



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

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. The training will be delivered at the Gartnavel Royal Hospital Campus

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

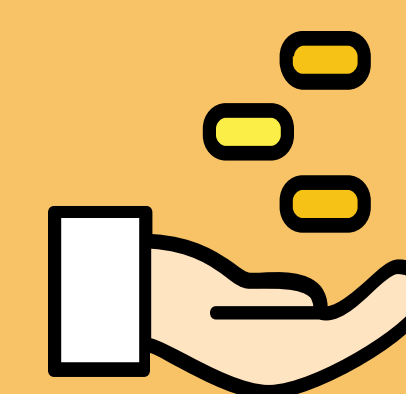


1st April 2020

Workplace Money Advice Seminar

1 in 8 workers are now living in poverty. We know that poor financial wellbeing affects employee health and employee productivity. The impact of poor financial wellbeing on your organisation could include absenteeism, rising stress levels and reduced job performance. This session aims to highlight the impact of financial wellbeing on your workplace and how you can best support your employees who may be struggling. The training will be held at HM Prison Barlinnie

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



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 staff with the knowledge, skills and ideas to develop and deliver a successful workplace walking project.

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



Updated Training Calendar & Directory of Workplace Sessions

We will be updating our current Training Calendar and Directory of Workplace Sessions soon!

Our training calendar is full of free, face to face training courses and seminars designed to target different aspects of health and/or wellbeing in the workplace.

Our Directory of Workplace Sessions lists a range of free sessions delivered by a whole host of our partner organisations.

For our 2019-2020 Training Calendar click here.

For our 2019-2020 Directory of Workplace Sessions click here.

National Campaigns

March 2020

Brain Tumour Awareness Month

Ovarian Cancer Awareness Month

World Hearing Day 3rd March

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

April 2020

Stress Awareness Month

World Health Day

On Your Feet Britain

Click here to order **free** health resources from our Public Health Resources Directory
Please note that the NHSGCC Public Health Resources Directory service will be closed for a period during March

Other News

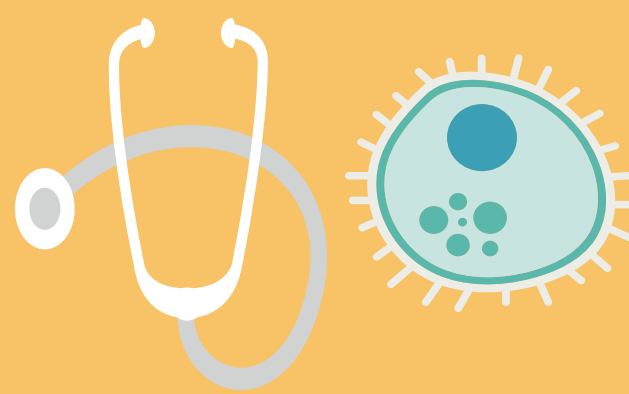
Proxy Purchasing Tobacco

The NHS and Renfrewshire HSCP have worked together in producing a short video clip about the dangers of buying young people tobacco. It touches specifically on the fact that young people become dependent on nicotine more quickly than adults, and selling or buying tobacco for someone under the age of 18 is illegal. This is known as 'proxy purchasing' and may incur a £5000 fine. Click the link below to watch the short clip.

For more information click [HERE](#)



Coronavirus Information



The NHS inform website has been updated to provide the latest information and guidance on Coronavirus (COVID-19). Included on the website is a self-help guide that details what to do next if you have developed any symptoms since arriving from an affected area. NHS inform have also developed a toolkit containing a poster, video and social media posts for organisations to print and share. To visit the website, click the link below.

For more information click [HERE](#)

Scottish Workplace Journey Challenge

The Scottish Workplace Journey Challenge is a great way to promote physical activity and reduce carbon dioxide emissions in your team. It encourages workers in Scotland to commute to work by walking, cycling, public transport or lift share throughout the month of March. It's free to participate and business travel journeys can be included. Anyone in Scotland can take part and you can compete against other organisations and individuals across Scotland too.



For more information click [HERE](#)

Pass It On Week

Recycle for Scotland are celebrating swapping, donating, sharing and repairing for Pass It On Week and want you to get involved. The next Pass it on Week will be held from **7-15th March 2020** with a theme of, "The Great Toy Rescue". Click the link below for free guides, posters, banners and social media resources to download to promote your involvement. For more information click [HERE](#)



Healthy Working Lives Awards Ceremony 2020

Our annual Awards Ceremony takes place this month and all organisations who have achieved a Bronze, Silver and/or Gold Award between October 2018 and January 2020 are invited. We will be live tweeting from the Parklands Hotel & Country Club during the event on 18th March. Thank you to all companies who have registered to attend and have sent their highlights, stories and photos from their journey towards their award.



