Upcoming training and seminars

Click here to view our 2019/20 NHS GGC Employment & Health Team Free trainings calendar

Thurs 22nd Aug 2019  Managing Safety and Health - The Basics
This course will increase delegates awareness and understanding of their statutory requirements in relation to health, safety and the risk assessment process in relation to their workplace.
Click HERE to book onto this training.

 Tues 17th Sept 2019  Managing Long Term Conditions Seminar
This seminar is aimed at those responsible for managing sickness absence i.e employers, managers, Human Resources, Occupational Health about managing LTC in the workplace including reasonable adjustments and best practice.
1 in 4 adults have some form of Long Term Health Condition (LTC) and as employees get older they are more likely to develop a LTC. Whether you have a staff member with a LTC that you would like to support more effectively, or you want ideas for ways to help prevent Cancer and other LTCs, this seminar will help.
Click HERE to book your space.

Thurs 19th Sept 2019  Paths for All - Walk Leader Training
This one day course provides practical advice and training on how to lead a Health Walk safely and effectively.
Click HERE to book your space.
**Free Healthy Events in Scotland**

If you are someone who suffers from breathlessness then singing might be the answer you’ve been looking for! **Singing for breathing** is a singing group for people living with long term respiratory conditions such as Chronic Obstructive Pulmonary Disease (COPD), Asthma, Bronchiolitis, and any other condition that causes breathlessness, such as anxiety. **We run every Wednesday from 2-4 pm** in Dennistoun New Parish church.

At the bottom of Armadale Street G31 - turn off Duke Street opposite the TSB Bank.

**Glasgow & West of Scotland - Tinnitus Support Group - Next Meeting: Tuesday, 25/06/2019.**

Tinnitus and related conditions are particular to the individual person. Research has suggested that what might work for one tinnitus sufferer may not be as effective for another. You can access treatments from the NHS, the private sector and through self-help. The British Tinnitus Association - Glasgow & West of Scotland Tinnitus Support Group shares members’ experiences, talks through treatments and latest evidence as per the BTA’s guidelines.

Click here to order free health resources from our Public Health Resource Directory
Mental Health awareness

To raise awareness of Mental Health Week, the BBC has developed a selection of interesting programmes to help raise awareness of common mental health issues. Nadiya Hussain, winner of ‘Bake Off’ 2015, shared his personal story. Please click here for more information about the programme.

Another documentary which is also currently available on BBC Iplayer is created by Louis Theroux and helps the viewer gain insight into mothers experiencing serious mental illness. Please click here for more information about the programme.

Home workers are more active

According to a recent article published by Health & Safety Matters, findings in a study by health and well being provider – BHSF (Birmingham Hospital Saturday Fund), revealed that 32% of home workers often build exercise into their daily routine. In a further 41% semi-frequently go to the gym, go for a run, or a brisk walk during their working day. Employees are clearly embracing the flexibility that working from home provides, and are using it to positively impact on their health and well being.

While home workers appear to be prioritising their health, it’s a different story for UK office workers. Currently, 35% are failing to achieve the recommended 150 mins of exercise each week, and 73% cite work pressures as a key contributing factor.

British Heart Foundation 10 quick easy and health snack ideas

Need to fill a gap between meals? Try these easy heart-healthy snacks that aren’t too high in calories. If you’re trying to lose weight, 100 calories is a good amount for a snack, although it’s also ok to have more if you’re having an active day.
Curry & Chaat

Curry & Chaat is our new national fundraising event and we would love for you to take part. The aim of Curry & Chaat is simple: get together with friends, enjoy a delicious curry and raise money for the Mental Health Foundation and our vision of a world with good mental health for all and for a less stressed nation. Browse through mouth-watering recipes, including vegan and gluten free options, inspired by cuisines from a variety of regions for our fundraising campaign.

Asbestos exposure still putting lives at risk

LIVES ARE still being put at risk by companies failing to manage exposure to asbestos – two decades after the deadly cancer-causing material was banned in Britain.

Since the start of last year, 135 companies or individuals have been ordered to cease work activities because of non-compliance with asbestos regulations, with a further 130 being warned they must improve.

