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 10th September**  Mentally Healthy Workplace Training for Line Managers
Line managers have a crucial role in supporting the health and wellbeing of employees. From communication, to clarity of job role, line managers can influence the success of a team. This training includes good practice in promoting positive mental health and wellbeing as well as offering practical examples of how to support employees experiencing mental health problems. 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.

Click here to order **free** health resources from our Public Health Resource Directory
Free Healthy Events in Scotland

ASIST is a two-day practical workshop developing skills through observation and supervised simulation in large and small groups. Applied Suicide Intervention Skills Training (ASIST) is intended as ‘suicide first-aid’ training. ASIST aims to enable helpers (anyone in a position of trust) to become more willing, ready and able to recognise and intervene effectively to help persons at risk of suicide.

Cancer in the Workplace: Supporting Employers and Employees

Maggie’s Glasgow: Cancer in the Workplace 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.

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). Their visit entails asking some questions about the business generally, a series of questions about health & safety arrangements that you may or may not have in place (no right or wrong answer!) and then a tour of your workplace. Following their visit, they produce 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 019 211
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. This is the vision set out by Lord Dennis Stevenson and Paul Farmer in their review of mental health, and is one that Acas shares. Last September, we launched our Framework for positive mental health at work which reflects the core and enhanced mental health standards promoted by Stevenson and Farmer. These include encouraging open conversations about mental health, providing good working conditions and promoting effective people management. Our 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.

Brexit planning for businesses in Scotland

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.

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.

John Davidson MBE: Meeting the Queen when you’ve got Tourettes

A long-time campaigner for Tourette’s syndrome awareness has described the "added pressure" he felt meeting the Queen to get his MBE. John Davidson, of Galashiels, recently received his honour at the Palace of Holyroodhouse in Edinburgh. He was being recognised for his efforts to increase understanding of the condition and helping families deal with it across the country.
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.

Work just one day a week for peak mental health benefits, study finds

One day of employment is the most “effective dose” in order to provide the mental health benefits of paid work, according to research. A new study found that the risk of mental health problems reduced by 30 per cent when people moved from unemployment or stay-at-home parenting into paid work of eight hours or less per week. However, the findings showed no evidence that working more than eight hours provided further boosts to mental health.

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

#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
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.