

**June 2022**

## 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.

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## Thank You for Completing Our E-bulletin Survey

Many thanks to those of you who completed our e-bulletin survey. We got a good response and have already started analysing the results.

Your input will be invaluable in helping us continually improve and create the best possible Healthy Working Wales e-bulletin for you.

We look forward to using your feedback and sharing our new e-bulletin!

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## New Healthy Working Wales Report on Employer Responses to the Covid-19 Pandemic

The Healthy Working Wales team is pleased to announce the publication of our new report: 'How employers in Wales responded to the Covid-19 pandemic'. The report focuses on some of the innovative activities and approaches taken by organisations to prioritise their employees' mental and physical health and wellbeing during and following the Coronavirus pandemic.

You can read the full report by visiting the Healthy Working Wales website [here](#).

You can also read the press release [here](#).

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## Fair Work for Health, Wellbeing and Equity

Our colleagues in the Public Health Wales Wider Determinants of Health Unit have produced resources to help regional partnerships and employers understand the actions they can take to increase participation in fair work.

Becoming a fair work employer should be viewed as a continuous journey. The

Healthy Working Wales team can provide advice and guidance to employers of all sizes across Wales about what fair work entails and how to strengthen their approach to fair work. In doing this we can contribute to a more equal, prosperous, sustainable and greener Wales.

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## **Cycle to Work Scheme**

In the month that marks **World Environment Day** (5 June) and **Bike Week** (6-12 June) we are taking the opportunity to highlight the Government Cycle to Work Scheme which is about promoting an alternative way to travel to work.

If you don't already have one, setting up a Cycle to Work scheme is simple. It is **free**, easy to do, and can help your business save money. It also means that your employees can save money on a new bike and cycling equipment. Offering a Cycle to Work scheme to your employees makes cycling more accessible and affordable.

Employers who have a cycle-friendly culture, infrastructure and policies can apply for accreditation from Cycling UK and be listed as a **Cycle Friendly Employer**. If you are interested in cycling to work, you can purchase a bike from pre-tax earnings via the **Government Cycle to Work Scheme**.

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## **Diabetes Week (13–19 June)**

During Diabetes Week (13–19 June), Diabetes UK will be celebrating each and every one of those who are living with diabetes. If a person has diabetes, it is up to them if they want to tell their colleagues and manager about their condition. But being open can help someone living with diabetes receive any support they might need in the workplace.

The best way to get informed about diabetes and how it affects someone is to ask them. They live with the condition every day and will be able to let you know how you can best help them.

If you know nothing about diabetes, have a look at **Diabetes: the basics** to get the facts. Think about sharing this information on your intranet and other internal communications channels.

Please visit the **Diabetes UK** website for further information and to see how you can become involved. You will also be able to download the Diabetes UK guide '*supporting someone with diabetes at work*' **here**.

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## **Key Date for July 2022**

### **24 July Samaritans Awareness Day**

Samaritans are here to listen 24/7 to anyone who needs to talk. They are also encouraging people to get involved via social media on 24 July and pledge to become a better listener.

Links to a range of health awareness campaigns can also be accessed through our **Healthy Working Wales website**.

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## **Covid-19 Latest Guidance**

Welsh Government has announced the lifting of the last Covid-19 restrictions from 30 May 2022. This means that face masks are no longer a legal requirement across healthcare settings.

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

- get both jabs and your booster
- outdoors is safer than indoors
- if you have symptoms, self-isolate and get tested

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

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

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