

**May 2022**

## Welcome to the Healthy Working Wales May 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 HWW programme updates.

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

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## HWW E-bulletin Survey (Closes 27 May): We'd Appreciate Your Input!

Bringing you the best Healthy Working Wales e-bulletin possible is important to us. To do this, we need your help.

As you receive our monthly e-bulletin, we would greatly appreciate it if you could complete a very brief, seven-question survey by **Friday, 27 May**. It will only take a moment of your time and your feedback will be invaluable in shaping our future e-bulletins.

The survey can be found [here](#).

(Please note: If you have already completed the survey, you do not need to do it again. Also, although the survey is available in both English and Welsh, you only need to complete one of them.)

Many thanks,

The Healthy Working Wales Team

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## NEW: Healthy Working Wales Podcasts

Two new HWW podcasts are available, both packed full of helpful and practical information. The podcasts are designed to provide employers with knowledge and support to help keep the Welsh workforce healthy and in work.

### Financial Wellbeing in the Workplace

In this episode Geraint Hardy speaks to Rhian Hughes and Lawrence Davies from the Money and Pensions Service (MaPs). Listeners will come to understand what financial wellbeing is, how it impacts on health and wellbeing and where to go for

advice and support. The podcast also explores how employers can have confident and sensitive conversations to support the financial wellbeing of their workforce.

## **Planetary Health: Employer Action on Environmental Sustainability**

In this episode Geraint Hardy speaks to Sue Husband OBE (Director of Business in the Community Cymru - BITC) and explores why employer action on becoming more sustainable matters.

Listeners will learn how the pandemic provides an opportunity to reflect and refocus on reducing organisations' carbon footprint and at the same time identify the benefits to both health and the economy, outline how to plan sustainable and inclusive growth, and provide examples of short and medium-term action listeners can take to reduce the environmental impact of all facets of their business operations.

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## **Mental Wellbeing At Work – NICE Guideline [NG212]**

The National Institute for Health and Care Excellence (NICE) has produced a new guideline, informed by research evidence of what works, on creating the right conditions for mental wellbeing at work. It aims to promote supportive and inclusive work environments, including training and support for managers and helping people who have or are at risk of poor mental health.

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## **Help To Test the Health and Disability Information and Advice Service**

The Government is testing a new online service providing advice and guidance to employers on managing health and disability in the workplace.

They would like your support in the development of this service. By taking part in testing, you'll receive free information on disability and health-related employment issues, and your feedback will make a real difference in the development of the new service.

It may be that you have helped test this service previously. If so, they would like to invite you to do this again as a range of things have changed in line with the last round of feedback.

Access the [test site](#) here to provide feedback.

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## **Key Dates for June 2021**

### **16 June - [Clean Air Day](#)**

Clean Air Day is the UK's largest air pollution campaign bringing together communities, businesses, schools and the health sector.

### **21-27 June - [Love Your Lungs Week](#)**

Join the British Lung Foundation for the UK's lung health awareness week.

Living with a lung condition can be hard. The pandemic has taught us all just how important it is to love our lungs.

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

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## 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
- Consider wearing a face covering

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 e-bulletins, click [here](#).

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