



Newsletter - 28th September 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.

HEALTHY WORKING WALES WEBSITE



We are currently working on our new and improved Healthy Working Wales website. The team will be adding new content over the coming weeks, so please keep checking back for updates.

The new page can be found [here](#) and contains information about our team, our work, and where to find workplace health related guidance and support. We have a dedicated Covid-19 page with links to workplace guidance and topics.

Contacting the Healthy Working Wales Team

Please use our workplace email: workplacehealth@wales.nhs.uk

For regular updates, sign up to our [Facebook](#) and [Twitter](#) pages

KEEPING WALES SAFE AT WORK DURING COVID-19

In order to operate safely and lawfully, businesses are strongly advised to comply with guidance to keep Wales safe. A summary of the five key steps to keep Wales safe at work can be found [here](#). To access sector specific guidance, please visit our Healthy Working Wales [website](#).

NHS COVID-19 APP GUIDANCE FOR BUSINESSES AND ORGANISATIONS

This newly launched contact tracing app is an important part of the Test Trace Protect programme to control the spread of COVID-19. Businesses and organisations are encouraged to help support contact tracing by asking visitors to scan (check in) when entering a venue. For further guidance, including links to posters and signage, click [here](#).

KEY DATES

10th October: World Mental Health Day

The COVID-19 pandemic has highlighted a range of workforce pressures and its impact on our health and wellbeing. For information and advice about how you can support World Mental Health Day in your workplace setting, click here: [here](#)

1st-28th October: Stoptober

Stop smoking for 28 days and you're 5 times more likely to quit for good. Our Help Me Quit support service can help you to access the right support. Don't go it alone! Help Me Quit are ready and waiting to support you in becoming smoke-free. [Contact](#) Help Me Quit for more information.



LOOKING FORWARD

1st-31st October: [Breast Cancer Awareness Month](#)

12th – 16th October: [National Work Life Week](#)

