

NHS GGC Healthy Working Lives Newsletter: March 2019



We are on Twitter and Facebook! Like and share our page to see more information about our services and get more Healthy Working Lives ideas and inspiration!



Upcoming training and seminars

Our 2019/20 NHS GGC Employment & Health Team training calendar is now available! Please [click here](#) to view.

FREE Training

19th March 2019

Lone Working Training

This short, free session aims to provide delegates with an introduction to the requirements for managing lone workers and lone-working.



The session is suitable for individuals with new responsibility for managing lone workers and those with current responsibility looking to refresh and develop their knowledge. Additionally, employees who are new to lone working and existing lone workers, who are keen to expand their knowledge, would benefit from attending.

Click [HERE](#) to book onto this training.

21st March 2019

Supporting Older Workers Seminar

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, etc.

Click [HERE](#) to book onto this training.



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

April

Bowel Cancer Awareness Month 1- 30 April 2019

World Autism Week 1 - 7 April 2019

Walk to Work Day 5th April 2019

World Health Day 7th April 2019

World Parkinson's Day 11th April 2019

MS Awareness Week 22 - 28 April 2019

On Your Feet Britain 26th April 2019

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

Health Inequalities case studies - we need your help

As Healthy Working Lives companies you gather valuable information throughout your award journey. **With this in mind we would like to gather information on any health inequalities activities you may have engaged in through your workplace or in your local community.**

We are always keen to hear of good work practice and by sharing your feedback we hope to encourage and support other workplaces to recognise health inequalities and how they can act to improve them.

Please take the time to respond to our request, engaging with us on any activity you have been involved in or resource you may have developed. [Click here to complete a survey.](#)

Thank you in advance.

[The Best Start Grant Pregnancy and Baby Payment](#)



Social Security Scotland
Dignity, fairness, respect.

To raise awareness of the Best Start Grant Pregnancy and Baby Payment, Social Security Scotland and the Scottish Government are launching a marketing campaign and it is their hope that this campaign will lead to an even greater increase in public awareness, ensuring everyone in Scotland who is entitled knows about the payment and applies. [Please click here for more information about this payment.](#)

[Please click here for the BSG Pregnancy and Baby Payment Marketing Campaign Toolkit](#), which contains social media posts to be shared that will appear on the Parent Club Facebook page and on Social Security Scotland Facebook and Twitter pages, as well as posters to display in your public and staff-facing spaces that you can request to be sent out to you, by emailing communications@socialsecurity.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.

This year they have announced a brand new award category: **Best for Mental Health & Wellbeing**

One in four people suffer from mental health issues, making wellbeing in the workplace an important issue. We are interested in hearing about innovative, practical and effective ways of identifying and supporting employees with mental health issues and how you promote healthy wellbeing in your organisation.

The closing date for completed entries is 5pm on Monday 25th March 2019. [Click HERE](#) to register.

PrepareforBrexit.scot

[Brexit planning for businesses in Scotland](#)

This bite-sized guide can help make sure your business is prepared given the latest developments on Brexit.

Get the facts on what business processes will change at the end of March, regardless of Brexit. Know what actions you need to take now to reduce risk. And who to go to for expert advice to help shape your action plan.

