Upcoming training and seminars

Click here to view our 2019/20 NHS GGC Employment & Health Team Free Training 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 Health Conditions (including cancer)
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.
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.

Thurs 17th October  Sensible Risk Assessment
This session aims to provide delegates with an introduction to risk assessment in the workplace through practical application (only available to small business up to 250 employess outwith the Public Sector)
Click HERE to book your space.

Click here to order free health resources from our Public Health Resource Directory
Cancer in the Workplace: Supporting Employers and Employees

Maggie’s Glasgow– Cancer in the Workplace short sessions -There are over 500,000 people with cancer working across the UK. This figure is expected to double by 2030 as more people survive a diagnosis of cancer. In seeking to return to work, employees, their managers and colleagues each face different and complex challenges that can have a significant impact in the workplace. Book your space here.

Free and confidential workplace health & safety visits

Our Health and Work Adviser can carry out free and confidential workplace health & safety visits to small and medium-sized companies (up to 250 employees). The visit entails asking some general questions about the business; a series of questions about health & safety arrangements that you may or may not have in place; and then a walk-round of your workplace. Following the visit, they provide a bespoke, prioritised action plan.

They do not enforce health and safety, providing advice and support only, to help your business improve performance.

Call our FREE Advice line on 0800 019 2211
Brexit planning for businesses in Scotland

Financial support and advice is available to help small to medium enterprises in Scotland prepare for Brexit. The Brexit Support Grant, funded by the Scottish Government will provide up to £4,000 to help you manage a wide range of Brexit impacts. Find out if you’re eligible, what the grant can be used for, and how to apply.

Sharing the responsibility for managing mental health at work

Organisations, managers and employees must learn to work together to improve mental ill-health caused by work, says Simone Cheng of ACAS. The ACAS Framework for positive mental health at work reflects the core and enhanced mental health standards promoted by Lord Dennis Stevenson and Paul Farmer. These include encouraging open conversations about mental health, providing good working conditions and promoting effective people management. The framework highlights the responsibility of positive mental health at work on all key players – employers, managers and individuals. Please click here for more information about the programme.

How Does Your Weekly Drinking Add Up?

It’s recommended that you don’t drink more than 14 units of alcohol a week, spread out over at least 3 days, to keep the risks from alcohol low. But where do you start? Click here to test your knowledge.

Creating a fairer social security system

Applications are open to people from any background with experience of the current benefits system to join the Scottish Government’s Social Security Experience Panels. Ethnic minorities, those living in rural communities and people under 25 are being particularly encouraged to apply to make panels as representative as possible. The 2,400 panel members who have signed up so far are helping shape every detail of Social Security Scotland – from the opening hours to the design of benefit application forms. Members are regularly asked for their views in a number of ways, including workshops, interviews and surveys that can be carried out face-to-face, on the phone and online.
The Menopause at Work

Most women go through the menopause at some stage in their working life. It’s a natural transition in life, but remains a taboo subject that’s stopping many women from reaching their full potential at work. The CIPD have a suite of excellent posters and leaflets so we can begin to get this important topic out in the open. Click here to access them.

NICE supports workplace lunchtime exercise

HIGHLIGHTING A lunchtime yoga or spin class at a local gym, offering subsidised gym memberships and encouraging the use of stairs instead of using the lift are just some of the ways employers can encourage their staff to be more active, NICE has said.

Organisations are also urged to provide information about safe active travel routes to work, as well as producing physical activity programmes for the workplace to encourage employees to be more active and reduce sedentary behaviour. The NICE Quality Standard on encouraging physical activity in the community published today is aimed at healthcare commissioners, service providers, health and public health practitioners, employers, schools, voluntary and community sector and the public. Click here to access full article.

Identifying and responding to trauma

More than 5,000 workers will be trained in how to recognise and deal with psychological trauma. The Trauma Training Plan is the first of its kind in the UK and helps organisations ensure their staff have the skills and knowledge they need to support those who have been affected by traumatic experiences. Police, social workers and nurses are among the staff to benefit from the plan which will be rolled out to all frontline workers.

Charities Call For Plastic Cigarette Filters

"Plastic cigarette butts should be binned like plastic cups and straws" – our latest blog supports the call we are making in partnership with @mcsuk Cigarette filters represent nearly 4 billion pieces of single-use #plastic a year, in #Scotland alone. Click here for more information
**Tea & Talks**

All you have to do is get together a group of friends, family or colleagues, put the kettle on and invite them to make a donation to the Mental Health Foundation - it’s as simple as that! Don’t feel stuck if October is no good for you though - you can hold Tea & Talks at any time of year.

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**#MeToo**

When Alyssa Milano took to Twitter in October 2017, she could hardly have anticipated the effect her hashtag would have. Her attempt to draw attention to sexual harassment through the hashtag #MeToo has snowballed into a worldwide movement, forcing all of us to take stock of the way women are treated every day. Click here

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**New guide for carers of people with dementia**

iSupport, a knowledge and skills training programme for carers of people living with dementia, is now available as a hardcopy manual. Sections include how to deal with behaviour changes such as memory loss and getting lost, providing support with everyday activities such as eating and drinking, and managing one’s own physical and mental health. The manual is already available in an online format. Click here to access the guide