

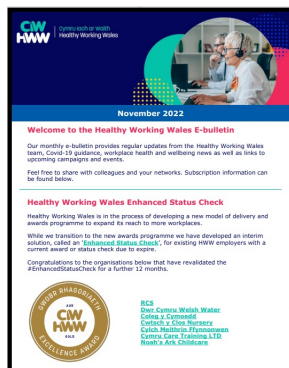


December 2022

Welcome to the Healthy Working Wales E-bulletin

Our monthly e-bulletin provides regular updates 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.



Our HWW E-bulletin Survey: You Said, We Did

Many thanks again to everyone who completed our e-bulletin survey earlier this year. We appreciated your suggestions and have taken them onboard.

While there was a positive response to our e-bulletin's content, the survey results suggested we could improve its appearance. We are now including more images and keeping the information concise (linking to longer articles) to achieve a more engaging layout. We have also added a new section called "Did You Know?" which offers interesting facts about health and the workplace.

We'll be looking at your other suggestions as possibilities for future issues. And as always, if you would like to share any ideas/feedback on our e-bulletin, please contact us at Workplacehealth@wales.nhs.uk.

We would also like to take this opportunity to wish you and your families the very happiest of holiday seasons.

Best wishes,

The HWW Team

Healthy Working Wales Enhanced Status Check

Healthy Working Wales is in the process of developing a new model of delivery and awards programme to expand its reach to more workplaces.

While we transition to the new awards programme we have developed an interim solution, called an '**Enhanced Status Check**', for existing HWW employers with a

current award or status check due to expire.

Congratulations to the organisations below that have revalidated the #EnhancedStatusCheck for a further 12 months.



[Sandvik Osprey](#)

[Cylch Meithrin Felinfoel](#)



[Cardiff Council](#)



[Ysgol Feithrin Rhydaman](#)



HWW Out and About

Healthy Working Wales recently attended the Chartered Institute of Personnel and Development (CIPD) Wales North Wales Roadshow in Llandudno. It was great to have an opportunity to meet our stakeholders and hear some outstanding presentations on workplace transformation and tackling in-work poverty.

Pictured is Deanna from our Team. We will also be attending upcoming roadshows on the [CIPD Wales Tour 2023](#). Hope to see you there!



Is Working from Home Good for Your Health?

A new survey from Public Health Wales has found that, while the majority of working people in Wales would like to continue working from home (WFH), nearly half of those responding reported low levels of wellbeing and feelings of loneliness.

The survey was conducted from November 2020 to January 2021, during the second wave of the Coronavirus pandemic. Respondents were asked questions about their

future working preferences, as well as the impact of WFH on their health and wellbeing.

Mary-Ann McKibben, Consultant Lead for Healthy Working Wales, said: "These findings reiterate what employers are telling us on a day-to-day basis. They recognise the benefits of more flexible ways of working introduced over the last two to three years, but also acknowledge there are downsides to remote working that need to be considered and handled carefully."

You can read more about the Public Health Wales survey results [here](#).

Our guidance for employers on all aspects of health and wellbeing can be found [here](#).



Did You Know?

According to the [Office of National Statistics](#), since 2019 more people than ever are leaving the labour market due to ill health.

This is particularly true for older workers aged over 50. While Covid-19 has had an impact, this trend was in place prior to the pandemic and is likely to be affected by other factors such as deteriorating health, longer NHS waiting lists, as well as this age group combining work with unpaid caring responsibilities.

As an employer, you are in an ideal place to support your older workers to continue in employment, and also work together to overcome the barriers that might help them return to work after a period of sickness absence. By law, employers must make reasonable adjustments to support disabled people and people with health conditions in work. Further funding and support can be obtained through the [Access to Work Scheme](#).

Our guidance for employers on all aspects of health and wellbeing can be found [here](#).

Key Dates for January 2023

[Dry January \(01-31 January\)](#)

Dry January is the UK's one-month alcohol-free challenge.

Dry January isn't about giving anything up. It's about getting something back—your fun, your energy, your calm.

You can find Healthy Working Wales website guidance on "Alcohol and the Workplace" [here](#).

For more information on Dry January, including how to take part, please click [here](#).

[Cervical Cancer Prevention Week \(23-29 January\)](#)

The aim of this week is to make cervical cancer a thing of the past.

Cervical screening is one of the best ways to prevent cervical cancer. Employers can show support by joining the [Time to Test](#) campaign and ensuring their staff can attend this potentially life-saving test. Employers should also create an environment where employees feel able to raise topics such as cervical screening and health appointments.

For additional information and resources related to Cervical Cancer Prevention Week, please click [here](#).

Covid-19 Latest Guidance

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

- [Get both jabs and your booster](#)
- Covid-19 boosters are now available across Wales
- 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](#).

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

[Healthy Working Wales](#)

