

**September 2023**

## Welcome to the Healthy Working Wales (HWW) E-bulletin

Providing updates from the HWW team, workplace health and wellbeing news and links to upcoming campaigns and events. Please share this e-bulletin with colleagues and your networks.

Click here to [sign up for monthly HWW e-bulletins and to view previous editions](#).



### Welsh Government's Updated Fair Work Guidance for Employers

Fair work means workers are fairly rewarded, heard and represented, secure and able to progress in a healthy, inclusive working environment where rights are respected.

Welsh Government's updated [fair work guidance](#) aims to improve employers' understanding of:

- What fair work means in practice.
- Why promoting fair work is beneficial for organisations, workers and wider wellbeing.
- How organisations can continue on their fair work journey.

Additional information on fair work can be found on the [HWW website](#).

### We Are Undefeatable: How Employers Can Help Support Employees with Long-term Health Conditions

Developed by 15 leading health and social care charities, [We Are Undefeatable](#) is an ongoing campaign supporting people with a range of long-term health conditions that encourages them to find ways to be active.



By participating in this campaign, employers have the opportunity to support employees dealing with health conditions, and to help foster a culture of inclusivity and inspiration within their organisation. We Are Undefeatable resources, including posters, social media assets and member stories, are available on their [website](#).



## New Employer Survey on Remote Working and Wellbeing

Employers in Wales are invited to participate in a University of West England [survey](#) that is examining wellbeing and remote working since the COVID-19 pandemic.

This survey is slightly different to more traditional research approaches in that it invites responders to take part in a creative writing exercise. The results will assist in the development of relevant employer wellbeing resources.

The [survey](#) ends on **20 October 2023**.

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## Key Dates

### [Breast Cancer Awareness Month \(October\)](#)

Breast Cancer is the most diagnosed cancer in the UK. Studies show that individuals who increase their levels of physical activity can significantly reduce their risk by as much as 20%.

Employers and their employees can take part in Breast Cancer Awareness Month by [raising funds with a 30-day exercise challenge and sharing breast cancer prevention messages](#).

### [World Menopause Day \(18 October\)](#)

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

This year, a news-style programme called "Menopause: Misinformation and Management" will launch on the day. This will include talking to businesses about best-practice menopause policies and providing information and practical menopause advice for younger women.

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

### [Healthy Working Wales](#)



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