Upcoming training and seminars

Click here to view our 2019/2020 NHS GGC Employment & Health **FREE** training calendar

**Tues 17th Sep 2019 - Managing Long Term Health Conditions in the Workplace (Including Cancer)** - 09.00 - 16.00

A **FREE** seminar aimed at those responsible for managing sickness absence - employers, managers, Human Resources, Occupational Health about managing LTC in the workplace including reasonable adjustments and best practice. Click here to **book** a place.

**Thurs 19th Sep 2019 - Paths for All - Walk Leader Training** - 09.00 - 16.00

This one day course provides practical advice and training on how to lead a Health Walk safely and effectively. Click here to **book** a place.

**Tues 22nd Sep 2019 - Managing Safety & Health - The Basics** - 09.30 - 12.00

This session aims to provide delegates with knowledge of the basic requirements for managing safety and health in the workplace. It is suitable for those with new responsibility for implementing and managing safety and health in the workplace or those with existing responsibility looking to develop their knowledge. (Only available to small businesses up to 250 employees outwith the Public Sector). Click here to **book** a place.

**Tues 17th Oct 2019 - Sensible Risk Assessment** - 09.30 - 12.00

The course is suitable for individuals who have responsibility for carrying out risk assessments as part of a workplace health and safety management system and for those with responsibility for overall management of the organisation's health and safety system. (only available to small business up to 250 employees out with the Public Sector). Click here to **book** a place.
### July 2019

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<th>Event</th>
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<tr>
<td>Action Mesothelioma Day</td>
<td>5th Jul</td>
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<td>National Simplicity Day</td>
<td>12th Jul</td>
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<td>Samaritans Awareness Day</td>
<td>24th Jul</td>
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<td>Walk the night</td>
<td>27th Jul</td>
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<td>World Hepatitis Day</td>
<td>28th Jul</td>
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### Aug 2019

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<tr>
<th>Event</th>
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<tr>
<td>World Breastfeeding week</td>
<td>1st Aug</td>
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<td>World Humanitarian day</td>
<td>19th Aug</td>
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### Free events in Scotland

Menopause Café was founded by Rachel Weiss in Perth, Scotland, with the aim to increase awareness of the impact of the menopause on those experiencing it, as well as friends, colleagues and families, so that we can make conscious choices about this third stage of our lives. They are now being run throughout the UK.

Let’s question, discover and talk about the menopause.
Doors open at 5pm with the discussion starting at 5.30pm.
In the UK, we waste roughly 20% of the food we buy. However, we can all make a difference by changing the way we shop! Our new campaign Spoiled Rotten is encouraging people to Buy What You Need to help you waste less food. From snapping a #FridgeShelfie to choosing loose, there are loads of ways to get involved. Find out more here www.lovefoodhatewaste.com/article/spoiled-rotten.

Football clubs across Scotland will be among the first to receive a new mental health and suicide prevention training resource for their players and staff. Funded by the Scottish Government and created by NHS National Education for Scotland and NHS Health Scotland, the online resource will be shared with all 42 professional football clubs, along with 300 mental health first aiders employed by around 80 football organisations throughout the country. www.vimeo.com/338176495

NHS Greater Glasgow and Clyde Healthy Working Lives, in partnership with the Suzy Lamplugh Trust, are pleased to offer free training in Personal Safety and Lone Working for Managers. Tuesday 22nd October 2019, Stobhill Hospital, Seminar Room 5 Time: 9:15am - 4:30pm

How healthy are your picnic foods? Select your favourite foods to discover how they measure up and get some nutritious serving suggestions for your next picnic. http://tiny.cc/49r28y
Five ways to reduce your Type 2 diabetes risk at work.
Type 2 diabetes is a common condition that causes the level of sugar, or glucose, in the blood to become too high. About 90% of people with diabetes have Type 2 diabetes. There are a range of symptoms, including more frequent urination, excessive fatigue and wounds taking longer to heal. http://tiny.cc/wps28y

Banana & Cherry Custard Muffins
From bedtime battles to teatime tantrums, you can tap into the best parenting tips from those who have done it all before. Just sign up below to receive your regular fix of email tips.
www.parentclub.scot/recipe/banana-cherry-custard-muffins

The Oor Wullie’s BIG Bucket Trail is Scotland’s free nationwide public art trail, raising vital funds for children in hospital across Scotland. Our very own Scotty Brand Oor Wullie will be one of 200 specially designed statues popping up around Scotland, including 50 in Glasgow, to raise funds for the Glasgow Children’s Hospital Charity, the Edinburgh Children’s Hospital Charity and the Archie Foundation. http://tiny.cc/4fu28y

Change the way your staff travel to work. If you want to change your workplace’s approach to cycling, walking and public transport but don’t know where to start then we can help. http://tiny.cc/0q628y
Bowel cancer is currently the third most common cancer in Scotland and the second biggest cancer killer. Over 3,700 people in Scotland are diagnosed with bowel cancer each year, and approximately 1,600 people die from the disease. However, it doesn’t have to be this way, as bowel cancer is treatable and curable, especially when caught early. If diagnosed at the earliest stage, over 98% of people will survive bowel cancer. Sadly, less than 20% of cases in Scotland are actually diagnosed this early. That’s why we’re dedicated to raising awareness through our bowel cancer awareness talks. Our volunteers will deliver a 30-minute presentation on bowel cancer and highlight the following key awareness and prevention messages:

* Signs and symptoms – learn the key facts about bowel cancer
* Healthy lifestyle and prevention – tips on how to reduce the risk of bowel cancer
* NHS Bowel Screening – learn about the NHS bowel screening programme and the importance of taking the test

Free awareness materials will also be available, and our volunteers are happy to answer questions. Very often our volunteers have a personal connection to bowel cancer, so they have a great deal of knowledge and experience to share.

If you would like to enquire about booking a talk, please email: ross.lamb@bowelcanceruk.org.uk

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Have you been involved in Healthy Working Lives for some time? Are you struggling to think of new activities for staff or you don’t have the budget to pay for speakers? If so, help is at hand. Why not have a look at our latest Directory of Workplace Sessions? This includes lots of talks being offered free of charge by partner organisations such as Drink Wise Age Well, Bowel Cancer UK, Breathing Space Scotland and Love Food Hate Waste to name but a few. [http://tiny.cc/9h528y](http://tiny.cc/9h528y) We also have a new mental health resource box available for hire. This contains fun games and activities to help start a conversation around mental health. It also includes a ‘how-to-guide’ and links to additional resources. Just complete our booking form and send it back to us [http://tiny.cc/j3528y](http://tiny.cc/j3528y)

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www.healthyworkinglives.scot