

**September 2021**

## Welcome to the Healthy Working Wales September 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 keeping you updated on future plans for the programme.

Feel free to share with colleagues and your networks, subscription information can be found below.

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### 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 at Alert Level 0

Read the current guidance [here](#).

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

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## Healthy Working Wales COVID-19 Commendation Event

The HWW team is delighted to confirm the date of our virtual Covid-19 Commendation Event as **Wednesday 8 December 2021**. This event will celebrate employers across Wales who have demonstrated innovation, creativity and dedication to their staff wellbeing in their response to the COVID-19 pandemic.

The event will be a place where businesses can learn from each other and showcase their achievements during this challenging time.

### Could your organisation's response to Covid-19 be award winning?

We are calling on employers who operate in Wales to submit entries for a series of commendations to be presented at a virtual event taking place on Wednesday 8 December. There are six categories to enter:

- Best Mental Health Initiative
- Best Physical Wellbeing Initiative
- Best Covid-19 Company Response

- Corporate Social Responsibility – supporting the community or customers/service users
- Sustainability - visionary contribution for sustainability
- Equality, Diversity and Inclusion - demonstrating commitment, promotion and participation

The submission portal is now open to receive written or video entries.

Deadline for submissions: **Friday 15 October 2021**

### [Submit your entry now](#)

Any employer who operates in Wales, and their staff, can attend the virtual event from 10 to 11.30am on Wednesday 8 December to celebrate the successes of organisations in Wales, learn from others' innovative practices and unique approaches to the challenges caused by Covid-19, and network with other companies from all around Wales.

### [Register to attend now](#)

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## **MoneyHelper - the new Consumer Brand from the Money and Pensions Service**

MoneyHelper is the new consumer brand from the Money and Pensions Service (MaPS), bringing together the legacy services of the Money Advice Service, the Pensions Advisory Service and Pension Wise. Through its range of products and services, MaPS supports organisations across Wales to help their staff make the most of their money and pensions, which is more important now than ever.

MoneyHelper can help to make money and pension choices clearer by cutting through the jargon and complexity. The aim is to provide impartial guidance that's backed by government and to recommend further, trusted support if it is needed.

MoneyHelper is free to use and can be found at: [moneyhelper.org.uk](https://moneyhelper.org.uk)

### [Couch to Financial Fitness](#)

MoneyHelper's new Couch to Financial Fitness is a free, step-by-step programme, designed to help build confidence in managing money. Inspired by the popular step-by-step training app 'Couch to 5K', it coaches people through weekly activities like budgeting, managing bills and payments, shredding costs and strengthening savings. It helps people build financial resilience, particularly after the impact of the Covid-19 pandemic. Just like training for a 5k run, Couch to Financial Fitness can help people take small steps at their own pace to boost their financial confidence.

Get regular updates from MaPS online: [sign up to their monthly newsletter](#), or follow on [Twitter](#) and [LinkedIn](#).

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## **Key Dates**

1 – 31 October [Breast Cancer Awareness Month](#)  
Raising awareness for the disease and funds for research.

18 October [World Menopause Day](#)  
Raising awareness about the menopause.

Links to a range of health awareness campaigns can also be accessed via our Healthy Working Wales [website](#).

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

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[Healthy Working Wales](#)

