

**February 2022**

Welcome to the Healthy Working Wales February 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 currently at Alert Level 0

Keep Wales safe:

- [Get both jabs and, when invited, get your booster](#)
- Limit your contacts
- Outdoors is safer than indoors
- [Do a lateral flow test before seeing others](#)
- If you have symptoms, [self-isolate and book a PCR test](#)
- [Wear a face covering](#)

Recent and upcoming changes:

From 18 February

- domestic COVID Pass will no longer be a legal requirement for entry to events and venues

From 28 February

- face coverings legally required only in retail, public transport and health and care settings

Read the current guidance [here](#).

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

Long COVID (Post-COVID-19 Syndrome)

Healthy Working Wales has pulled together information and a number of resources

on Long COVID and post-COVID-19 syndrome [on our website](#), including guidance for managers and a link to the NHS Long COVID app.

Long COVID is a term used to describe signs and symptoms that continue or develop after COVID-19. It includes both ongoing symptoms of COVID-19 (4 to 12 weeks) and post-COVID-19 syndrome (over 12 weeks). The condition usually presents with clusters of symptoms, often overlapping, which may change over time and can affect any system within the body. Some of the most common symptoms include:

- Extreme tiredness (fatigue)
- Shortness of breath
- Chest pain or tightness
- Problems with memory and concentration ("brain fog")
- Difficulty sleeping (insomnia)
- Heart palpitations
- Dizziness
- High Temperature

The Welsh Government has set up the Adferiad (Recovery) programme up to diagnose, rehabilitate and support those suffering from long-COVID in Wales, learn more about this programme [here](#).

Each Health Board in Wales has advice and information available and some areas also have dedicated services, usually run by a multi-disciplinary team of health professionals, to assist individuals with a range of support and interventions. Where a service exists, referral routes can vary with either referral via an individual's GP or in some cases self-referral.

The support available from each Health Board can be found via this [link](#).

In addition the CIPD has put together some key recommendations and practical tips to support employees with Long COVID to return to and stay in work which can be found [here](#).

Mental Health and Wellbeing: SilverCloud Wales

Mental health problems represent the largest single cause of disability in the UK, in fact around 1 in 4 adults struggle with at least one diagnosable mental health problem in any given year. It is also responsible for more sickness absence than any other illness.

In response to the increasing mental health and wellbeing issues that many people in the population continue to face, NHS Wales has developed the new [SilverCloud Cognitive Behavioural Therapy \(CBT\) online therapy](#) platform to help people manage their problems by encouraging them to change the way they think and behave.

The service aims to support people aged 16 and over experiencing mild to moderate anxiety, depression or stress with a 12-week course of SilverCloud online therapy via their smartphone, tablet, laptop or desktop computer. It is free, easy to use and the user will have access to a range of treatment modules, including:

- Anxiety
- Depression
- Obsessive Compulsive Disorder (OCD)
- Stress
- Money worries

You can access SilverCloud directly without a referral from your GP.

Employer Case Studies: Abacus Day Nurse Swansea

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 across various topic areas as part of their journey to a HWW award.

This month the spotlight is on Abacus Day Nursery, which is a small pre-school offering bilingual provision in Welsh and English operating in a homely environment from a modified house in Swansea.

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

- Promoting staff mental health and wellbeing
- Signposting staff to support

In addition to providing high quality day care that enhances the development, care and education of pre-school children, Abacus Day nursery is committed to looking after the health and wellbeing of their staff. They invest in resources to support their staff including offering weekly yoga classes with a qualified teacher and helping with the professional development of their employees through reliably endorsed courses and training.

"Achieving the Silver HWW Award and working towards the Gold Award has opened our eyes to the wide range of mental health and wellbeing support organisations and services that are available at both a local and national level."

Congratulations to Abacus Day Nursery on their efforts to improve health and wellbeing in the workplace to achieve a happier, healthier and more productive workforce.

Full details of the Abacus Day Nursery case study can be found [here](#).

Key Dates

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[International Women's Day](#)

International Women's Day (**March 8**) is a global day celebrating the social, economic, cultural, and political achievements of women.

[Epilepsy Awareness day](#)

March 26 marks epilepsy awareness day to help raise awareness for people with epilepsy and to make sure no-one affected feels alone.

[World Autism Acceptance Week](#)

Pioneered by the National Autistic Society (NAS), World Autism Acceptance Week (**March 28 – April 3**) aims to draw attention to the 700,000 people living with autism in the UK, both to educate those unaware of the condition and to help make the world friendlier to those who are affected by it.

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