

**April 2022**

Welcome to the Healthy Working Wales April 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 updates on future plans for the programme.

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

COVID-19 Latest Guidance

The [HWW website](#) provides a one-stop shop of Covid-19 related information, toolkits and resources.

All of Wales is currently at Alert Level 0

Keep Wales safe:

- Get both jabs and your booster
- Outdoors is safer than indoors
- If you have symptoms, self-isolate and get tested
- Wear a face covering
- Read the current guidance.

Thanks to continued efforts, Wales remains at **alert level zero**. As a result, our current protective factors are no longer proportionate to the level of risk. Therefore, from 9 May, if the existing public health situation remains stable, all remaining restrictions will be removed.

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

Stress Awareness

April is Stress Awareness Month. The last two years have been particularly challenging, with many people struggling to gain support from the effects of the pandemic, which took its toll on many people in Wales. Many things, such as a heavy workload or workplace conflicts, can cause work-related stress. Due to the pandemic and economic uncertainty, work stressors have magnified to include job insecurity and adapting to different ways of working. It can be difficult to know when 'stress' turns into a mental health problem, or when existing mental health problems are made worse by stress at work. At any one time, nearly one in six of the working age population can be affected by a mental health condition. Employers have an

important role to reduce possible stressors and to provide access to support or signposting to services or resources that can support the mental health of employees.

For further information, visit the Stress Management Society website [here](#), or the HWW website [here](#).



FSB Awards

HWW was pleased to sponsor the Health and Wellbeing category of the Federation of Small Businesses Wales heat of the Celebrating Small Business Awards. Congratulations to the finalists e!studios, Liberty Marketing and the winners Empower Translate.

Bridgend College – Our Future Festival, 10 & 11 June 2022

Bridgend College looks forward to welcoming the local community for a two day in person festival, focusing on **sustainability**. All are welcome, particularly schools, businesses and organisations. Attendees will be able to enjoy an array of pursuits including interactive activities, stalls, music, exhibitions and workshops set around 7 'villages' covering health and wellbeing, climate, biodiversity, food, people's voice, places/homes plus education, skills and careers.

The HWW team is supporting this event and we look forward to seeing you there! It will be interesting to learn more about how we can help nature, climate change, improve wellbeing and support our communities.

Explore further and register [here](#).

Public Health Wales launches a toolkit for Healthy Environment Workshops

Public Health Wales' Health and Sustainability Hub has produced a toolkit to support public bodies and their staff to consider and reduce their negative impacts on the environment, and increase those activities that have a positive impact. While designed to assist public bodies in meeting their legislative responsibilities within the Future Generations Act, much of the content will be useful for any organisation wishing to take action.

The online workshop allows teams to discuss the big issues of climate change, zero waste and biodiversity and looks at the activities of the whole team as well as individuals within the team. It is suitable for every team in an organisation, not just those who focus on sustainability, as everyone can make a positive contribution. Please click [here](#) for access.

You can also view and share the resource via:

Twitter: @phwwhocc

Facebook: Phwwhocc

LinkedIn: Health and Sustainability Hub

Key Dates

9-15 May Mental Health Awareness Week - Loneliness

This year's mental health awareness week will explore the effects of loneliness and the impact that this has on our mental health. You can also discover how we can all play a part in reducing loneliness in our communities. Find out more [here](#).

31 May World No Tobacco Day

World No Tobacco Day 2022 focuses on claiming the right to good health, healthy living as well as protecting future generations. It also examines the dangers of tobacco use, business practices in the tobacco industry and WHO perspectives on the tobacco epidemic. Find out more [here](#).

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