



GIG
CYMRU
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WALES

Partneriaeth
Cydwasaethau
Shared Services
Partnership

FIFTH EDITION
04.12.2020

Your Covid-19 Update from Workforce & OD

INCLUDED IN THIS EDITION:

- **NWSSP update p.1**
- **Welsh Government Update p.1**
- **Peer Support Group p.1**
- **Health and Well-Being 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](#)



NWSSP Update

Working from Home

We have been consistently reviewing the guidance available, 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'.

Virtual Coffee Mornings

Join us every Wednesday morning to meet with the Senior Leadership via teams. [The schedule is available here.](#)

This is Our NWSSP: Staff Focus Groups

NWSSP have recently introduced a new programme of work called 'This is our NWSSP', and it is looking at the organisational culture and how this is influenced, to determine if there are areas we need to look at to improve the employee experience. Part of this work programme includes undertaking Focus Groups with staff where we would encourage open and honest discussions in a safe environment.

You can find further information and how to [book onto the Focus Groups here.](#)

Welsh Government Update

Merthyr and Lower Cynon Valley residents will be offered mass Covid-19 testing.

For more info [click here.](#)

The Welsh Government have issued new guidance on visiting hospitals during the Covid outbreak.

For more info [click here.](#)



Llywodraeth Cymru
Welsh Government



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. Our colleagues are there to listen in confidence.



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Health and Well-Being

Health and Well-being Autumn Newsletter

The newsletter aims to support you with your health & well-being inside and outside of your place of work. View our [Autumn edition here](#).

MIND's Active Monitoring Sessions

Are you experiencing Anxiety, Depression, Grief, Anger or Stress?

Active Monitoring is a six-week guided course available to anyone in Wales aged 18 and over. You will be supported by a Practitioner who will send workbooks, information and call you to offer support and guidance.

This service is free and completely confidential. You can find out more on the [Mind website — Active Monitoring](#).

Well-being Blog: Suzi Tench

Suzi Tench, one of our employee's at Primary Care Services, will be publishing a regular health and well-being blog on our Intranet.

Following her own mental health diagnoses, she will be sharing her experiences, tools and resources that she has found useful. You can view [Suzi's first blog here](#).

Home working and mental health

Public Health Wales highlights the varied impact that working from home can have on our mental health.

You can view the [full report details here](#).

Time to Change Champions Story: Conner Strange

It is quite likely that one day you, one of your friends, colleagues or a family member will experience a mental health problem. Conner Strange, a Champion from Time to Change Wales has shared his story explaining how stigma affects those who live with a mental illness. Download and view [Conner's story here](#).

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. [Get in touch today](#).



Health & Safety

Vitamin D advice for everyone: Coronavirus

There have been some reports about vitamin D reducing the risk of coronavirus. But there is currently not enough evidence to support taking vitamin D to prevent or treat coronavirus.

You can access [further advice here](#).