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Upcoming training and seminars

Click here to view our 2019/20 NHS GGC Employment & Health Team
Free Training Calendar

Thurs 26th Nov 2019 **Lone Working Seminar**

This short course aims to provide delegates with an introduction to the safety risks associated with lone working, raising awareness of how problems can escalate and highlighting ways to reduce risks. The law relating to management of these issues is also discussed. The course is suitable for individuals who have responsibility for a workplace, e.g. employers, managers and self employed people working with the public.

Click [HERE](#) to book your space.

28th January 2020 **Fire Safety Awareness**

This Fire Protection Association (FPA) short course aims to provide delegates with an introduction to Fire Safety in the workplace. The course is suitable for individuals who have responsibility for a workplace e.g. employers and managers (only available to small businesses up to 250 employees outwith the Public Sector).

Click [HERE](#) to book your space.

19th Feb 2020 **Managing Musculoskeletal Disorders in the Workplace**

This course aims to inform employers, managers and those responsible for Occupational Health and Health & Safety about all aspects of preventative and reactive management of MSD in the workplace.

Click [HERE](#) to book your space.

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

18th March 2020

Sensible Risk Assessment

This session will provide delegates with an introduction to risk assessment in the workplace through practical application. 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 organisations health and safety system. (Please note, only available to small business up to 250 employees out with the Public Sector).

Click [HERE](#) to book your space.

21st April 2020

Path for All Walk Leader Training

Walk at Work training is a one day course aimed at getting your staff and colleagues more active by starting a workplace walking project. This training will provide key staff with the essential knowledge, skills and ideas to develop and deliver a successful workplace walking project.

Click [HERE](#) to book your space.

National Campaigns



November 2019

- November Nov 2019
- Stress Awareness month Nov 2019
- Alcohol Awareness Week 11th - 17th Nov 2019
- World Kindness Day 13th Nov 2019
- World Diabetes Day 14th Nov 2019

December 2019

- World AIDS Day 1st Dec 2019
- International Day of Persons with Disabilities 3rd Dec 2019
- Human Rights Day 10th Dec 2019

Other News

Briefing: Very Brief Advice (VBA) on smoking e-learning module

NHS Health Scotland is pleased to announce the launch of the Very Brief Advice (VBA) on smoking eLearning module. The module can empower everyone to have a very brief conversation about stopping smoking.

It will take approximately 30 minutes to complete, and the advice can be delivered in 30 seconds!

This learning resource is hosted on NHS Health Scotland's [Virtual Learning Environment \(VLE\)](https://elearning.healthscotland.com/login/index.php) <https://elearning.healthscotland.com/login/index.php> Note: you will need to create an account on the VLE to access this. [See link](#)

Alcohol Minimum Unit Pricing linked to decreased alcohol sales and decline in alcohol-related deaths

[See link](#)

Members of [Children's Parliament](#) have called for alcohol to be made less visible in shops and on TV, billboards with alcohol adverts to be removed, and alcohol sponsorship of events at which children are present to be stopped. [See link](#)

Scottish Families Affect by Drugs and Alcohol: Family, My Rights Glasgow - Scottish Families AGM will include the premiere of 'What About Us?' a drama co-written and performed by our young person's group Routes, hear from someone in recovery and his relationship with his family.

[See link](#)

6 in 10 construction workers suffer work-related mental ill health IOSH magazine reports

A new survey has revealed that 58% of those working in construction have suffered from mental health problems due to their job, and over a third have had to take time off work due to mental health problems. [See link](#)

Money worries have been shown to be an issue with the working population, reflecting challenging economic times and also changes in life circumstances.

This is a growing problem for many people, with unsecured debt being linked to a greater likelihood of a person having mental health problems or alcohol misuse.

The impact of poor financial wellbeing on organisations includes; absenteeism, poor mental health, employee stress levels – effects on physical health, professional behaviours, job performance – cognitive ability, decision making, focus.

We have developed a workplace money advice guide that may help you identify some signs or triggers for staff, ideas on how to raise the issue of money worries in an inclusive way and where to signpost staff to for information and support.

