

**March 2023**

## 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.

Click here to [sign up for monthly HWW e-bulletins and to view previous editions](#).



### Long-term Sickness Hitting UK Workforce

Recent reports have highlighted a sharp rise in [UK employees leaving the workforce due to ill health](#).

According to data from Labour Force, there are now nearly 2.5 million adults of working age who are off on long-term sick. The report comes at a time of increasing debate about the rise in so-called economic inactivity, totalling 8.9 million people, and what is fuelling it.

Employers can help us to better understand the needs of their workforce by completing our HWW [2023 Employer Survey](#).



### HWW 2023 Employer Survey—Closes 19 March

Many thanks to those of you who have completed our [2023 Employer Survey](#).

For those of you who haven't, there's still time. By completing the survey, you will enable us to better understand your workplace health and wellbeing concerns and how Healthy Working Wales can help.

The [survey](#) will close at midnight **Sunday, 19 March 2023**.



## HWW Enhanced Status Check

Congratulations to the Healthy Working Wales employers that have revalidated the [Enhanced Status Check](#) for a further 12 months.



## Employer Case Study: Mental Health and Wellbeing

[Mental health and wellbeing](#) have been highlighted as concerns by employers in our [2023 survey](#).

[Melin Homes](#) is an exemplar employer for this [case study](#) on taking a positive approach to improving their employees' mental and physical health and wellbeing.

Melin Homes has achieved the HWW Platinum Corporate Health Standard and is a Pledged Organisation for Time to Change Wales.



## Did You Know?

There is a strong link between the cost of living and wellbeing.

According to the findings of a recent [survey](#), **60%** of respondents said the rising costs of living are reducing their quality of life. **74%** said people they know are [struggling to cover their cost of living](#). **68%** are also [worried about being able to heat their home](#).

For tips on what employers can do to help, visit our HWW ["Cost of Living Crisis" webpages](#) and listen to our ["Financial Wellbeing in the Workplace" podcast](#). Employers can also share their views by completing our [2023 Survey](#).

## Key Dates for April 2023

### [World Health Day \(07 April\)](#)

On 07 April 2023 – World Health Day – the World Health Organisation will celebrate 75 years of improving public health.

for businesses: ask your staff to post about the day on their social media platforms. They could post photos or stories of them engaged in healthy activities, using #HealthForAll and #WHO75.

### [On Your Feet Britain \(27 April\)](#)

Employers—get your workplace and co-workers to take part in On Your Feet Britain.

This national awareness day sees desk-based workers take part in a variety of fun and simple activities. #SitLess and #MoveMore at work.

## 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.

For additional information, see [Business Wales' directory of support, guidance and FAQs](#).

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