Our Wellbeing Matters

Iechyd a Lles
yn GIG Cymru
Health & Wellbeing
in NHS Wales
Mae ein lles yn bwysig | Our Wellbeing Matters
#WellbeingCymru

GIG CYMRU NHS WALES

Emotional / Psychological

5 Ways to Wellbeing

Managing Attendance at Work

Everybody takes responsibility for their own health and wellbeing and that of others

Social Connectivity

MECC

Physical

Prevention / Assessment / Intervention

Please click on the diagram to navigate

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https://weds.heiw.wales/staff-health-and-wellbeing/

Our Wellbeing Matters

Emotional / Psychological - What do I need to do to keep well?

1. 5 Ways to Mental Wellbeing
2. Mindfulness
3. Resilient Mind - Building Resilient Communities
4. Resilient Mind - How to Manage Stress
5. 7 Stress positives for a better life
6. Wellness Action Plans
7. CIPD Supporting mental Health at work
8. Mind - tools, case studies and other resources
9. Time to Change Wales
10. Intensive Care Society: Wellbeing Resource Library
11. EPICC
12. Supporting yourself following a traumatic incident

Emotional / Psychological - Take action where do I get help?

1. Sleep
2. Anxiety & Depression - Mind
3. Anxiety - NHS Direct Wales
4. Suicide
5. Bereavement - Cruse
6. Money Matters
7. Neyber Financial Wellbeing Services
8. C.A.L.L.
9. Depression - NHS Direct Wales
10. Able Futures mental health support
11. Professional Support Unit
12. Health For Health Professionals Wales

Managing Attendance through Compassionate Leadership

A compassionate leader:

- ensures employees are made aware of the range of health and well-being support that is available
- ensures employees are supported to return to work safely at the earliest opportunity through supportive mechanisms such as Therapeutic Return, Phased Return, Temporary Redeployment, Reasonable / Tailored Adjustments
- creates an environment which is conducive to health and wellbeing, and in which a low sickness absence record and regular attendance at work is expected
- addresses employee sickness absence and managing it in accordance with this policy and associate How to Procedures.

Evidence suggest that employees who are led through compassion express that they have felt heard, understood and respected.

The Managing Attendance at Work Policy can be found on your Health Boards/Trusts intranet/ internet site.

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Physical - What do I need to do to keep well?

_____

1. Health Working Wales
2. NHS Direct Wales Live Well
3. Hydrated
4. The eatwell guide
5. Physical Activity
6. Travel Immunisation
7. Public Immunisation
8. Sexual Health
9. Screening
10. Breastfeeding
11. Back Pain - Don't Take Back Pain Lying Down
12. Back Pain - Healthy Working Wales
13. Back Pain - Musculoskeletal Disorders

Our Wellbeing Matters
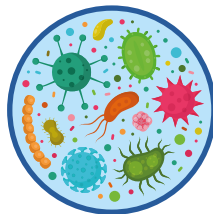
Physical - take action where do I get help?

Tobacco

Alcohol

Obesity
Lose Weight NHS Choices

A-Z of diseases – NHS Wales Encyclopaedia

BMI Calculator
Underweight Adults

Drug Misuse

Teenagers

Ageing Workforce
Older People in Wales

Womens Health NHS Choices
Womens Health in Wales

Mens Health NHS Choices
Mens Health Live Well

Personal support services Wales
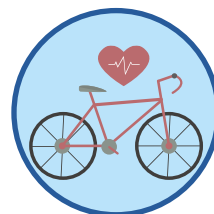
Exercise

