



January 2024

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

Happy New Year!

Our monthly e-bulletin provides regular updates from the HWW team, workplace health and wellbeing news as well as links to upcoming campaigns and events.

This month:

- **HWW New Webpages**
- **Time to Talk Day**
- **The Impact of the COVID-19 Pandemic on Women, Employment and Health Inequalities**

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



Help us shape the future of our new employer-facing website

We have been undertaking testing to support the development of our new HWW digital service. This will provide interactive tools to help employers to take steps for the health and well-being of their workforce, contributing to business success and community well-being.

Thank you to all the employers who've taken part in our testing so far!

For the next phase, we are asking employers in Wales to spare 10 minutes to complete a short online activity.

Your input matters to help us create something that meets your needs!

Click here to take part:

<https://2za3pfyd.optimalworkshop.com/treejack/ivqkha06>

HWW New Webpages

Over recent months, HWW has revamped several webpages:

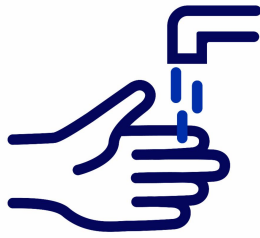
- [Infection Prevention and Control](#)
- [Equality, Diversity and Inclusion](#)
- [Musculoskeletal Health](#)

In our December [e-bulletin](#), we highlighted the "[Beat Winter Viruses](#)" campaign by Public Health Wales together with updated HWW webpages on "[Infection Prevention and Control](#)." As illnesses tend to spread rapidly during this season, common viruses can disrupt our lives and plans. Please use

the advice provided on these pages to maintain safe workplaces for yourselves and your employees.

We've also refreshed the content on our '[Equality, Diversity and Inclusion](#)' webpages. These pages offer information, guidance, and links to additional resources that support employers in reviewing current practices and finding ways to enhance EDI.

Recognising the crucial role employers play in reducing musculoskeletal disorders, remember to explore our content on '[Musculoskeletal Health](#)' for more information and guidance.



Time to Talk Day

Get ready for Time to Talk Day 2024 on Thursday 01 February!

This year, it's all about having real conversations about how we're really feeling. Sometimes, saying "I'm fine" doesn't cover it – we need to talk more openly.

Did you know that one in four people faces mental health challenges? But many individuals still feel afraid to talk about it. That fear can make people feel alone or ashamed.

Addressing mental health openly can be a transformative step. It breaks down the barriers of shame, fostering an environment where seeking help is normalised. Open discussions not only reduce stigma but also create a more supportive atmosphere, making it easier for everyone to access the assistance they may require.



[View the Time to Talk Day resources here!](#)

The Impact of the COVID-19 Pandemic on Women, Employment and Health Inequalities



Employers need to do more to provide support to mitigate against violence and domestic abuse during emergencies like the COVID-19 pandemic, according to a new Public Health Wales [report](#).

The report highlights how existing inequalities facing women worsened and affected their working lives during the COVID-19 pandemic. Measures, such as social distancing and quarantine, placed some women at increased risk of domestic violence and coercive control and being isolated, through home working or being furloughed.

Actions suggested for employers include establishing a mechanism to safely report issues, signposting to welfare and support systems, together with supportive workplace processes such as flexible deadlines and access to employee assistance programmes for confidential counselling. The report includes an [infographic](#) that summarises the findings.

Key Dates

[LGBT+ History Month \(Feb\)](#)

LGBT+ History Month is for everyone. It is celebrated across the UK every February. It was created for LGBT+ people to:

- Claim their past
- Celebrate their present
- Create their future

The theme this year is 'Medicine – #UnderTheScope'. This theme celebrates LGBT+ peoples' contribution to the field of medicine and healthcare both historically and today.

Find further resources for organisations to get involved [here](#).

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

Create a future without cancer. The time to act is now. The theme this year is 'Close the Care Gap' which is a call to action to ensure everyone has access to quality health services when, where and how they need them.

Workplaces are powerful initiators of positive change. You can take action by creating an event, raising funds, advocating for action, and spreading the word. Take a look at the campaign toolkit [here](#).

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

[Healthy Working Wales](#)



Healthy Working Wales | Floor 5, No.2 Capital Quarter, Tyndall Street, Cardiff, CF10 4BZ United Kingdom

[Unsubscribe communications.team@wales.nhs.uk](mailto:Unsubscribe.communications.team@wales.nhs.uk)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by workplacehealth@communications.wales.nhs.uk powered by



Try email marketing for free today!