

**September 2022**

Welcome to the Healthy Working Wales E-bulletin

Our monthly e-bulletin provides the latest 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 Mental Health and Wellbeing Website Pages

Healthy Working Wales is pleased to launch a revamped website section on *Mental Health and Wellbeing*.

These pages are designed to support employers in protecting their employees' mental health and to help promote positive mental wellbeing. They feature useful information on how mental health issues can be managed in the workplace, including guidance on the impact of stress and how to manage with compassion, as well as links to available support services across Wales. The pages also include links to other mental health resources such as podcasts and webinars.

The new *Mental Health and Wellbeing* pages can be found [here](#).

Meet the HWW Team at the Developing Workforce and OD Conference (23 September, Cardiff)

Members of the Healthy Working Wales Team will be attending the Developing Workforce and Organisational Development (OD) Conference, Principality Stadium, Cardiff on Friday, 23 September. The event showcases what is happening in workforce development across Wales, and will feature a variety of speakers, panel discussions and workshops.

Healthy Working Wales will have a stand at this year's conference. We enjoy meeting our stakeholders, so if you are attending the event please do stop by and say "hello".

For conference booking/additional information, please click [here](#).

Help Your Employees Quit Smoking This October

Did you know that Help Me Quit offers free NHS expert support and advice to those in Wales who want to quit smoking? With access to free stop smoking medication and friendly support every step of the way, your employees are four times more likely to quit for good compared to going it alone.

Encourage those who want to quit to take the first step today by visiting www.helpmequit.wales or calling 0800 085 2219.

You can also print a poster to display in your workplace [here](#).

Key Date for October 2022

World Menopause Day (18 October)

World Menopause Day is to raise awareness about the menopause and to pledge support for women who face health and wellbeing issues when approaching, during and beyond menopause.

Additional information on healthy lifestyles and mental health is also available on our [Healthy Working Wales website](#).

Covid-19 Latest Guidance

To [keep Wales safe](#) please remember the following:

- [Get both jabs and your booster](#)
- [Autumn Covid-19 booster roll-out has begun in Wales](#)
- 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](#)

