



Like and share our Healthy Working Lives page to see more information about our services and for ideas and inspiration for the award!



## Upcoming Training and Seminars

If you have any issues registering for any training or seminars please get in touch with us on:  
0141 201 4860

**19th February 2020**

### **Managing Musculoskeletal Disorders (MSD) in the Workplace Seminar**

Back pain is one of the leading causes of sickness absence in the UK. This free seminar provides information and resources for employers to help manage and prevent issues relating to back pain or any other 'MSD' in the workplace. It will include presentations from an expert in the field of ergonomics, and will cover legal requirements and best practice regarding policy and processes.

To register your interest click [here](#).



**3rd March 2020**

### **Mentally Healthy Workplace Training for Line Managers**

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. It is a core criteria of the silver and gold Healthy Working Lives Awards. It is delivered as 'blended learning' and consists of an eLearning module as well as the face to face training. Participants must complete the eLearning prior to attending.  
(For non NHS staff only).

To register your interest click [here](#).



**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 organisation's health and safety system. (Please note, only available to small businesses up to 250 employees out with the Public Sector).

To register your interest click [here](#),



# Celebrate Your Success!

We are always looking to celebrate the achievements and success stories of everyone who achieves a Healthy Working Lives Award. Let us know about your experience and we can include this in one of our newsletters. We would love to hear about all your great ideas, what worked well, and of course the laughs along the way! Drop us an e-mail at [healthyworkinglives@ggc.scot.nhs.uk](mailto:healthyworkinglives@ggc.scot.nhs.uk)

If your organisation is not yet registered with the award programme please get in touch with us and one of our advisers would be happy to discuss this with you.

## National Campaigns

### February 2020

World Cancer Day 4th February

Time to Talk 6th February

### March 2020

Ovarian Cancer Awareness Month

Eating Disorder Awareness Week 2nd-8th March

No Smoking Day 11th March

World Sleep Day 13th March

Nutrition and Hydration Week 16th-22nd March

World Oral Health Day 20th March

Autism Awareness Week 30th-5th April

# Other News

## Healthy Working Lives Awards Ceremony 2020

If you have achieved a bronze, silver or gold Health Working Lives award after October 2018, keep an eye out for an invitation to our Awards Ceremony which will be held at the Parklands Hotel & Country Club on 18th March 2020. Refreshments will be served at 1.30pm, with the ceremony taking place from 2pm until 4.30pm. Feel free to get in touch with your HWL Adviser for further information about the ceremony or for further support with the award.

Click [here](#) for more information about the Parklands Hotel & Country Club.

## Equality Updates

In partnership with the Glasgow Equality Forum, 'Equality Updates' is an information service on human rights and inequalities. It is a useful resource for Glasgow's voluntary and public sector. Equality Updates publish weekly newsletters on their website which include a range of topics as well as local courses and events that celebrate diversity and promote equality in Glasgow.

For more information click [HERE](#)



## Mums Returning to Work

Mums Returning to Work is a collection of good practice guidance, online training and a website which informs employers of the small changes they could make to create a positive experience for mums returning to work. This project was created by the community development charity, 'Outside The Box' who are based in Glasgow. It is funded by the Scottish Government Workplace Equality Fund, and managed by Impact Funding Partners.

For more information click [HERE](#)



## Slips and Trips - Health & Safety in Winter Conditions

Now we are in February, we notice the days getting longer and the commute home is getting lighter however for a lot of us the journey home can still feel dark, hazardous and cold. The Health and Safety Executive have identified actions to take that will reduce the risk of slips or trips this winter, keeping you and your colleagues safe. They have provided advice on 5 key areas worth considering. They are: lighting, wet and decaying leaves, rain water, ice frost and snow, and gritting.



For more information click [HERE](#)

## Money Matters Information and Support

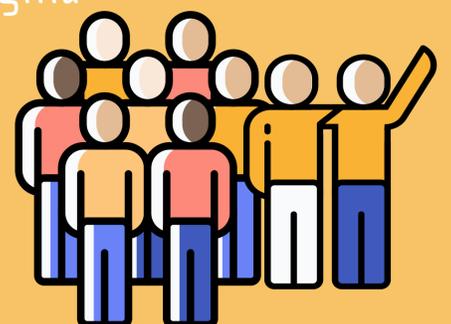


We had great discussions about supporting employees with their financial worries at our Workplace Money Advice Seminar last month. Signposting colleagues to the correct support and advice teams could make a real difference for someone who feels that they are stuck or struggling on their own. Money Matters, who are based in Glasgow, have a wealth of knowledge and have been operating a successful advice centre since 1990. They offer advice and representation on a range of topics including in-work benefit checks, grant applications, income support, benefit appeals and much more.

