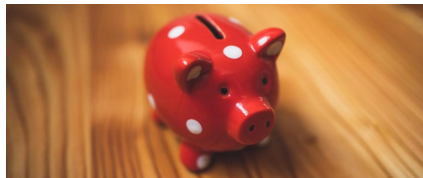


**October 2022**

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. Subscription information can be found below.



New HWW Cost of Living Crisis Guidance for Employers

Healthy Working Wales has launched new guidance for employers on "The Cost of Living Crisis."

The new website section provides employers with advice on how they can support their staff's health and wellbeing through the current economic crisis. It also contains links to useful financial wellbeing services and resources, including Healthy Working Wales' expert podcast with the Money and Pensions Service, as well as guidance on developing an organisational financial wellbeing strategy.

The new "Cost of Living Crisis" guidance can be found [here](#).



HWW Out and About

Healthy Working Wales attended this year's Developing Workforce and Organisational Development Conference at Principality Stadium, Cardiff. It was great to have an opportunity to meet our stakeholders and forge new relationships with other exhibitors.

(Pictured are Carl and Chad from our Team.)

We will also be attending upcoming roadshows on the [Chartered Institute of Personnel and Development \(CIPD\) Tour 2022](#). Hope to see you there!

Improve Manager Resilience with



Physical Activity

Physical activity outside work is the best coping strategy for improving resilience for office-based line managers, according to the journal *Occupational Medicine*.

The findings of a questionnaire, completed by 200 managers in 2020, revealed that personal factors had the strongest influence on resilience. Exercise and physical activity outside of work had the strongest association with a higher resilience score, followed by hobbies, interests and socialising.

To read the full article, please visit: <https://ohaw.co/Coutinho>

For guidance on how employers can support physical activity within the workforce and the workplace, please see the following section of the [HWW website](#).

Key Dates for November 2022

International Stress Awareness Week (7-11 November)

International Stress Awareness Week aims to develop greater understanding of stress and offer individuals and organisations access to proven coping strategies and sources of help.

This year's theme is 'Working Together to Build Resilience and Reduce Stress'. Over the week, International Stress Management Association (ISMA) members in the UK and internationally will be engaging in dialogue with businesses and individuals in their local areas, as well as delivering online or offline workshops and presentations.

For additional information, click [here](#).

Talk Money Week (7-11 November)

With many individuals facing cost-of-living pressures and the challenge of managing their money in uncertain times, the need to 'talk money' has never been greater. Talk Money Week is for absolutely anyone who wants to manage their finances better, or any organisation that helps people deal with money matters.

The week provides a great opportunity for everyone to join, start or lead conversations about money. This year's theme will be 'credit'.

Fair Work in Wales Symposium (30 November)

The Fair Work Commission was set up to work towards making Wales a fair work nation.

The speakers at this symposium will present evidence drawn from a variety of sources, including one-off surveys of workers, responses to short quizzes carried out either side of the pandemic, analysis and surveys of those accredited as Real Living Wage employers, and household surveys conducted during the Covid-19 lockdowns.

This is an in-person event which is taking place at the Spark Building in Cardiff. If you would like to attend, please register via the following [link](#).

Covid-19 Latest Guidance

Covid-19 restrictions have not been in place since 30 May 2022.

To [keep Wales safe](#) please remember you can do 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.

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

To sign up for monthly Healthy Working Wales e-bulletins and view previous publications, click [here](#).

[Healthy Working Wales](#)

