

**March 2022**

Welcome to the Healthy Working Wales March 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

From 28 February

- Face coverings legally required only in retail, public transport and health and care settings.
- You must continue to self-isolate if you have symptoms or a positive test.
- Regulated premises must continue to do coronavirus risk assessments.

From 28 March

- If the current public health situation remains stable, all remaining restrictions will be removed.

Read the current guidance [here](#).

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

Screening Awareness Training

Screening is a process of identifying apparently healthy people who may be at increased risk of a disease or condition. They can then be offered information, further tests and appropriate treatment to reduce their risk and/or any complications arising from the disease or condition.

The Public Health Wales Screening Division is offering free training on the NHS screening programmes in Wales.

Who is the training for?

This training is for those who have an active role promoting health and wellbeing within the workplace and will provide the skills and knowledge to:

- Raise awareness of screening within your workplace.
- Provide peer support within your workplace.
- Communicate screening information in a way that works for your organisation.
- Have open conversations about screening with the people you work with.
- Signpost to resources in accessible formats.
- Take part in engagement opportunities to improve screening services.

What will I learn from the training?

The following modules will be available via Microsoft Teams in both Welsh and English. It is recommended that module one is completed first.

Module One - Introduction to Screening (1 hour)

Module Two - Screening Programmes (1 hour)

This module will focus on Abdominal Aortic Aneurysm and Diabetic Eye Screening.

Module Three - Cancer Screening Programmes (1 hour)

This module will focus on Cervical, Breast and Bowel screening.

To enrol, please complete and submit the [booking form](#) as soon as possible, ensuring you choose your preferred language.

For further information visit the Public Health Wales [website](#) or email: Screening.engagement@wales.nhs.uk

Keep Wales Tidy – [Litter Free Zones](#)

Call to action: Adopt specific zones to clean-up as a business.

Caru Cymru (a Welsh phrase meaning 'Love Wales') is an initiative launched by Keep Wales Tidy aimed at inspiring everyone to take action and care for the environment. As part of Caru Cymru, Litter Free Zones is a brand new scheme designed to encourage businesses to keep their communities litter free. Keep Wales Tidy is reaching out to businesses across Wales to adopt specific zones to clean up on a regular basis. It's hoped businesses of all sizes and from a range of sectors will get involved, from village shops and private offices to supermarkets and industrial estates.

Adopting a Litter Free Zone signals to your customers and the wider local community that you are a responsible business that takes the issue of littering seriously. Caru Cymru will provide you with resources to help you publicise your Litter Free Zone status.

Be part of the #CaruCymru movement.

[CIPD - Managing and supporting employees with long-term health conditions](#)

Over 15 million people live with a long-term health condition in the UK and in 2019/20, there were an estimated 32.5 million working days lost due to work-related ill health. Having supportive management practices in place gives employees the best chance of staying in work and fulfilling their potential.

This new CIPD guide introduces long-term health conditions and sets out the reasons why organisations need to take action. While there are many different long-term health conditions, the principles-based guidelines provided here offer organisations a starting point to provide effective support for any condition.

Key Dates

April - [Stress Awareness Month](#)

Stress Awareness Month has been held every April since 1992 to increase public awareness about both the causes and cures for our modern stress epidemic.

This year, the Stress Management Society will be hosting a 30 Day Challenge. They are encouraging everyone to pick one action each for physical, mental and emotional wellbeing to carry out every day.

25 April – 1 May – [MS Awareness Week](#)

A chance to raise awareness of multiple sclerosis and say #LetsTalkMS #MSWeek

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