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SECOND EDITION  
13.11.2020

# 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](#)
- [The Adapt and Change Event](#)
- [FAQ's.](#)



## NWSSP Update

### Staff Survey

[Our Reflections. Our Decisions. Our Future](#), is your opportunity to have your say, to make your voice heard and to be involved in making decisions as to where we go next – so please take 5 minutes to click on the link (available on all devices) and tell us your thoughts.

### Staff Recognition Awards 2020

On the **14<sup>th</sup> January 2021**, NWSSP will be hosting our 5th Staff Recognition Awards which will celebrate your achievements and recognise the excellent work that you and your colleagues have undertaken throughout 2020. This year will be a little different as the event will be held virtually.

To nominate someone, please complete the [interactive nomination form](#) and email it to: [NWSSPStaffAwards@wales.nhs.uk](mailto:NWSSPStaffAwards@wales.nhs.uk). If you would like to make a paper/postal entry, please email the above.

### Development Opportunities

There are lots of opportunities available for staff to develop and learn virtually. Please visit our [Learning & Development](#) and [Free Education](#) page to browse through the sessions available to you.

The team are always here to help, get in touch via [email](#) for further assistance.

### Virtual Coffee Mornings

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

[The schedule is available here.](#)

## Welsh Government Update

**The following restrictions are 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 for organised activities.
- People will be able to meet in groups of up to 4 people.

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.](#)



Llywodraeth Cymru  
Welsh Government

The Welsh Government has produced a guidance on self-isolation for households with possible Coronavirus. Please view the [guidance here.](#)

The Welsh Government has also produced FAQ's for Coronavirus regulations.

Please view the [FAQ's here.](#)



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## CONTACT DETAILS:

Email:  
[Workforce and OD](#)



## Health and Well-Being

### Support Groups

Whether you're concerned about yourself or a loved one, these mental health charities, organisations and support groups can offer expert advice:

[Mental Health and Wellbeing - NHS](#)

### Doing Our Bit

NWSSP has signed up to **#DoingOurBit** – a free online fitness platform including over 40 unique workouts given to the NHS by Britain's leading personal trainers. Every workout on the **#DoingOurBit** platform has been thoroughly vetted process by expert verifiers while its clear use of the health-screening PARQ process ensures it's safe and appropriate for NHS staff.

[Sign up](#) on the website and use your NHS email address for activation.

## Peer Support Group

We understand that the current pandemic has really 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.



## Health and Safety

### Risk Assessments

We'd like to remind you to complete the [All Wales Risk Assessment tool that is available on ESR self-service](#), this ensures that we can support you in the best possible way. Make sure to keep it up to date with any changes, e.g. a new diagnosis.

### Working from home

With more staff working from home than ever, we'd like to remind you of the available [guidance](#) to maintain your health and safety while working remotely.

Additional information and tips can be found on the [COVID-19](#) and the [Health and Safety](#) intranet pages.

### Face Masks / Coverings

For our staff in HCS, there are some helpful tips available for how to wear face coverings during work.

[Facemasks for transport](#)

There is also guidance for those who are working in the office and general public use.

[How to wear a face mask/covering](#)