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Partneriaeth
Cydwasaethau
Shared Services
Partnership

SIXTH EDITION
11.12.2020

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](#)



NWSSP Update

Workplace Christmas Decorations

All of our workplaces have been risk assessed with the intention of preventing spread of infection. For this reason **traditional Christmas Decorations are not being put up this year.**

For those in the workplace we ask you to think creatively, and safely on how to bring festive cheer to the workplace.

Displays of Gratitude

Who has supported you, helped you out, or made you smile?

Who deserves your gratitude? We would love to hear from you if you would like to publicly thank a colleague for something that has made your world a little easier or a little brighter with their kindness, consideration or support. We are working on our new digital Gratitude Display which will be launched in the new year, and are gathering together a collection of short messages – either in text or video format, to use in our digital display. If you would like to show a colleague your appreciation for the difference they have made for you, no matter how big or small, then please do send your video clips or written messages to: elena.graceholmes@wales.nhs.uk

Welsh Government Update

Today Wales Government outlined a [Covid control plan](#) which there will be four tiers or alert levels based on the infection rates.

This week the [Covid-19 vaccine roll-out](#) began in Wales, a roll out plan has been formulated and NWSSP are involved in discussions with ensuring our colleagues are included.



Llywodraeth Cymru
Welsh Government

The self-isolation period in Wales has reduced to [10 days quarantine](#). This applies to—

- people who have received a positive test result for COVID-19
- people with symptoms of COVID-19 who are waiting for a test result, or who have not been tested and do not require hospital treatment, who must remain at home for the appropriate self-isolation period
- people living in households with someone who shows symptoms that may be caused by COVID-19 or who has received a positive test result for COVID-19
- close contacts of positive cases of COVID-19
- travellers returning from a non-exempt country.



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Health and Well-Being

Free Mindfulness Sessions

Academi Wales are hosting free online Mindfulness sessions next Tuesday, Wednesday and Thursday.
Book your place [online](#).

Health and Well-Being Blog: Suzanne Tench

Suzanne's latest blog, 'My Brain Has Too Many Tabs Open', can be found [here](#).
Suzanne talks about taking a bite-size approach to the working day.

Mental Health Foundation: Getting help

If you are concerned you may be developing a mental health problem please speak to your GP or support network. The Mental Health Foundation have [a dedicated page](#) where you can find support and resources to signpost you in the right direction.

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

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. For further advice, please [click here](#).

Updated COVID-19 Reporting Process

Following the launch of an All Wales Covid Incident Reporting Process we have developed some [guidance and scenarios](#) to help guide through Covid. These pages outline the steps needed for suspected or confirmed Covid cases. If you have any queries or concerns please contact [Workforce](#).