



November 2023

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:

- Upcoming HWW Workshop on Understanding and Managing MSKs
- HSE Working Minds Campaign: Free Online Learning for Employers
- Understanding Younger Workers' Experiences of Accessing Mental Health Support

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



Healthy Working Wales Virtual Workshop on MSK Management

Workplace Health: Understanding and Managing Musculoskeletal Conditions (MSKs)

Date: 12 December 2023

Time: 14:00 – 15:30

Platform: [Microsoft Teams](#)

Healthy Working Wales is holding a virtual workshop to address musculoskeletal conditions (MSKs). This event, organised by Healthy Working Wales Advisers, aims to

provide knowledge and practical advice for effectively preventing and managing MSKs in the workplace.

The workshop is tailored for managers, HR managers, workplace safety officers, and anyone interested in understanding MSKs and their management.

Participation is free, and registered attendees will receive workshop materials and a certificate of attendance.

To secure your spot, register by Tuesday 28 November using this [link](#).

For enquiries, contact us at healthyworkingwales@wales.nhs.uk.

Find out more on our [website](#).

We look forward to welcoming you to this informative workshop on MSKs.

HSE Working Minds Campaign: Free Online Learning for Employers

To help employers prevent stress and support good mental health, a free interactive learning tool has been developed that

brings HSE's Working Minds campaign principles to life.

The Working Minds campaign promotes the principles of risk assessment, with a focus on five steps: reach out, recognise, respond, reflect, make it routine.

The new bitesize online learning is made up of six short modules that guide you step by step, with helpful tools and practical resources.

You'll come away with an understanding of what the law requires of employers and what you need to do to be compliant.

Learn something new, refresh your existing knowledge or share with others to spread the word and help drive change across Britain's workplaces.

[Register and get started today.](#)

For further information on employee mental health and wellbeing, take a look at the [HWW webpages](#).



Understanding Younger Workers' Experiences of Accessing Mental Health Support

Public Health Wales is undertaking some research with young people to understand their experiences of seeking mental health support. The SCL Agency has been commissioned to interview young people who have sought any kind of mental health support in Wales, whether they accessed it or not.

They are particularly keen to hear from young people who have accessed support via their workplace and who meet the following criteria:

- Aged 18-25
- Living in Wales
- Sought mental health support in the last 5 years

Participation involves an online interview with a researcher. Those taking part will receive a £20 voucher as a token of thanks.

If there is anyone in your organisation who might be interested in taking part, please pass on this [link](#).



Key Dates

[World AIDS Day \(1 December\)](#)

World AIDS Day is for everyone. Join a global community showing solidarity with people living with HIV today and remembering lives lost.

For an employer, marking World AIDS Day reveals a genuine commitment to equality and diversity and can show both clients and employees that you are an inclusive business that strives to be supportive of people living with HIV. Employers can use red ribbons, posters and other materials to raise HIV awareness in the workplace.

Anyone in Wales can [order a free, confidential HIV home test kit online](#).

[International Day of Persons with Disabilities \(3 December\)](#)

International Day of Persons with Disabilities (IDPD) is a UN day that is celebrated every year on 3 December.

The day is about promoting the rights and wellbeing of disabled people at every level of society.

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



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