

**November 2021**

Welcome to the Healthy Working Wales November 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 at Alert Level 0

Read the current guidance [here](#).

Recent changes

Self-isolation has changed when somebody in your household has coronavirus symptoms or has tested positive for coronavirus.

Find out more [here](#).

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

Healthy Working Wales Covid-19 Commendation Event

Only 2 weeks to go!!

The virtual Healthy Working Wales Covid-19 Commendation Event is taking place on **Wednesday 8th December 2021** to recognise employers' efforts in supporting the health and wellbeing of their staff, clients and the wider community during the pandemic. The aim is to showcase employer achievements in adapting and rising to the challenges of such a turbulent period while also promoting best practice in relation to health and wellbeing initiatives.

The response to the call for submissions against 6 categories has been phenomenal. Submissions were received from employers from a wide range of sectors and of varying sizes. The judging panel had a tough job to shortlist the finalists as they were presented with some truly innovative examples of work which have

demonstrated how employers in Wales have gone above and beyond in response to the pandemic.

The event will be hosted by broadcaster Geraint Hardy, winners and runners up will be announced at the event by the Deputy Minister for Mental Health and Wellbeing, Lynne Neagle MS. Speakers include Frank Atherton, Chief Medical Officer for Wales and Jan Williams, Chair of Public Health Wales, and each of the winners and their exemplary approaches to the pandemic will also be profiled.

Anyone can register to attend the virtual event taking place between 10am and 11.30am on Wednesday 8 December.

Register to attend now [here](#).

Employer Case Studies: Embedding Health and Wellbeing Approaches

A series of [case studies](#) demonstrates how Healthy Working Wales award holders of all sizes and across different sectors are supporting their workforces by embedding approaches to important staff health and wellbeing topic areas as part of their journey to a HWW award.

In the first 3 case studies in our new series, hear from Bluestone Resorts Ltd, HM Land Registry and Abacus Day Nursery and Pre-School about the initiatives they have implemented.

Inequality in a Future Wales

Public Health Wales has joined forces with the Future Generations Commissioner for Wales to look at what challenges and opportunities the future may hold for creating a more equal Wales.

Through exploring three key trends, climate change, changes to how we work and demographic changes, the new report, [Inequality in A Future Wales](#), identifies actions to prevent socio-economic inequalities from being carried into the future.

Climate Change

Public Health Wales has published a series of infographics highlighting the impact of climate change on the health and wellbeing of the population of Wales with the aim of providing support to public bodies and businesses to take action to address any impacts.

Launched to coincide with the Council of Parties 26 (COP26), the infographics focus on the relationships between the natural environment and health, the population groups affected and some of the key health and wellbeing impacts of climate change and those population groups who could be affected. Find out more [here](#).

COP Cymru is a series of events taking place from 22 to 26 November during Wales Climate Week highlighting the impact of climate change in Wales and outlining what action everyone, including businesses, can take. Sign up to COP Cymru [here](#) or watch [on-demand](#).

Working Minds Campaign

Mental health issues are the number one reason given for sick days in the UK. Last year almost 18 million working days were lost as a result of stress, anxiety, or depression.

Healthy Working Wales is supporting the [Working Minds](#) campaign, led by the Health and Safety Executive (HSE), to help businesses to recognise the signs of stress and make reaching out and responding to issues routine.

Chief Executive of HSE Sarah Albon said: "Work-related stress and poor mental health should be treated with the same significance as poor physical health and injury. In terms of the effect it has on workers, significant and long-term stress can limit performance and impact personal lives. No worker should suffer in silence and if we don't act now to improve workers' mental wellbeing, this could evolve into a health and safety crisis."

Working Minds is aimed at supporting small businesses by providing employers and workers with easy to implement advice, including simple steps to reach out, respond, recognise, and reflect to make managing stress risks routine.

Key Dates

1 December [World Aids Day](#)

World AIDS Day is an opportunity for people worldwide to unite in the fight against HIV, show their support for people living with HIV and to commemorate people who have died.

10 December [Christmas Jumper Day](#)

In December, everyone puts on Christmas jumpers and donates money to Save the Children.

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](#).

[Healthy Working Wales](#)

