

**August 2022**

## Welcome to the Healthy Working Wales E-bulletin

Our monthly e-bulletin provides the latest from the Healthy Working Wales team: Covid-19 guidance, workplace health and wellbeing news as well as links to upcoming campaigns and events.

Feel free to share with colleagues and your networks, subscription information can be found below.

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## Get Help with the Cost of Living

Since last month's feature on 'the cost-of-living crisis', the Welsh Government has released some information that may be useful for employees. They have outlined where individuals can go to get financial support, looking specifically at benefits, housing, financial help, health and wellbeing and more.

Please click [here](#) for more information.

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## The Social Partnership and Public Procurement (Wales) Bill

The Social Partnership and Public Procurement (Wales) Bill provides for a framework to enhance the wellbeing of the people of Wales through four principles: social partnership working, promoting [fair work](#), and socially responsible procurement. The Bill was introduced to the Senedd on Tuesday, 7 June and is progressing through its legislative journey.

Social partnership is a distinctly Welsh way of working and brings together government, employer representatives and trade unions to discuss potential ways to work better together with the overall aim of enabling the delivery of high-quality public services for the people of Wales. For additional information on the Bill, please see the following [link](#).

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## Key Dates for September 2022

### [Know Your Numbers! Week \(05-11 September\)](#)

Know Your Numbers! Week takes place every September and is the UK's biggest blood pressure



testing and awareness event.

Six million people in the UK have high blood pressure and do not know it. High blood pressure usually has no symptoms; the first sign of it could be a heart attack or stroke. When individuals know their numbers, they can take steps to look after their own blood pressure and lead a long, healthy life.

As part of Know Your Numbers! Week, workplaces can encourage employees to get their blood pressure checked by promoting key messages. Resource packs are available from [Blood Pressure UK](#) (a not-for-profit organisation). Further information on healthy lifestyles is also available on our website.

### [Suicide Prevention Day \(10 September\)](#)

World Suicide Prevention Day (WSPD) is organised by the [International Association for Suicide Prevention \(IASP\)](#). The World Health Organisation are co-sponsoring the day, which seeks to raise awareness around the globe that suicide can be prevented.

Workplace action that supports and encourages an open culture within the workforce enables people to have the confidence to not only talk but to take action and help prevent suicide. As an employer, you can help play a part in this by promoting mental health resources, improving mental health support and reducing the stigma of mental health through open and honest conversation.

Additional information on healthy lifestyles and mental health is also available on our [Healthy Working Wales website](#).

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## **Covid-19 Latest Guidance**

Welsh Government has announced the lifting of the last Covid-19 restrictions from 30 May 2022. This means that face masks are no longer a legal requirement across healthcare settings.

To [keep Wales safe](#) please remember the following:

- [get both jabs and your booster](#)
- outdoors is safer than indoors
- if you have symptoms, [stay at home and avoid contact with other people](#)
- wear a mask in healthcare settings and crowded indoor places.

Business Wales directory of support, guidance and FAQs can be found [here](#).

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