

NHS GGC Healthy Working Lives Newsletter: February 2019



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Upcoming training and seminars

[FREE Training](#): To book training, please click here.

Managing Musculoskeletal Disorders in the Workplace



20th February 2019

Whether you have a staff member that is absent or struggling to remain in work due to back pain, upper limb pain or other MSD, or you would like to ensure you are doing all you can to prevent your employees from acquiring an MSD this free seminar will help.

Is this seminar for me?

This training is suitable for all staff with management responsibilities.

Good to know:

Lunch is provided for attendees.

Course Length:
Full day (9:30am-4:00pm)

What will I learn?

- The nature and incidence of MSD in the workplace
- Legal requirements and best practice regarding policy and process
- Advice on ergonomic solutions and moving and handling
- Best practice with regard to managing staff with MSD
- Case study discussion to consider practical implementation
- Resources and support services available to employers and employees.

Supporting Older Workers Seminar



21st March 2019

'The UK has an ageing population and therefore an ageing workforce. The rising state pension age and the fact that most people are not saving enough for their retirement creates a critical need for companies to ensure people can work longer, with opportunities that continue to be fulfilling and make the best use of their skills and experience'. Andy Briggs, CEO Aviva UK & Ireland

Is this seminar for me?

The seminar is suitable for employers, managers, and those with an Occupational Health and/or Health & Safety remit.

Good to know:

Lunch is provided for attendees.

Course Length:
Full day (9:30am-3:30pm)

What will I learn?

Our **FREE** seminar will include speakers and case studies highlighting the issues and sharing good practice on key issues for your workplace such as:

- opportunities and challenges of inter-generational working
- keeping staff healthy
- supporting workers with long term health conditions
- helping staff cope with the menopause
- introducing supportive policies eg. flexible working, carers leave

The venue for this seminar will be the Wheatley Academy.

To book a place on this seminar, please [click here](#).

Opportunities

Become a CPD-certified Green Champion - Resource Efficient Scotland

Book your FREE place today and join over 1,000 people from businesses across Scotland who have already learnt how to reduce their workplace's costs and environmental impact.

- Learn valuable new skills and knowledge in areas such as staff engagement, energy efficiency and recycling.
- Enhance your CV with CPD-certified training.
- Get free access to time-saving tools, templates and tried-and-tested techniques.

Join one of their full-day workshops that are taking place at Edinburgh Zoo on 13 March (includes free Zoo entry and panda viewing), and Hampden Park on 21 March (includes free museum tour).

For more information - please [click here](#).





February

World Cancer Day 4 February 2019

Time to Talk Day 7th February 2019

Eating Disorders Awareness week 25th February - 3rd March 2019

March

Ovarian Cancer Awareness Month 1-31 March 2019

Nutrition and Hydration Week 11-17 March 2019

World Sleep Day 15 March 2019

Epilepsy Awareness Purple Day 26 March 2019

[Click here to order free health resources from our Public Health Resource Directory](#)

Sedentary Behaviour Talks



We are offering a limited number of short awareness sessions on raising awareness of the negative effect sedentary behaviour can have on our health & how we can combat this in the workplace.

Details:

Session length - 45 minutes (plus time for questions)

Location - your workplace - all we require is a venue or space within your organisation to deliver the training and access to the internet.

Number of participants - 12-20 (minimum 12)

To register your interest please [click here](#). Please note places are not guaranteed. This link is due to close on the 15th February.

'Pulling the Threads Together - supporting good work through collaboration

SAVE THE DATE - 27th March 2019

You are being invited to note your interest in attending an event in Glasgow (venue to be confirmed) on Fair Start Scotland and how you can become involved in:

- ensuring that work improves people's lives
- promoting a culture of fair work
- maximising employment opportunities for everyone that wants to work

This event will be attended by **Jamie Hepburn Minister for Business and Fair Work & Skills** who will discuss Fair Start Scotland and how as employers your help is invaluable.

Course length: 9am - 2pm

To note your interest please email nhs.HealthScotland-IWR@nhs.net as a matter of urgency as places are in high demand.

More information on Fair Start Scotland can be found here:

[Employability in Scotland](#)

[My Gov.Scot](#)

The 2019 Working Families Best Practice Awards are now OPEN for entries.

Working Families' annual Best Practice Awards recognise UK employers whose stand-out cultures and practices demonstrate that they deeply understand that all employees perform better when they have some degree of flexibility over when, where and how they work - and that employees will be more productive if the organisation supports their work-life balance.

The closing date for completed entries is 5pm on Monday 25th March 2019.



[Universal Credit – we'd like to get an Employers perspective – please click here to complete this short survey.](#)

Universal credit (UC) is now being rolled out across all six Local Authority areas in NHSGGC. This means that for anyone making a new claim they must create an online account and then continue to update information in their account.

Anyone who currently receives the following benefits and has a change in circumstances will now require to create an online UC account:

- Child Tax credit
- Housing Benefit
- Income Support
- Income based Jobseekers allowance (JSA)
- Income related Employment & Support Allowance (ESA)
- Working Tax Credits

Anyone with difficulty reading and or writing, using computers or where communication barriers exist, may have difficulty setting up and using a UC account.

[Employers should also note](#) that when staff wages change from month to month, this can also impact on UC, for example if paid more in one month than the previous month staff would have to update their UC account to restart their claim. If staff are unsure about UC claims they should ask their local jobcentre.

Employers may notice staff are:

- asking for additional working hours
- requiring to take time off to visit their Job Centre
- more concerned about money worries
- worried about the length of time they will have to wait for UC payments
- worried about UC payments stopping
- taking more time off before they are paid

[Please can you take a few minutes to complete a quick survey to provide your experience of UC. Click here to complete a short survey.](#)