

Festive greetings from the Healthy Working Wales Team! Our latest e-bulletin brings you the latest workplace health news, including Covid-19 guidance, access to helpful information and links to upcoming health promotion campaigns.

Our e-bulletin is available to everyone - feel free to share across your networks. To subscribe to future editions, please email workplacehealth@wales.nhs.uk and include **SUBSCRIBE** in the subject box. If you no longer wish to receive this e-bulletin, please email workplacehealth@wales.nhs.uk with **UNSUBSCRIBE** in the subject box and we will remove your address from our database.

To view previous HWW e-bulletins click [here](#).

Due to the pandemic we have paused our awards programme, but we remain active with our role to promote health and wellbeing.

COVID-19 GUIDANCE, ADVICE & SUPPORT

Healthy Working Wales Website

A one-stop shop of information, toolkits and resources. Our pages are regularly updated and includes links to sector specific guidance, mental health in the workplace and workforce/workplace risk assessments. Visit us [here](#).

Welsh Government

Workplace Guidance: Information for employers and employees to keep safe in the workplace. This guide provides key information about the Coronavirus Regulations and access to information about risk assessment, working from home, social distancing, reducing transmission risk and implementing Test, Trace and Protect. Follow this [link](#) for more information.

Business Wales

A directory of support, guidance and FAQ's for Welsh businesses. Click [here](#) for more information.

IN WORK SUPPORT SERVICE: FREE, RAPID SUPPORT TO REDUCE SICKNESS ABSENCE FROM WORK

The In Work Support Service provides early intervention support to employed and self-employed people in order to prevent health issues from sliding into longer term sickness absence. The service is aimed mainly at small-medium businesses, offering free, rapid access to support and therapies to address health conditions such as low mood, anxiety or musculoskeletal conditions.

In Work Support is delivered in North Wales and South East Wales by RCS. Contact 01745 336442 or see further details at [Supporting You at Work - RCS Wales \(rcs-wales.co.uk\)](http://Supporting You at Work - RCS Wales (rcs-wales.co.uk))

In Bridgend, Neath, Port Talbot and Swansea, support is provided through Wellbeing Through Work at Swansea Bay University Health Board. Contact 01639 684568 or visit wtw@wales.nhs.uk

The new Welsh Government funded service in South East Wales is supporting people who live and work in Cardiff, Monmouthshire, Newport and Vale of Glamorgan. An online spotlight event is being held on 15th December from 10-11.30am to promote the service - please register to receive your link <https://www.eventbrite.co.uk/e/spotlight-event-on-in-work-support-south-east-wales-tickets-130384530641>

A MORE EQUAL WALES: A PRACTICAL GUIDE FOR EMPLOYERS TO EMPLOYING DISABLED PEOPLE

Developed by Welsh Government, this guide provides practical advice on how to attract, recruit, develop and retain disabled employees, as well as what support and resources are available to help employers create a workforce that is representative and open to all.

The toolkit can be accessed by the Business Skills Gateway website, or via this [link](#)

KEY DATES

Throughout December:

Mind, the mental health charity have set up a webpage of ideas to promote engagement, awareness raising and access to support. Online quizzes, a Santa run, book clubs, plus many more ideas can be found [here](#).

Dry [January](#)

Dry January aims to support people to reduce their alcohol intake. Small changes can make a big difference!

Veganuary

Find more information about vegan recipes and lifestyle tips [here](#).

LOOKING FORWARD

[World Cancer Day](#) 4 February 2021

[Time to Talk Day](#) 4 February 2021