

**July 2022**

## Welcome to the Healthy Working Wales E-bulletin

Our monthly e-bulletin provides the latest 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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### Cost of Living Crisis

The cost of living crisis is already biting home and impacting negatively on people's lives. We would like to hear from our employers about how you are supporting your employees at this difficult time.

There are many ways that help could be provided and we are sure there are some creative examples out there that we would love you to share with us. We will use this information to develop guidance for employers on our website providing examples of the sorts of things they might consider doing.

If you have something to share, please email us at [workplacehealth@wales.nhs.uk](mailto:workplacehealth@wales.nhs.uk) and one of the team will get in touch to find out more.

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### New Legislation Around Fit Notes

From 01 July 2022, new legislation was enacted to allow nurses, occupational therapists, pharmacists, and physiotherapists to legally certify fit notes, in addition to doctors who were previously the only profession able to do so.

Fit notes are a useful tool to enable better conversations about work and health. This can help patients return to work where appropriate, including in a phased or adapted way as well, as aid their recovery and enable them to communicate effectively with their employers about their health. If a person is assessed as having a health condition that impacts on their ability to work, they can be issued with a fit note after the seventh day of illness.

UK Government guidance, including a new training package, is available via the [Electronic Staff Record \(ESR\)](#) for NHS Wales and [Learning@Wales](#) for those outside of NHS Wales.

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# Public Bodies Need to Do More to Reduce and Reuse Their Waste

Public bodies in Wales need to do more to reduce and reuse their waste, shifting their current focus on recycling and creating a more circular and healthier economy, according to a new report by Public Health Wales. While focusing on the public sector, the report contains many lessons also useful to the private and third sectors.

The report, 'Circular Economies and Sustainable Health and Wellbeing', details how implementing policies to reduce and reuse waste, alongside recycling schemes, will have possible significant positive impacts on health and well-being for the whole population of Wales. These include contributing to tackling the climate emergency and thereby reducing air pollution, reducing risk of extreme weather events, increased sustainable food production and improved mental health and wellbeing.

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## Key Dates for August 2022

### 1-7 August – [World Breastfeeding Week](#)

World Breastfeeding Week 2022 will focus on strengthening the capacity to protect, promote and support breastfeeding across different levels of society given the important role breastfeeding has on children's future health. A key aim is to inform, educate and empower target audiences, including governments, health systems, workplaces and communities, to strengthen their capacity to provide and sustain breastfeeding-friendly environments for families in the post pandemic world.

### 4 August – [Cycle to Work Day](#)

Take part in the UK's biggest cycling commuting event. Cycle to Work Day is for absolutely everyone, regardless of whether you are a regular cyclist, have not cycled for years or have never cycled at all.

Links to a range of health awareness campaigns can also be accessed through our [Healthy Working Wales website](#).

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## Covid-19 Latest Guidance

To [keep Wales safe](#):

- Get both jabs and your booster
- Outdoors is safer than indoors
- If you have symptoms, self-isolate and get tested

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

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

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