



## March 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:

- **HWW's Beverley Warburton Retires After 14 Years**
- **Upcoming HWW Events**
- **Key Dates for April 2024**

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



### HWW's Beverley Warburton Retires After 14 Years

Senior Workplace Health Adviser Beverley Warburton has been working with the Healthy Working Wales team since 2010. In that time, she's been part of the evolution of the programme and has had the opportunity to build relationships with and support many employers across Wales.

Bev will be retiring at the end of March and will be missed by employers and her colleagues alike. Before she leaves, we found out more about her time with HWW.

#### **Q: How did you first get involved with the HWW programme?**

A: After my 'A' levels, I started working in laboratories before doing my first degree, which was in nutrition and dietetics. From there I moved into environmental health and was lucky enough to be sponsored to do a Masters in Public Health (MPH).

After completing the MPH, it took me a number of years to get a public health role due to a lack of experience. This role at HWW was ideal because they wanted someone with a health and safety background. I later undertook professional registration for Public Health Practitioners using much of my previous experience and all my newfound experience supporting employers with the Corporate Health Standard.

#### **Q: Are there any particular memories that stand out about your time here or things you've really enjoyed about the role?**

A: This role was the perfect job for me. When working with organisations towards their Corporate Health Standard I was out and about, interacting with organisations. After a time, I knew all the criteria off by heart and really enjoyed getting an organisation through their assessment.

I particularly remember working with Bridgend College early on, during their first Bronze award

meeting. I lost count of how many times I said in that meeting 'I don't know the answer to that, but I'll find out.' We then continued to work together and they were awarded all the way through to Platinum, which was the highest level of award for large organisations. I really enjoyed the Platinum assessments and hearing about the amazing projects taking place.

**Q: Could you tell us a little about yourself, including your plans for the future?**

A: Once I began planning for retirement, I started a little book of plans – I've been putting down all the things that I'm always saying I should do but that I haven't got time to do!

I love reading and cooking. I'm looking forward to having the chance to open a book and reading for hours. There's a lot of fitness activities on the list. I'd love to do some waterskiing and ice skating – they are activities I've done in the past but not had time to learn properly.

My running is very important to me, both for mental and physical health. I also intend to do some longer walks and get out cycling. I'd like to also try out rowing.

Two upcoming adventures are to go and see the Canadian Rockies, I've wanted to go since watching a programme set there a few years ago, and compete in the London Marathon. It will be my 12<sup>th</sup> marathon. I endured the boredom of the Newport Marathon last year and got a 'good for age' slot in the London Marathon – even though I've done them before, every marathon is a huge mental challenge!

The HWW team thanks Bev for her many years of service and wishes her all the best in her future endeavours.

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### **Upcoming HWW Events**

HWW has a number of upcoming events, including a webinar on "stress and mental health at work" as part of the Working Minds campaign. We will also be presenting at the [Working Well in Wales: Celebrating Welsh Government Funded Employment Services Conference](#) at Venue Cymru, Llandudno on 25 April.

Additional information on these activities is coming soon. To keep up with the latest HWW news and events, keep reading our e-bulletins, follow us on social media (see the links below), and check the HWW [website](#).



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### **Key Dates**

#### **Stress Awareness Month (April)**

April is Stress Awareness Month, an annual campaign aimed at raising awareness about the impact of stress on mental health and wellbeing. This year's theme is 'Little by Little, a Little Becomes a Lot,' highlighting the transformative impact of consistent, small positive actions on wellbeing. For more information on protecting your employees' mental health and wellbeing, visit the HWW [website](#).

#### **World Health Day (07 April)**

The theme for World Health Day 2024 is 'My Health, My Right'.

This was chosen to champion the right of everyone, everywhere to have access to health services, education and information, along with safe drinking water, clean air, good nutrition, quality housing, decent working and environmental conditions, and freedom from discrimination.

Employers—learn more about protecting your employees' health and wellbeing on the HWW [website](#).

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

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