

**January 2023**

## Happy New Year and 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.

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## Launching Soon—HWW Employer Survey

Keep an eye out for our employer survey, which will be circulated soon.

We are keen to build on our previous two rounds of research to find out what health and wellbeing concerns you have and how we can best respond to them. In particular, we are taking a deep dive into how we can support employers to manage sickness absence and keep people with health conditions in work.



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## HWW Enhanced Status Check

Congratulations to the organisations below that have revalidated the [Enhanced Status Check](#) for a further 12 months.

[Cylch Meithrin Bwlchygroes](#)

[Dragon RS](#)

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## Access to Work Mental Health Support Service Resources

The UK Government Department for Work and Pensions has developed a **free** employer toolkit for the Access to Work Mental Health Support Service.

Here you'll find a collection of resources (some of which are available in Welsh) to help you and your teams with depression, anxiety, stress and other mental health

conditions affecting work.

Employers can access the toolkit [here](#).



## HWW Out and About

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

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



## Did You Know?

In the UK, over one-fifth of all sickness absences from work are due to minor illnesses such as colds, coughs and flu. This resulted in **24.7 million** sickness days taken in 2021.

Respiratory infections can spread easily between people. As an organisation, you can take a number of actions to reduce the risk of infection amongst your workforce. This will help protect your employees' health and wellbeing, and minimise disruption and cost to your business.

For more information, click [here](#) to read the UK Government guidance on "Reducing the spread of respiratory infections, including COVID-19, in the workplace."

## Key Dates for February 2023

### [Time to Talk Day \(02 February\)](#)

Time to Talk Day is the nation's biggest mental health conversation. It's a day for friends, families, communities and workplaces to come together to talk, listen and change lives.

Get your workplace talking – Time to Talk Day is all about opening up the conversation about mental health. There are countless ways to get talking within the workplace, such as running lunch and learn sessions or organising walk and talk events.

Employers can find further suggestions/information [here](#).

### [World Cancer Day \(04 February\)](#)

Create a future without cancer. The time to act is now.

Workplaces are powerful initiators of positive change. Employers can use their

influence to inspire action among employees, suppliers and customers. Find out more [here](#).

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## Covid-19 Latest Guidance

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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