

**February 2023**

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.



Employers—There's Still Time to Share Your Workplace Health and Wellbeing Concerns

Employers with staff in Wales,

Many thanks to those of you who completed our [2023 Employer Survey](#).

For those of you who haven't, there's still time. The survey only takes 10 minutes, and by doing this you will enable us to better understand your workplace health and wellbeing concerns and how HWW can help.

The [survey](#) closes at midnight on **Sunday, 5th March 2023**.

Thanks,
The HWW Team



HWW Enhanced Status Check

Congratulations to the Healthy Working Wales employers that have revalidated the [Enhanced Status Check](#) for a further 12 months.

Create a Healthier, Smoke-free Workforce!

For employers, helping staff to quit smoking is not only beneficial to their health but also to the wider organisation.



This year's 'No Smoking Day' will be on **8th March** and will provide an opportunity to encourage a healthier and happier workforce. [ASH Wales' campaign and website](#) looks at the relationship between smoking and mental health, particularly [stress](#).

Please also contact Help Me Quit for [free stop smoking support and products](#).



Did You Know?

In the UK in 2021-22, **17 million** working days were lost due to stress and there were **914,000** workers suffering from [work-related stress, depression or anxiety](#).

For employers, proactive management of their employees' physical and mental health can produce some important business benefits including reduced illness and lost time due to accidents, greater staff engagement and productivity, as well as reduced

staff turnover.

You can read more about it in our HWW ["Health and Wellbeing Workplace Guidance"](#).

Key Dates for March/April 2023

[Neurodiversity Celebration Week \(13-19 March\)](#)

As 15% of our population have neurodivergent conditions, it is important to appreciate the advantages to having a neurodiverse workplace.

During Neurodiversity Celebration Week 2023, there will be a [range of events](#) aimed at educating and inspiring conversations about neurodiversity.

All events are free of charge and open to all.

[World Autism Acceptance Week \(27 March – 02 April\)](#)

Individuals with autism can bring a variety of benefits to the workplace. These include more creativity and improved levels of problem solving.

Encourage your workplace to support [World Autism Acceptance Week 2023](#), where this year's theme is colour. There is also a virtual [Spectrum Colour Challenge](#), which includes ideas for fundraising.

Join the [National Autistic Society](#) in supporting the 700,000 autistic people in the UK.

Covid-19 Latest Guidance

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

For additional information, see [Business Wales' directory of support, guidance and FAQs](#).

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

[Healthy Working Wales](#)

