



December 2023

Welcome to the Healthy Working Wales (HWW) E-bulletin

Merry Christmas and a Happy New Year!

This edition includes updates from the HWW team, workplace health and wellbeing news as well as links to upcoming campaigns and events.

This month:

- HWW webinars update
- Cultural Cwtsh
- Keep those germs at bay this winter
- Changes to workplace recycling regulations

Feel free to share with your colleagues or networks, together with our [sign-up details and previous editions](#).



HWW Webinars

We are pleased at the great response to our virtual MSK webinar. This was a free event and took place on 12 December allowing attendees to gain knowledge and practical advice for managing MSKs in the workplace. Thank you so much to those who attended and provided feedback.

Our next webinar will be on **'Wellbeing for Everyone'** providing insights and knowledge about equality, diversity, inclusion and their crucial role in wellbeing, plus a particular focus on disability. This will take place on

Tuesday 30 January 2024 and participants will have a choice of attending either the morning or the afternoon session. Details of how to sign up will be circulated soon.

For any enquiries, contact us at healthyworkingwales@wales.nhs.uk.

Keep up to date via our [website and social media](#).

Cultural Cwtsh

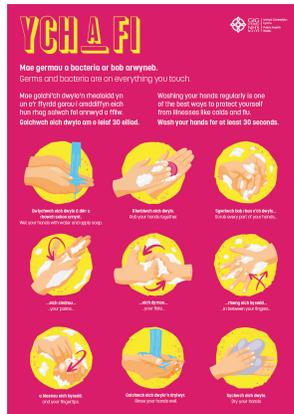
The 'Cultural Cwtsh' is an online resource created by Wales' arts community to support NHS and social care staff this winter.

Amid mounting evidence of the positive impact the arts can have on health and wellbeing, 'Cultural Cwtsh' was created by the Arts Council of Wales as a thank you from the nation's art sector to busy NHS and social care staff. The resources will also be of

interest and provide wellbeing benefits to those working in other sectors and settings across Wales.

Through short, accessible videos available on demand, professional artists from across Wales have brought to life a range of creative activities - including poetry, juggling, beatboxing, dancing and photography - designed to help staff switch off from work, lift their spirits and boost their wellbeing.

<https://culturalcwtsh.wales>



Beat Winter Viruses

This month we produced a special e-bulletin to highlight the Public Health Wales (PHW) campaign 'Beat Winter Viruses'. The special e-bulletin went out earlier this week and is available [here](#) where you will find suggestions for promoting workplace hygiene and recommendations for your staff to help reduce the spread of germs.

Washing your hands regularly is one of the best ways to protect yourself from illnesses and PHW has produced a downloadable handwashing poster you can display in your workplace. Click on the image to access.

Please also see our recently updated [HWW web pages on infection prevention and control](#) for more advice, guidance and resources aimed at employers.

New Laws to Improve Workplace Recycling



A new law is due to come into effect that will impact on all business, public and third sector workplaces in Wales. The law is set to encourage recycling, whilst reducing the amount of waste sent for incineration and to landfill.

From 6 April 2024, Workplace Recycling Regulations will require recyclable materials to be separated. This is to help improve the quality and quantity of recyclable materials collected throughout Wales, and to have a positive impact on the Welsh economy.

The following materials will need to be separated for collection, and collected separately:

- Food
- Paper and card
- Glass
- Metal, plastic and cartons
- Unsold textiles
- Unsold small waste electrical and electronic equipment

For further details please refer to the [Welsh Government press release](#) as well as its dedicated page on [workplace recycling](#).

Key Dates

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 (22-28 January)

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

Every day in the UK, 2 women lose their lives to cervical cancer and 9 more receive a life-changing diagnosis.

There is plenty you can do to support the campaign in your workplace. You can put up posters, engage in social media or host your own event such as a lunch and learn, you can play an important part. There are a variety of resources available for you to use via [Jo's cervical cancer trust](#), including A4 posters and social assets.

Links to a range of health awareness campaigns can be accessed through the [HWW website](#).

[Healthy Working Wales](#)



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