

**January 2022****Happy New Year from the Healthy Working Wales Team!****Welcome to the Healthy Working Wales January 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 including risk assessments, sector guidance, vaccination information and wider health campaigns and information.

All of Wales is currently at Alert Level 2

Recent and upcoming changes

From 15 January

- Up to 500 people can be present at outdoor events. This does not include those participating in a team sport event, meaning 500 spectators can be present

From 21 January

- there will no longer be any legal limits on the number of people that can meet outdoors
- COVID Pass needed for large outdoor events

From 28 January

- nightclubs will be able to re-open
- COVID Pass needed for large indoor events, nightclubs, cinemas, theatres and concert halls
- working from home remains important but moves from law to guidance
- in hospitality, no restrictions on meeting people and no requirement for table service or 2 metre physical distancing

Read the current guidance [here](#).

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

Keep an eye out for our short survey!

As part of the new Healthy Working Wales delivery model, we are keen to establish an initial stage of engagement with employers consisting of a pledge or commitment to action. The aim is to engage as many employers as possible at a minimum level as a way of building a relationship and encouraging action on health and wellbeing.

We would like your help in deciding on the best name for this pledge or commitment and will be sending out a special e-bulletin with a short survey in the next few days to gather your views.

HWW Covid-19 Commendation Report

On Wednesday 8 December, HWW held a virtual Covid-19 Commendation Event to recognise employers' efforts in supporting the health and wellbeing of their staff, clients and the wider community during the pandemic.

The event showcased employers' achievements in adapting and rising to the challenges of a turbulent period to illustrate best practice and share the learning.

A recording of the event, which includes contributions from the Deputy Minister for Mental Health and Wellbeing and the Chief Medical Officer for Wales, can be found [here](#).

In addition, Healthy Working Wales has published a summary of key themes that arose from the recent Covid-19 Commendation Event submissions.

The report provides an overview of the wealth of activities undertaken by employers that entered for a Covid-19 commendation against a series of key themes covering many aspects of health and wellbeing, as follows:

- Encouraging and Promoting Mental Health and Wellbeing
- Team Building
- Staff Communications and Training
- Promoting Physical Wellbeing Activities
- Keeping Employees and Others Safe
- Heightening Infection, Prevention and Control (IPC) Measures
- Introducing Covid Policies
- Staff Engagement, Recognition and Support
- Community Support
- Protecting the Community
- Reaching out to the Community
- Digital Communications
- Making Sustainable Changes
- Equality and Inclusion

Read the full report [here](#).

Employer Case Studies: HM Land Registry Swansea

A series of [case studies](#) has been published demonstrating how Healthy Working Wales award holders are supporting their workforces. The case studies underline how organisations have developed approaches to improve staff health and wellbeing across various topic areas as part of their journey to a HWW award.

This month the spotlight is on HM Land Registry Swansea, a holder of the HWW Gold Corporate Health Standard and recent winner of a HWW Covid-19 Commendation, focusing on their internal response to the pandemic.

Their efforts outlined in the case study put particular emphasis on:

- Improving Sickness Absence Management
- Commitment to Staff Wellbeing

'Throughout our journey the most significant impact has been on mental health and wellbeing. Using the advice and support of Healthy Working Wales, the Swansea office has pushed for change at a national level including the establishment of a stress policy and influencing the national People Strategy, advocating for the introduction of Mental Health First Aiders and better training for both staff and line managers. This is supported by regular line manager forums and overarching support from our Senior Leadership Team.'

The pandemic has brought new challenges especially in the area of the mental wellbeing of staff and our message from the start has been the importance of looking after the wellbeing of all staff. This commitment runs through the whole organisation and all we do. Key to it all is good communication and our weekly staff bulletin continues to provide vital advice and support to help staff to stay fit, well and in work, but most of all safe. As the Healthy Working Wales Award assessors said to us, 'we get it.'

Congratulations to HM Land Registry Swansea on their efforts to improve health and wellbeing in the workplace to achieve a happier, healthier and more productive workforce.

Full details of the HM Land Registry Swansea case study can be found [here](#).

Key Dates

3 February - [Time to Talk Day](#)

Time to Talk Day is the nation's biggest mental health conversation. It's the day that friends, families, communities and workplaces come together to talk, listen and change lives.

4 February - [World Cancer Day](#)

World Cancer Day is a global initiative led by the Union for International Cancer Control and focuses on working together to reimagine a world where millions of preventable cancer deaths are saved.

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

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

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