A further 31 companies or individuals have been prosecuted for breaches, with fines ranging from £1 to £200,000 and some directors being given prison sentences. The latest company to be sentenced was a Devon-based hotelier, which was fined £80,000 yesterday after asbestos containing materials were disturbed during renovation work. But while these companies are being hit in the pocket, the human cost of asbestos exposure at work is far greater, with at least 5,000 deaths every year in Britain being linked to it.

Healthy Meetings

Ten important examples of good practice to help you organise healthier meetings and conferences.

We’ve developed a ten-part checklist for meetings lasting over four hours and including lunch. It doesn’t include every aspect of a healthy diet or active living but does provide a brief checklist to help support meeting organisers.
#Kettlecise…. give it a try

In addition to being an energising mood booster, physical activity offers a host of physiological and mental benefits. We also have strong evidence that physical activity can play a preventative role in both breast and colon cancer (Lee et al., 2012). The Lancet reported that the global burden of physical inactivity amounts to a staggering $53.8 billion. We are still facing the challenge of increasing activity levels, and attaining the vision of a more active Scotland.

Real life impact of falls on loved ones

A new hard-hitting campaign highlighting the long-term, life-changing impact that falls can have on family and friends has been launched by The Ladder Association and The Royal Society for the Prevention of Accidents (RoSPA).

Falls from height are the single biggest cause of injury in the workplace, with 29,000 people reporting such an injury over the past five years, and the cost is estimated at £800m. Meanwhile, falls in general are consistently the number one cause of hospital admissions from accident.

The Get a Grip safety campaign features Abbi Taylor, whose father Jason Anker was paralysed after a fall from height when she was aged just three, and who talks openly about how her life with him has been profoundly affected.

Domestic Abuse

- On 1st April the Domestic Abuse (Scotland) Act 2018 came into force, making forms of psychological abuse and coercive and controlling behaviour an offence.
- We are running a Scotland-wide campaign supporting the change and the law and highlighting what coercive and controlling behaviour looks like.
- We have campaign posters available for download, and we have a stakeholder pack available with digital assets, see link
- Our ask for this campaign would be for companies to print out the downloadable posters and place these in restrooms, as this may be a safe place for individuals to digest the information.
Food Waste Campaign

- Our Food Waste campaign is currently live, and the aim of this campaign is to increase householders (can apply to workplaces) use of food recycling bins to support the ban on biodegradable municipal waste to landfill. We do feel this is relevant not only for homes, but for SME recycling plans as this educates the public on the consequences of not recycling food waste.
- For the HWL award holders, this may be an exciting campaign to show their commitment to the environment, and we would be open to ways we may be able to partner with these organisations. We will continue on with Food Waste activity this year and next year, and this will be in line with the Food Waste Action Reduction Plan, so this will further affect businesses in the near future.
- We have been working closely with Zero Waste Scotland and Local Authorities on this campaign, and the stakeholder toolkit is now available to share, see attached.

NHS 24 MSK Help app

A musculoskeletal (MSK) disorder is any injury, disease or problem with your muscles, bones or joints. Muscle and joint problems are the biggest cause of work absence and physical disability in the UK.
In Scotland, over a million people spoke to their GP for a muscle or joint problem last year. The NHS 24 MSK Help app was developed with the help of Scottish patients, doctors, MSK therapists, pharmacists and employment services. The information contained in this app is linked to muscle, bone and joint self-management information on NHS inform.
Having trouble with your sleep?

Studies have estimated that around a third of the general population have difficulties getting to sleep or staying asleep (insomnia). So whilst it can feel like a lonely experience lying awake at night, there are many people who have a similar experience. Sleep difficulties are often short lasting and improve by themselves, but for some people they may require some extra help. We hope that the following tips will help to get your sleep back on track.

Free guide to improving sleep

The Royal Society for Public Health has collaborated with qualified sleep practitioner James Wilson - The Sleep Geek, to create a free e-learning resource on sleep for the public. Understanding Sleep: don’t hit snooze on your health launches 1 April 2019, in the wake of the previous night’s disruption to the UK’s sleep patterns, as the clocks sprung forward. Please click link for more information.