You can access the guide using the [link](#)

Menopause at Work Guidance

Around two million women have difficulties at work due to their menopause symptoms and it's estimated that one in 20 could go through an early menopause.

ACAS have produced new guidance including tips for workers on how to raise the issue and good practice guidance for employers to help offer support and better manage menopause at work See [link](#)

Menopause at Work Posters CIPD have produced a set of free downloadable posters, see [link](#)

Burns and scalds injuries in the workplace

Safety & Health Practitioner reports:

CE Safety has analysed Labour Force Survey and found that, between 2015 and 2018, 23,000 workers reported suffering from non-fatal burns or scalds.

This statistics means that an average of 75 workers out of every 100,000 have suffered from a burn or scald at work. Between 2013 and 2018, five people were reported to have suffered fatal burn injuries, and 1,745 reported non-fatal burn injuries, according to RIDDOR.

For info and tips to avoid burns and scalds in the workplace, see [link](#)

New benefit for young carers

The Young Carer Grant launched on Monday 21 October and is available for 16, 17 and 18 year-olds who spend an average of 16 hours caring for a person or people who receive a disability benefit. The yearly payment of £300 is a cash benefit for young carers to spend as they choose. They can apply if they are at school, in further education, employed or unemployed.

Young carers can combine the hours they spend caring for more than one eligible person in order to reach the 16 hours a week requirement. This is the first benefit of its kind anywhere in the UK.

We would like to thank all the stakeholders who attended our Young Carer Grant roadshows over the past month and those who took part in our teleconferences and webinar to learn more about the new benefit. We would appreciate your support in promoting the Young Carer Grant. [Stakeholder resources](#) for this benefit can be accessed at the Social Security Scotland website.

Best Start Grant School Age Payment reminder

Applications are open for our Best Start Grant School Age payment for families whose child was born between 1 March 2014 and 28 February 2015 and will be closing in February 2020.

More information on the School Age Payment can be found on the mygov.scot website.

Our Best Start Grant also includes a Pregnancy and Baby Payment and Early Learning Payment. The Best Start Foods card is another form of support available to families that can be used to buy healthy foods for children under 3.

For more information on the Best Start Grant and The Best Start Foods card, visit the mygov.scot website.

Concerns over pollution for outdoor workers

Health & Safety Matters reports:

British Safety Council welcomes King's College London's research demonstrating a direct link between air pollution and health emergencies. More work is now needed on the effects of exposure on outdoor workers.

New research from King's College London proves that hundreds of children and adults are needlessly suffering when air pollution levels are higher in nine major English cities. The research shows that hospital admittances related to cardiac arrests, strokes and severe asthma attacks increase during these key periods. [See link](#)

Breastfeeding Friendly Scotland

Breastfeeding is really important to the health of both mother and baby, yet Scotland has one of the lowest breastfeeding rates in Europe.

While many mothers start breastfeeding, some stop because of lack of support, particularly when they want to feed their baby outside their home.

The **Breastfeeding Friendly Scotland** scheme is a Scottish Government supported national scheme. It aims to provide mothers with positive experiences of breastfeeding when out and about enabling mothers to feel confident and supported, raise awareness of the Breastfeeding etc. (Scotland) Act 2005 and the Equality Act 2010 and organisations responsibilities under this legislation.

If your business signs up to the award, it will contribute to your Healthy Working Lives award evidence and you will be making a positive contribution to the health and wellbeing of Scotland's families and children. Every business and organisation knows the value of repeat customers and the value of word of mouth publicity. Breastfeeding mothers who feel that they and their babies have been made welcome will come back to your business and will also tell their family and friends.

Who is eligible to apply?

Any business which offers service to the general public is eligible to join the scheme, for example, coffee shops, restaurants, shops, supermarkets, hairdressers and beauty salons, libraries, GP Practices, leisure centres and many more.

Joining the scheme is simple

To find out more about the membership criteria and to sign up, see [link](#)