Change 4 life

Dementia

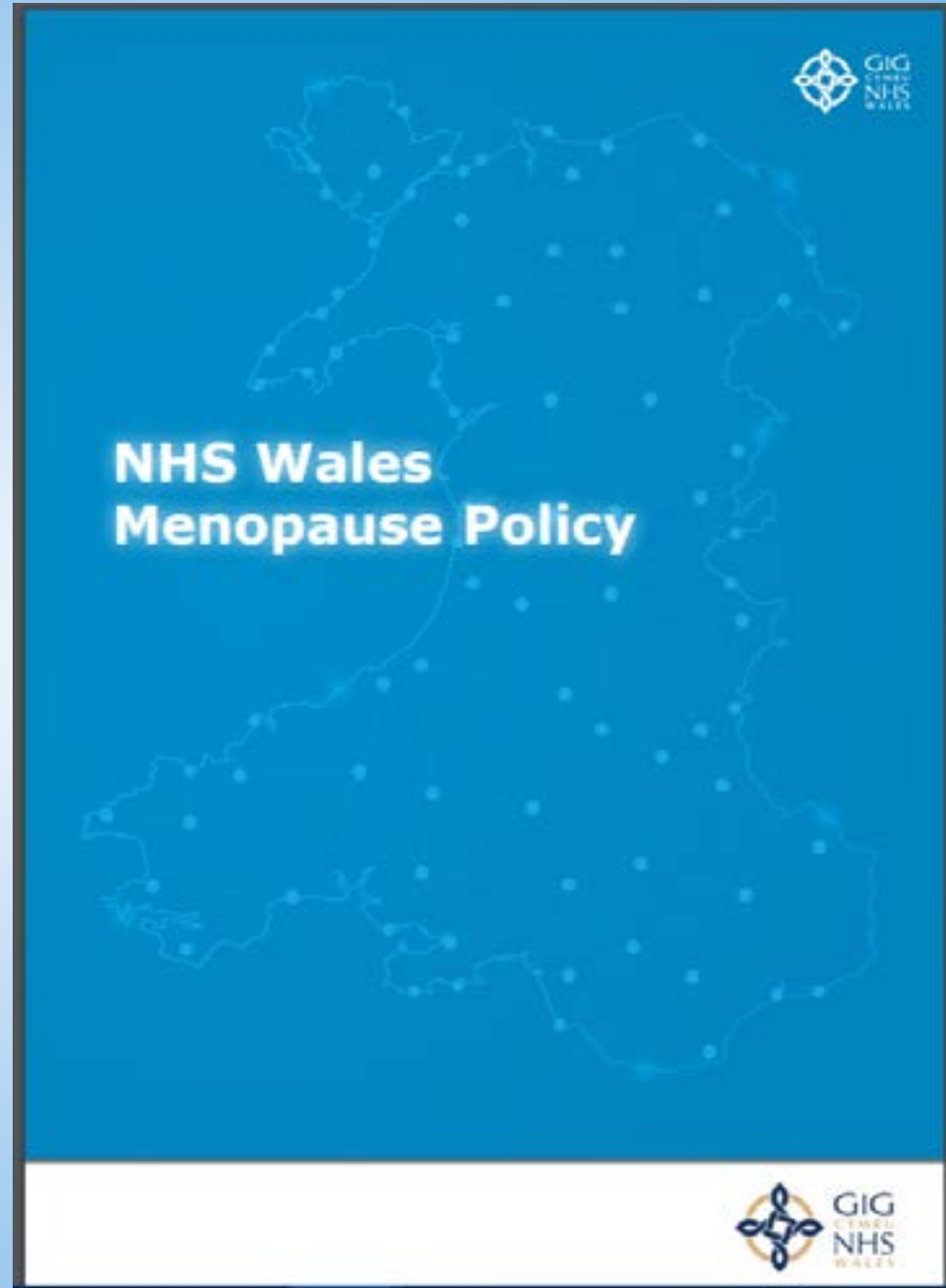**Hints and tips for shift-workers**

Physical - Menopause

The menopause is traditionally seen as a private matter. Recognition of how the menopause affects women can help support women in the workplace and provide additional considerations for its workers.

**NHS Wales
Menopause Policy**

Click the image to view the policy

Making Every Contact Count (MECC)

The MECC approach can help you to use everyday conversations in a way that may support someone to make positive wellbeing choices.

