

Newsletter - 15th October 2020

A warm welcome from the Healthy Working Wales Team to our newsletter. We hope that this update finds you and your organisation safe and well. Each fortnight, the team will bring you some of the latest workplace health news from across Wales, including links to new or updated COVID-19 workplace guidance.

Due to the pandemic we have paused our awards programme, but we remain active with our role to promote health and wellbeing. Please feel free to cascade this newsletter across your workforce and networks.

PUBLIC HEALTH WALES 'HOW ARE YOU DOING?' CAMPAIGN

The 'How are you doing?' campaign has been created to support the people of Wales to look after their wellbeing during this time. Public Health Wales [website](#) hosts a wealth of information offering practical support for people who may be concerned about COVID-19 and their wellbeing.

You can find help and advice on:

- Keeping physically well with tips on how you can look after your body and mind.
- How to stay connected with friends, family and colleagues.
- How to look after your mental health throughout the pandemic.
- Services and links to partner organisations for further help, to support you and others you may be worried about.

COVID-19 AND RACE: SUPPORTING EMPLOYEES

As the impact and effects of the coronavirus pandemic continue to emerge, there has been evidence to show that the disease has a disproportionate impact on people from black, Asian and minority ethnic backgrounds

CIPD has published a [guide](#), which offers advice on supporting ethnic minority employees. The guide also highlights the current situation facing organisations, which is a need for businesses to balance their plans to reopen and/or restructure workplaces with the importance of supporting the health, safety and wellbeing of their ethnic minority employees, who are at increased risk during this pandemic. Coupled with the renewed focus on the necessity to root out racism in the workplace.

AIR CONDITIONING AND VENTILATION DURING THE CORONAVIRUS PANDEMIC

The Health and Safety Executive (HSE) has produced guidance that advises good ventilation which can help reduce the risk of spreading coronavirus. HSE recommends that workplaces focus on improving general ventilation, preferably through fresh air or mechanical systems. The risk of air conditioning spreading coronavirus (COVID-19) in the workplace is extremely low as long as there is an adequate supply of fresh air and ventilation.

HSE also suggests that you can continue using most types of air conditioning system as normal. But, if you use a centralised ventilations system that removes and circulates air to different rooms, it is recommended that you turn off recirculation and use a fresh air supply.

Click [here](#) for more information.

KEY DATES

12th – 16th October: National Work Life Week

National Work Life Week is an opportunity for both employers and employees to focus on wellbeing at work and work life balance. Employers can use the week to provide activities for staff, and to showcase their flexible working policies and practices. Click [here](#) for Working Families website, the UK's work-life balance charity.



1st-31st October: Breast Cancer Awareness

1 in 7 UK females will be diagnosed with breast cancer in their lifetime, over 25% of breast cancer cases however are preventable. Every October, people from all over the world get to show their support for people

who are affected by this in one way or another. In addition, this month Breast Cancer UK are also promoting their 25 Saves Lives campaign which is about inspiring you to get physically active. If you would like to get involved [visit](#) Breast Cancer UK for more information.

LOOKING FORWARD

1st-30th November: [Movember - Men's Health Awareness Month](#)

2nd – 6th November: [International Stress Awareness Week](#)