

**June 2024**

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

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:

- New HWW Webpage on Environmental Sustainability
- Breastfeeding in the Workplace Survey
- HWW Out and About
- Key Dates for July 2024

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



### New HWW Webpage on Environmental Sustainability

HWW has launched new webpage guidance for employers on environmental sustainability, covering the responsible management of natural resources for present and future generations.

“Integrating Environmental Sustainability into Workplace Wellbeing” highlights to employers how responsible resource management—reducing waste, promoting renewable energy, and minimising pollution—can benefit their business, employees, and the planet.

Explore the connection between climate change and sustainability, and find strategies like green office practices, active transportation, remote working, and sustainable food choices. Eco-friendly business practices can reduce climate emergencies and foster a healthier, more sustainable workplace. This new webpage also provides links to additional information and resources.

Further information can be found on the [HWW website](#).

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### Breastfeeding in the Workplace Survey— Please Share Your Views and Experiences!

Public Health Wales (PHW) is keen to promote breastfeeding



within the workplace. To assist with this, a [short survey](#) has been developed to assess whether employees feel supported to breastfeed upon returning to work from maternity leave and to identify the support needed by organisations to assist returning employees.

Responses can remain anonymous. PHW is especially interested to hear the views and experiences of employees who returned from maternity leave still breastfeeding, as well as their line managers.

Please help PHW to gather insights to inform future initiatives, and examples of good practice to promote to employers across Wales by distributing this survey within your organisation.

PHW would be grateful if you could complete the [survey](#) by **01 August 2024**. Please contact [rachel.evans43@wales.nhs.uk](mailto:rachel.evans43@wales.nhs.uk) if you have any questions.

Additional information on breastfeeding and the workplace can be found on the [HWW website](#).

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## HWW Out and About

Healthy Working Wales recently attended the South Wales Safety Groups Alliance Conference in Cwmbran, Torfaen.

Several organisations were on hand to offer advice to individuals looking to start their own business. This covered such topics as IT support, marketing, along with workplace health and wellbeing.

Pauline from our team attended on the day. (Pictured is our HWW table.)

We always enjoy meeting our stakeholders and will be attending more events later this summer, including the [Health and Wellbeing Construction Day](#) in Cardiff on 19 June.

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## Key Dates

### [Alcohol Awareness Week \(01-07 July\)](#)

Alcohol Awareness Week is an opportunity for businesses to think and talk about alcohol harm with their communities.

In aid of this, Alcohol Change UK has provided several [free digital resources](#), including posters, social media images and template posts, and factsheets.

Employers are well-positioned to advocate for healthy lifestyles and work with employees to reduce factors contributing to alcohol misuse. Additional information can be found on the [HWW website](#).

### [Samaritans Awareness Day \(24 July\)](#)

Every year in July, Samaritans branches in the UK raise awareness that they are here to listen to anyone who's struggling to cope at any time.

Employers can help bring attention to this by accessing and sharing a variety of related [resources](#), including social media assets, leaflets and posters.

Additional information on mental health and wellbeing can be found on the [HWW website](#).

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

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