



GIG
CYMRU
NHS
WALES

Partneriaeth
Cydwasaethau
Shared Services
Partnership

FOURTH EDITION
27.11.2020

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**
- **Health and Safety p.2.**

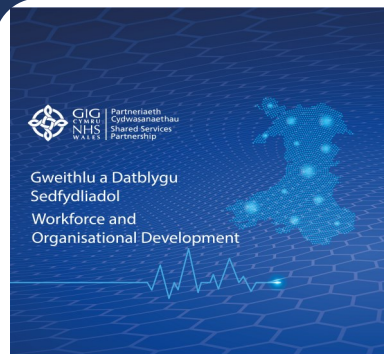
ADDITIONAL INFORMATION:

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

- [How to get tested for Covid-19](#)
- [Staying Covid Safe](#)
- [The Adapt and Change Event](#)
- [FAQ's.](#)

CONTACT DETAILS:

Email: [Workforce and OD](#)



Gweithlu a Datblygu
Sedfyliadol
Workforce and
Organisational Development

NWSSP Update

Working from Home

We have been consistently reviewing the guidance available and as such the current working arrangements will be in place until the end of March 2021.

'if you are able to work from home please continue to do so'.

Staff Recognition Awards 2020

Do you work with anyone who you would like to see celebrated this year? We have had a very challenging year and are hearing fantastic stories about the work and positive actions of our colleagues. On the **14th January 2021**, we will be hosting our Staff Recognition Awards to celebrate your achievements recognising the excellent work that you and your colleagues have undertaken throughout 2020. If you're impressed, thankful or inspired by someone, please read about the [categories], complete the [nomination form](#), and email it to: NWSSPStaffAwards@wales.nhs.uk. If you would like to make a paper/postal entry, please email the above.

Virtual Coffee Mornings

Join us every Wednesday morning to meet with the Senior Leadership via Teams.

[The schedule is available here.](#)

Stay at home if you or someone you live with has:

- a high temperature
- a new, continuous cough
- loss of smell or taste (anosmia)

Organise a [test](#) as soon as possible.

Welsh Government Update

Christmas 2020

The Welsh Government has now confirmed you can create a '[Christmas bubble](#)' between 23 and 27 December:

- 'Christmas bubble' composed of no more than three households
- you can only be in one Christmas bubble
- you cannot change your Christmas bubble
- you can travel anywhere within the UK for the purposes of meeting your Christmas bubble.

Take a look at some [guidance](#) on how to keep safe.



Llywodraeth Cymru
Welsh Government

PPE

The Welsh Government has published guidance on wearing face coverings. Click here to [view](#).

Flu Vaccine

The Welsh Government has announced that from the 1st December everyone over 50 will be able to get the [Flu vaccine for free](#).

Those over 50 will be contacted by their GP practice or should contact their local pharmacy to arrange a vaccine.



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Health and Well-Being

SHOUT texting service

[SHOUT 85258](#) – Struggling with your mental health? SHOUT are available 24hrs a day 7 days a week to offer support. Just text SHOUT to 85258 and an operator will get back to you. Their service is confidential and anonymous.

Mental Health First Aiders

[NWSSP Mental Health First Aiders](#) can offer support and signpost you to get the right help. Reach out if you need to. They are there to listen and guide you.

Mental Health Support Group

This group will include peer support, emotional wellness activities and open discussion in a non-judgmental, confidential, empathetic environment. To find out more, please contact [Kerry Flower-Fitzpatrick](#) and/or [Carolyn Isles](#).

The next [Staff Health and Well-being Partnership Group](#) Newsletter coming soon...

Peer Support Group

The current pandemic has impacted everyone's health and well-being. Because of this we've created a Peer Support Network for you to access, you can [email us](#) for support and information on Health and Well-being matters.



Health & Safety

Carbon Monoxide Week

Its Carbon Monoxide Week – click on this link to find out more <https://phw.nhs.wales/topics/carbon-monoxide/> Checking your appliances are safe is really important, especially working from home.

Christmas Workplace

Guidance will be issued soon regarding guidance for Christmas in the Workplace—until the guidance has been issued please do not put any decorations up within the workplace.

