

**December 2021**

Festive Greetings from the Healthy Working Wales Team!

Welcome to the Healthy Working Wales December e-bulletin

Our monthly e-bulletin provides the latest from the Healthy Working Wales (HWW) team, including Covid-19 guidance, workplace health and wellbeing news, links to upcoming campaigns and events plus updates on future plans for the programme.

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

Covid-19 Latest Guidance

The [HWW website](#) provides a one-stop shop of Covid-19 related information, toolkits and resources including risk assessments, sector guidance, vaccination information and wider health campaigns and information.

All of Wales is at Alert Level 0

There are concerns the new Omicron variant of concern could result in a surge in cases of Covid-19, therefore the Welsh government will now monitor and review the situation on a weekly basis. Read the current guidance [here](#).

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

HWW Covid-19 Commendation Event

On Wednesday 8 December, HWW held a virtual Covid-19 Commendation Event to recognise employers' efforts in supporting the health and wellbeing of their staff, clients and the wider community during the pandemic.

The event showcased employers' achievements in adapting and rising to the challenges of a turbulent period to illustrate best practice and share the learning.

A total of 55 submissions were received across 6 award categories covering mental and physical health and wellbeing, best internal and external response to the pandemic, as well as sustainability and equality, diversity and inclusion.

HWW would like to thank all those employers who submitted an entry – there was extremely strong competition and it was not an easy task for the judging panel to choose the winners. Winners and runners-up are listed below:

Best Mental Health Initiative: Large Company

Winner: Nice-Pak International

Runner-up: Bridgend College

Best Mental Health Initiative: SME

Winner: Case-UK Limited

Runner Up: ParamedicsRUs.com

Best Physical Wellbeing Initiative

Winner: CGI

Runner Up: Cardiff University

C-19 Response Internal (Large)

Winner: HM Land Registry

Runner Up: Bluestone Resorts Limited

C-19 Response Internal (Small)

Winner: Melin Homes

Runner Up: RCS

C-19 Response External

Winner: Innovate Trust

Runner Up: Neath Port Talbot Council

Visionary Commendation for Sustainability

Winner

Bridgend College

Runner Up

BCB International

Equality, Diversity & Inclusion

Winner

Gower College Swansea

Runner Up

GISDA

The event proved to be a great success and demonstrated the commitment of these organisations to their staff and the wider community. A recording of the event, which included contributions from the Deputy Minister for Mental Health and Wellbeing and the Chief Medical Officer for Wales, can be found [here](#).

Employer Case Studies: Bluestone Resorts Ltd

A series of [case studies](#) has been published demonstrating how Healthy Working Wales award holders are supporting their workforces. The case studies underline how organisations have developed approaches to improve staff health and wellbeing in various topic areas as part of their journey to a HWW award.

This month the spotlight is on Bluestone Resorts Ltd, a holder of the HWW Gold Corporate Health Standard and recent runner-up in our Covid-19 Commendations. Bluestone is based in Pembrokeshire, attracting over 150,000 staying guests annually and employing over 700 staff in a range of different roles. They have embedded the ethos of 'Every Person Counts' into their organisation. *"Bluestone understands that by looking after the wellbeing of its people and creating a happy workforce, they in turn will look after the staying guests, creating memorable moments and experiences and encouraging repeat visits."*

Bluestone implemented a unique Employee Wellbeing Programme which has enabled them to develop a more detailed understanding of the clear links between work and the health and wellbeing of their employees and have devised initiatives and strategies to improve the overall employee experience.

Their efforts outlined in the case study put particular emphasis on:

Ø Attendance Management

Ø Mental Health and Wellbeing

Congratulations to Bluestone Resorts Ltd on their efforts to improve health and wellbeing in the workplace to achieve a happier, healthier and more productive workforce.

Full details of Bluestone Resorts Ltd's case study can be found [here](#)

The Impact of Behavioural Risk Factors on Communicable Diseases

A recent study conducted by Public Health Wales and Bangor University on the links between health harming behaviours and infectious diseases shows that addressing such behaviours may help build resilience against future pandemics.

Factors such as smoking, harmful alcohol use, obesity, and physical inactivity are more likely to bring about more severe symptoms if someone becomes infected with Covid-19. These findings are important for understanding the risks associated with communicable disease and are timely given the ongoing Covid-19 pandemic and the need for improvements in future pandemic preparedness.

Further information on this review can be found [here](#)

Key Dates

1-31 January [Love Your Liver - British Liver Trust](#)

Love Your Liver is the British Liver Trusts' national awareness campaign devoted to liver health awareness and providing people with the key steps needed to keep their liver healthy.

1-31 January [Veganuary](#)

Veganuary inspires and supports people all over the world to try vegan for January and beyond

Links to a range of health awareness campaigns can also be accessed via our Healthy Working Wales [website](#).

To sign up for monthly Healthy Working Wales e-bulletins and view previous e-bulletins, click [here](#).

[Healthy Working Wales](#)