For more information click [HERE](#)

## 'Communities Can' Talk About Mental Health

See Me Scotland have developed a Communities Can pack that has been designed to get people in the community talking about mental health, and challenge stigma and discrimination. This new resource is full of activities, tools and information which can be used across a broad range of groups (workplaces, sports clubs etc.) The pack is available to download for free.



For more information click [HERE](#)

## NHS Minor Injuries Unit

For injuries such as broken bones, sprains and minor burns you are likely to get treated faster at a Minor Injuries Unit as opposed to attending A & E because you will not have to wait for people with serious injuries and conditions to be treated first. An assessment would be carried out by highly experienced staff, giving you quick access to health information, advice and treatment.

Click the link below for more information on what may be treated as a minor injury, and to find your nearest Minor Injuries Unit. [For more information click HERE](#)



## Protect Against Air Pollution

The British Heart Foundation's magazine 'Heart Matters' have included an article about the impact of air pollution on our physical health which is accompanied by a short video about why air pollution is such a big problem affecting our lungs, heart and brain. For many of us, avoiding highly polluted areas is easier said than done, especially for people commuting far for work. Click the link below to read the article and to find out more about the key advice for protecting against the effects of air pollution.



[For more information click HERE](#)

## Time to Talk by Time to Change

This year 'Time to Talk' day is on Thursday 6th February and is encouraging everyone to tackle the stigma around mental illness by talking about their own mental health. This year, they are using the popular game 'Would you rather?' to help break the ice and get the conversation flowing. 'Time to Change', the social movement who have identified this specific day to promote conversations about health and wellbeing, have dedicated part of their website for information specific to supporting both employers and employees with discussing mental health at work. Their, 'Workplace Conversation Pack' has been designed specifically for Time to Talk day and is free to download.

[For more information click HERE](#)



# Feature of the Month

## Our Virtual Learning Environment

We offer an extensive range of courses via our online learning environment known as the “VLE”. This is done in conjunction with Health Scotland. NHS Health Scotland is a national Health Board working to reduce health inequalities and improve health. This month we are shining a light on our VLE which includes a number of online learning modules designed to increase knowledge and awareness of different issues that relate to inequality. The courses can be used by anyone and are free to access at any time of the day! Learners can print a completion certificate if they gain a high enough score at the end of the course assessment.

There are a range of topics including Alcohol and Drugs in the Workplace, Child Poverty Health & Wellbeing, Supporting Staff Attendance, and many more.



Some will already be familiar with the Mentally Healthy Workplaces e-module, as this is also part of the ‘Mentally Healthy Workplace Training for Line Managers’ blended learning course that is part of the criteria for an organisation achieving their Healthy Working Lives Silver Award.

### How to access...

Click [here](#) to go to the Health Scotland Learning and Improvement webpage to create an account and get started.

The screenshot shows the NHS Health Scotland website interface. At the top, there is a navigation bar with the NHS Health Scotland logo and the text 'NHS Health Scotland'. Below the navigation bar, there is a breadcrumb trail: 'Home > Tools and resources > Learning and development'. The main heading is 'Learning and development'. Below this, there is a paragraph: 'You can choose from our range of learning and development tools for the public health workforce including'. This is followed by a bulleted list: 'forums', 'resources', 'event information', 'face to face courses', and 'a wide range of eLearning modules'. Below the list, there is a paragraph: 'Our eLearning modules are available on our Virtual Learning Environment (VLE). Our resources are developed and tested by experts in public health and learning and development representatives from across Scotland. They are available to workers and volunteers in the NHS, wider public sector, private sector and third sector.' Below this, there is a section titled 'You can' followed by a bulleted list: 'learn about what health inequalities are and how to reduce them', 'find the right approach to mitigating health inequalities in areas such as alcohol and drugs, healthy weight or suicide prevention', 'access most of our learning for free and at a time that suits you on our VLE', and 'develop your skills, enhance your practices and improve the health of others.' At the bottom of the page, there is a blue button that says 'Join our VLE'. Below the button, there is a small paragraph: 'Our learning resources look up tool allows you to find and access our online learning resources, including blended learning resources.'