1. **ASK** – when the opportunity arises

2. **ADVISE** – brief advice on the lifestyle issue

3. **ACT** – signposting

Social Connectivity

1. Connect for Mental Wellbeing

2. Mental Health Services

3. Public Health Network Cymru - find out what's going on in your local area

4. Worklife Balance

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1. MIND 5 Ways to Wellbeing

2. NHS Confederations 5 Ways to Wellbeing

3. 5 Ways to Mental Wellbeing

4. 5 Ways to Mental Wellbeing Cymru

5. 5 Ways to Mental Wellbeing Public Health Wales

6. Five Ways to Wellbeing for everyday

For more information and evidence click here
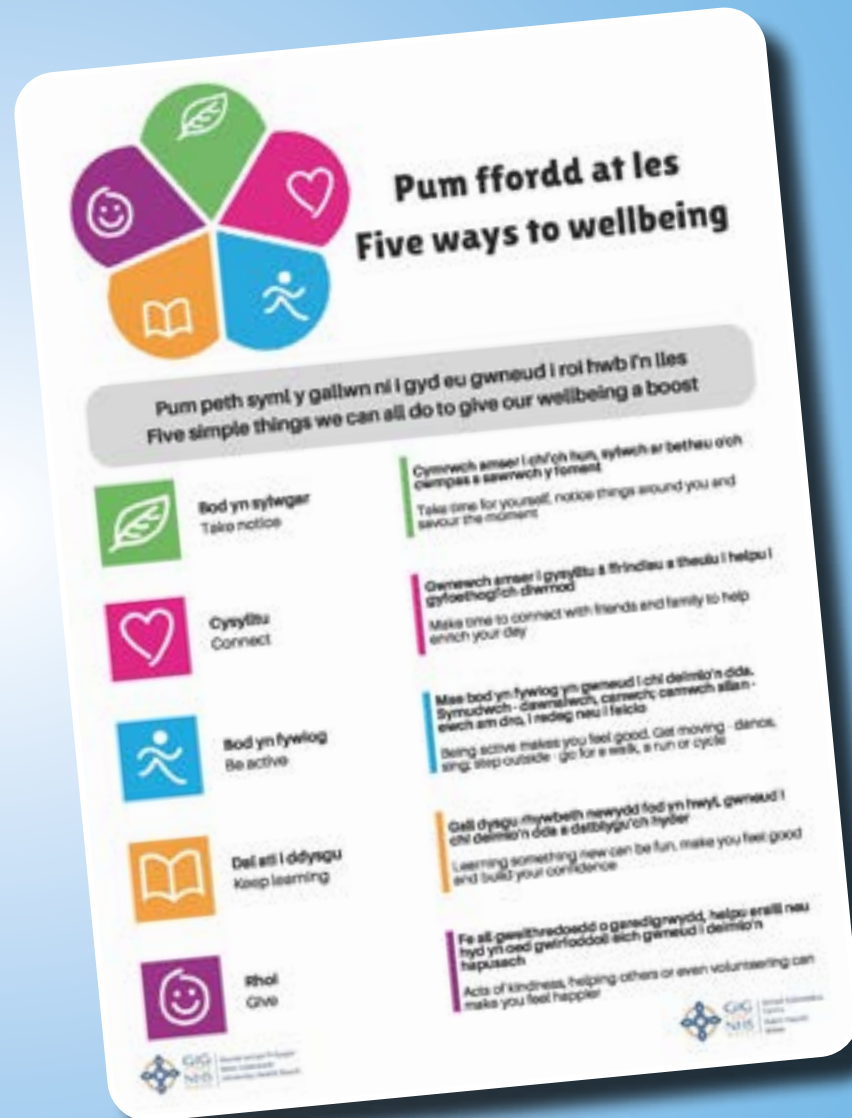
Prevention / Assessment / Intervention

1. NHS Direct Health and Wellbeing FAQ's

2. Health and Safety Executive

3. HSE Risk Assessment

4. Wellness Action Plan

5. Corporate Health Standard

6. Health Improvement Welsh Government

7. Health in Wales

10. Public Health Network Cymru

11. Dewis Cymru

Our Wellbeing Matters

Introducing our Network

Our Story

Our membership is formed from a range of representatives from NHS organisations in Wales, who have a role and professional interest in health and wellbeing. Our network follows on from previous wellbeing groups, and we have used this collective knowledge in building supportive relationships with each other to achieve our aims. We are an inclusive, welcoming group whose achievements have been driven by collaboration and an openness to consider a range of views.

If you wish to contact the network please **Email**: healthandwellbeingnetworkevent@wales.nhs.uk

Our purpose and outcomes

The purpose of our group is to:

- Increase peer support for Health and Wellbeing leads.

- Reduce duplication of activities.

- Help increase focus within NHS Wales organisations on developing health and wellbeing (prevent rather than cure).

- Support NHS Wales organisations to more easily achieve their Corporate Health Standards.

- Increase sharing of successes and learning between NHS Wales organisations and beyond.

- Increase access to resources across organisational boundaries.

- Increased collaborative developments and projects across NHS Wales.

Our Wellbeing Matters

Useful links

NHS Wales

[HEIW - NHS Wales Health and Wellbeing](#)

[HEIW Professional Support Unit](#)

[Staff benefits and retirement information in Health Boards / Trusts](#)

[ESR login for e-learning](#)

[The core principles for NHS Wales](#)

[A healthier Wales: long term plan for health and social care](#)

[Well-being of Future Generations (Wales) Act 2015](#)

[Health for Health Professionals](#)

General

[Mindfulness Association](#)

[Headspace](#)

[2 wish upon a star - supporting Sudden Death In Children & Young Adults](#)

[Supporting colleagues through a traumatic incident](#)

1 Swansea Bay University Health Board
💻 Internet

2 Aneurin Bevan University Health Board
💻 Internet   💻 Intranet

3 Betsi Cadwaladr University Health Board
💻 Internet   💻 Intranet

4 Cardiff & Vale University Health Board
💻 Internet

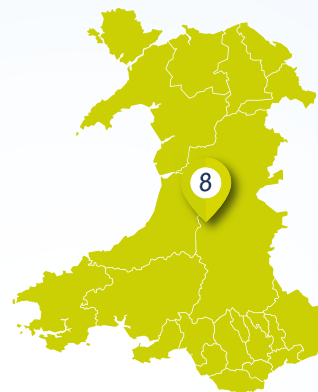**5** Cwm Taf Morgannwg University Health Board
💻 Internet

6 Hywel Dda University Health Board
💻 Internet   💻 Intranet

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Find out what services are available at your employing Health Board

7 Powys Teaching Health Board
💻 Internet   💻 Intranet

8 Welsh Ambulances Service NHS Trust
💻 Internet   💻 Intranet

9 Public Health Wales
💻 Internet   💻 Intranet

10 NHS Wales Shared Services Partnership
💻 Internet   💻 Intranet

11 NHS Wales Informatics Service
💻 Internet   💻 Intranet

12 Velindre NHS Trust
💻 Internet   💻 Intranet

13 Health Education and Improvement Wales
💻 Internet   💻 Intranet