



**GIG
CYMRU
NHS
WALES**

Partneriaeth
Cydwasaethau
Shared Services
Partnership

FIRST EDITION
05.11.2020

Your Covid-19 Update from Workforce & OD

INCLUDED IN THIS EDITION:

- **NWSSP update p.1**
- **Welsh Government Update p.1**
- **Health and Well-Being p.2**
- **Peer Support Group p.2**
- **Risk Assessments p.2.**

ADDITIONAL INFORMATION:

FOR FURTHER
INFORMATION ON
THE
FOLLOWING
SUBJECTS, PLEASE
CLICK
ON THE LINKS
BELOW.

- [How to get tested for Covid-19](#)
- [Staying Covid Safe](#)
- [FAQ's.](#)

CONTACT DETAILS:

Put contact details here.



Annual leave

We are encouraging all employees where possible to book and take their annual leave throughout the annual leave year to support their health and well-being. In special circumstances, taking into consideration the needs of the service it might be possible to carry over an agreed amount of annual leave for the next 2 years, however this will only be approved in situations where you have been directly impacted by Coronavirus and unable to utilise your annual leave in that year. [Please review the guidance on taking annual leave here.](#)

NWSSP Update

Virtual Coffee Mornings

Take place every Wednesday morning with the Senior Leadership via teams. It gives you the opportunity to hear what they have been doing and pose questions, anonymously if you wish, to the Senior Leadership Team. The first two are available to view online. [The schedule is available here.](#)

Staff Survey

Our 2020 Staff Survey is now open until 24 November and you can [take part here.](#)

It is deliberately called **Our Reflections, Our Decisions, Our Future** because it's about all of us being able to give feedback/reflect and to be involved in making decisions as to what happens next. The more we all do this, the better our services will be. It is quick and simple and will only take a few minutes.

NWSSP Covid-19 Surveys

Final call to complete the NWSSP Covid-19 Surveys which close tomorrow

Survey 1 - [for those staff whose roles are not enabled to work from home](#)

Survey 2 - [for those staff whose roles are enabled to work from home and mainly do so.](#)

Welsh Government Update

On the 2nd November 2020, Welsh Government [announced their new plans and restrictions](#) for Wales as the National Firebreak comes to an end on the 9th November 2020.



Llywodraeth Cymru
Welsh Government

The following restrictions will be in place from the 9th November 2020.

- Two households can form a bubble
- Groups of 15 will be able to meet for organised indoor activities.
- 30 people will be able to meet outside of organised activities.
- Travel restrictions within Wales will be lifted but only essential travel over the border into England will be allowed.

Further details on the new restrictions can be found [here](#)



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NWSSP.Workforce@wales.nhs.uk



Health and Well-Being

MIND's Active Monitoring

This is a free, six week, guided self-help programme to help you better understand and be more in control of your feelings and emotions. If you live in Wales and are aged 18 and over, [click here to find out more.](#)

Men's Mental Health Month

NWSSP is now a proud *Time to Change Wales* Pledged Employer. As November is Men's Mental Health Month, *Time to Change Wales* has launched a national campaign to reduce stigma and discrimination. The campaign this year is **Talking Is A Lifeline** — an award-winning campaign to encourage men to talk about their mental health struggles without fear of being judged. The campaign emphasizes that talking about mental health is one of the bravest things a man can do. [Time to Change Wales - Supporting Men's Mental Health.](#)

Peer Support Group

We understand that the current pandemic has impacted everyone's health and wellbeing. Because of this we've created a [Peer Support Network](#) for you to access.



Our colleagues are there to listen in confidence if you want to discuss your situation and can provide information about the health and well-being resources available. The schedule is available via our [well-being support pages.](#)



Risk Assessments

If you have not already completed, please can you complete the All Wales Workforce Risk Assessment tool via ESR self-service as soon as possible, this ensures that we can support you in the best possible way.

Available Videos

The virtual coffee morning videos are available to view [Week 1](#) [Week 2](#) [Week 3](#)

The [Adapt and Change event](#) is also available to view

