



GIG
CYMRU
NHS
WALES

Partneriaeth
Cydwasaethau
Shared Services
Partnership

SEVENTH EDITION
17.12.2020

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**
- **Health and Safety p.2.**
- **2020 Round up 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:

Email:
[Workforce and OD](#)

Seasons Greetings

The Workforce and OD team would like to wish you all seasons greetings, whatever you may be celebrating at this time.

This Covid-19 update includes seasonal information related to help you through the season.



Keeping safe this season:

- Maintain social distance
- Maintain hand hygiene
- Minimise the amount of people you come into contact with
- Keep indoor areas well ventilated.

This year celebrations are going to be different for lots of people, but we hope that you stay safe and enjoy time with loved ones, whether in person or virtually.

Seasons Greetings

NWSSP Update



Coronavirus Vaccinations

Please make sure ESR Contact details are up to date as this information will be used for the NWSSP Vaccination roll out.

Details of changes to services over the festive period will be available [here](#).

Welsh Government Update



Llywodraeth Cymru
Welsh Government

The Welsh Government have set out their new [Coronavirus Control Plan](#), as such their guidance over Christmas is:

- Two households can come together to form a Christmas bubble
- The fewer people we mix with the less chance of spreading the infection

From 28th December Wales will enter **Alert Level 4** restrictions and non essential services such as retail, leisure and hospitality will close.



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Health and Well-Being

This time of year can be difficult for many. We want to highlight several useful resources specifically to help get through the season.

[MINDs—Christmas Mental Health](#) pages have useful links on coping with Christmas including tips on planning, looking after yourself, talking to others and getting support. MIND also have some resources for [Christmas and Coronavirus](#), which has more specific resources on dealing with this years festivities.

[Heads Together](#) have information on dealing with social anxiety, loneliness, bereavement and looking after your own mental health.

[Samaritans](#) are available 24 hours a day 365 days a year. Whatever you may be going through there is someone available to listen. Call 116123 for free.

This year we launched a [Peer Support Network](#). This includes colleagues from across the organisation who are available to listen in confidence. This year more than ever you may want to talk to someone, our colleagues are available. You can [email us](#) for support.

Health & Safety

Ventilation: where possible, ensure that fresh air is able to be circulated around indoor locations—this includes work places, homes and other indoor venues.

Working from Home: [Guidance on working from home during COVID](#)

2020 Round up

2020 has seen some extraordinary work in NWSSP, everyone within the Workforce and OD team are extremely proud to work in such a committed, diverse organisation and the resilience everyone in NWSSP has shown is remarkable.

2021 will see NWSSP continue to grow, agile working embedding itself further, a mass vaccination roll-out and how we continue to adapt to the new ways of working.

We'll also have our virtual Staff Awards ceremony, a new gratitude initiative, continuation of the virtual coffee mornings with the Senior Leadership Team and continued learning of what has worked well and what we can do even better.

We hope you all enjoy the season, spend time doing things that make you happy and most importantly, stay safe.