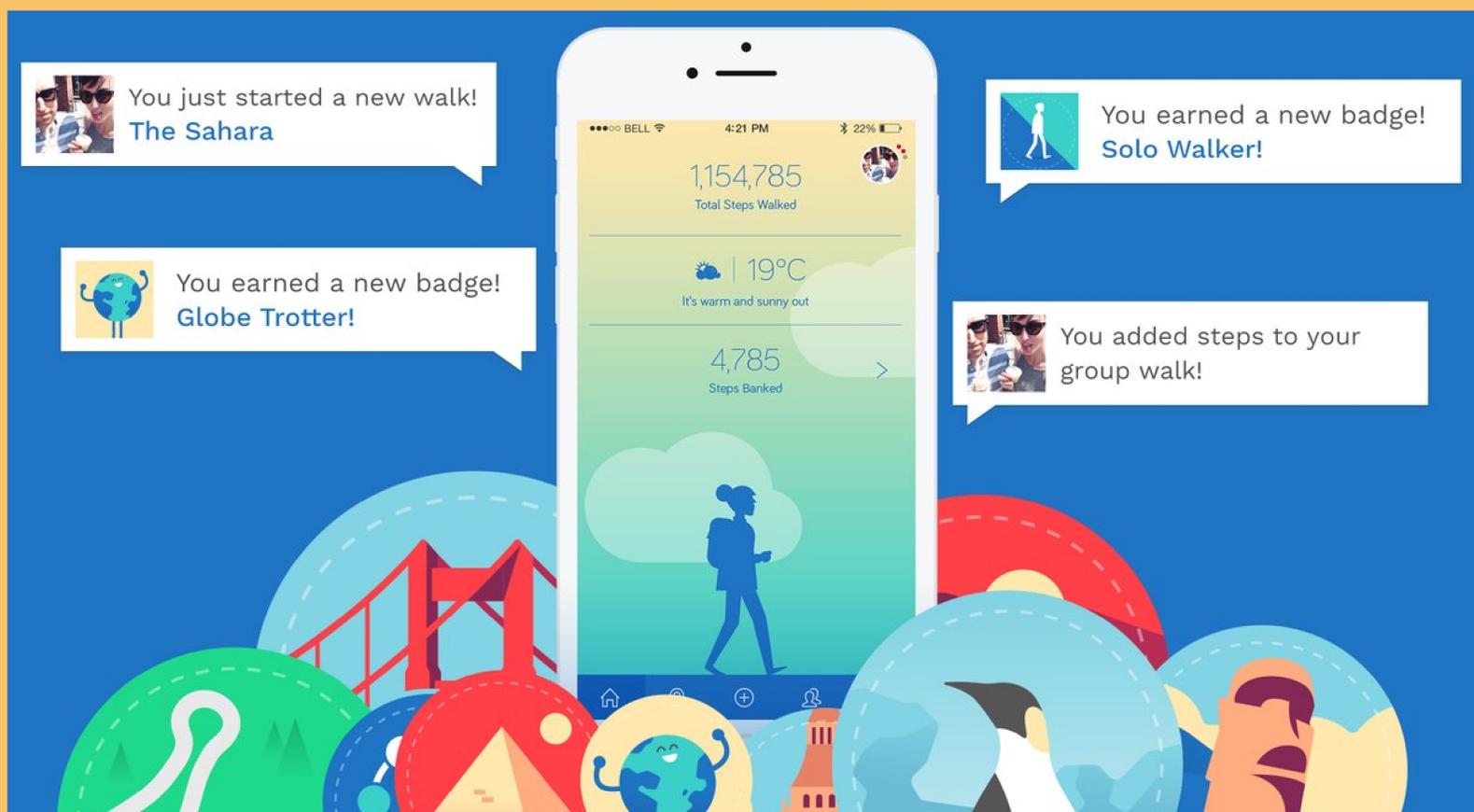
World Walking



Designed to motivate individuals and small groups, World Walking offers a **free and fun way to help people keep active**, and, handily, also provides a simple way to collect **evidence for your portfolio for your Silver and Gold Healthy Working Lives Awards**.

With this 'Clyde-built', volunteer-led charitable initiative, inspired in Inverclyde and developed in Glasgow you can use the steps/miles you and your team walk each day to visit some of the greatest places on Earth. World Walking can be used by anyone, anytime, anywhere. It comes complete with two free integrated GPS apps for iPhone and Android smartphones and can be used with Fitbit and Apple Health Kit.

Users of this engaging platform have already clocked up more than 8 million miles. **To join them, sign-up at <https://worldwalking.org/>**, create your World Walking group, choose your virtual walk... and go!
For more information contact: duncan@worldwalking.org



SAVE THE DATE - Fair Start Scotland - 27th March 2019

You are being invited to note your interest in attending an event at The Lighthouse, Glasgow 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.

Event length: 10am - 2pm

To note you 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:

<http://www.employabilityinscotland.com/devolved-employment-services/fair-start-scotland/-about-fair-start-scotland/>

<https://www.mygov.scot/help-find-job/>