - 13:00

Newport Central Library

John Frost Square, NP20 1PA
Every Friday 09:30 - 13:00

Gaer Community Centre

57 Gaer Road, NP20 3GY
Every Thursday 09:30 - 13:00

**cyngor ar
bopeth**

**citizens
advice**

**Casnewydd
Newport**

Aged 16-19?

NEWPORT YOUTH ACADEMY



*Earn up to £60 a week
+ food and travel
allowance*

- ◆ Wide range of qualifications with Jobs Growth Wales+
- ◆ Gain work experience and jobs with local employers

Aged 16-19?

ACADEMI IEUENCTID CASNEWYDD



*Enillwch hyd at £60
yr wythnos + lwf ans
bwyd a theithio*

- ◆ Ystod eang o gymwysterau gyda Twf Swyddi Cymru+
- ◆ Ennill profiad gwaith a chael swyddi gyda chyflogwyr lleol