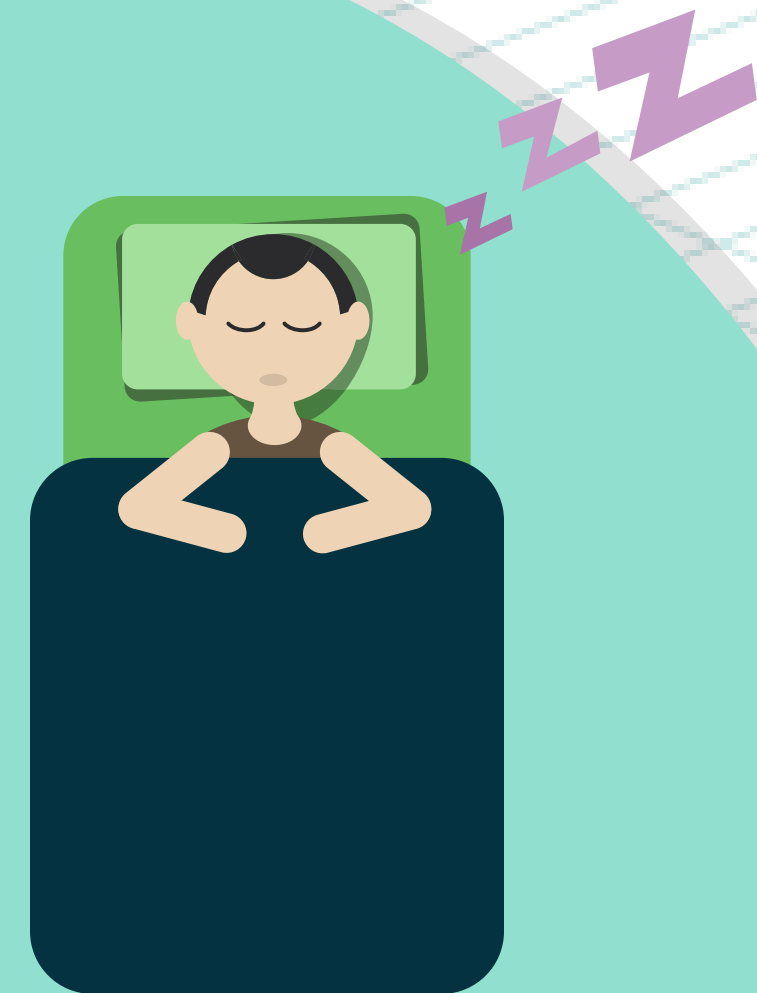
Global Tea Party

Also taking place on the 18th March (as part of Nutrition and Hydration Awareness Week) is the Global Tea party where anyone can hold their own tea party wherever they are and share the fun on social media. The National Nutrition and Hydration Awareness website is full of resources to help you make your own workplace tea party a success, including recipe ideas, templates and posters.

For more information click [HERE](#)



TROUBLE SLEEPING?



A POOR NIGHT'S SLEEP CAN OFTEN HAVE NEGATIVE EFFECTS ON OUR MOOD, ON CONCENTRATION, AND ON OVERALL JOB PERFORMANCE. AS WELL AS THE PHYSICAL EFFECTS OF POOR SLEEP, MISTAKES MAY BE MORE LIKELY TO HAPPEN AND DEADLINES CAN BE MISSED - CONTRIBUTING TO AN INCREASE IN STRESS, REDUCED JOB SATISFACTION AND A RISE IN ABSENTEEISM. SO HOW DO WE SUPPORT OUR COLLEAGUES WHO ARE STRUGGLING WITH THEIR SLEEP?

THE 13TH MARCH MARKS WORLD SLEEP DAY - A GREAT OPPORTUNITY TO RAISE AWARENESS OF THE IMPORTANCE OF SLEEP FOR PHYSICAL AND MENTAL WELLBEING! WHY NOT SHARE SOME OF THE INFORMATION BELOW WITH YOUR TEAM?

PREPARING FOR A GOOD NIGHT'S SLEEP (SOME HWL GGC TIPS FOR BED TIME...)

1. LIMIT SCREEN TIME
2. TURN OFF EMAIL AND SOCIAL MEDIA NOTIFICATIONS
3. PRACTISE A GUIDED RELAXATION
4. LIMIT SUGAR, CAFFEINE AND ALCOHOL

FOR A LOT OF WORKPLACES, SHIFT WORK CAN BE HARMFUL TO THE QUALITY OF SLEEP FOR EMPLOYEES. FOR PEOPLE HAVING DIFFICULTY FALLING ASLEEP, THE NHS RECOMMENDS ESTABLISHING A REGULAR BEDTIME ROUTINE AND STICKING TO IT, HOWEVER WE KNOW THAT FOR SHIFT WORKERS THIS CAN BE CHALLENGING. THE HEALTH AND SAFETY EXECUTIVE (HSE) HAVE PUBLISHED A FULL GUIDANCE DOCUMENT ON MANAGING THE RISKS OF SHIFT WORK TO EMPLOYEES AND THE ORGANISATION. [CLICK HERE TO READ THE GUIDANCE](#)

Feature of the Month

THE NHS POINTS OUT THAT WINDING DOWN IS A CRITICAL STAGE IN PREPARING FOR BED. THERE ARE LOTS OF WAYS TO RELAX INCLUDING HOT BATHS, YOGA AND GUIDED RELAXATION. FOR FANS OF A PODCAST THE ONE WE HAVE INCLUDED BELOW IS PRESENTED BY DR. DAVID PETERS AND CAN BE FOUND ON THE MENTAL HEALTH FOUNDATION'S WEBSITE. IT IS DESIGNED TO HELP PEOPLE RELAX AND GET READY TO FALL SLEEP.



CLICK THE IMAGE
← TO LISTEN

THE SLEEP COUNCIL WEBSITE IS ALSO WORTH SHARING WITH COLLEAGUES WHO MAY BE WORKING SHIFTS OR GENERALLY FINDING IT HARD TO GET A GOOD NIGHT'S KIP. THE SLEEP COUNCIL PROVIDES ADVICE FOR EVERYONE INCLUDING PARENTS, CHILDREN AND OVER 55'S. IF LISTENING TO SOMETHING SOOTHING HELPS YOU FALL ASLEEP, THEY ALSO HAVE THEIR OWN 'NODCASTS' OF BIRDS SINGING, WAVES AND RAIN THAT CAN BE FOUND ON THEIR WEBSITE [CLICK HERE TO LISTEN](#)



"HUMAN BEINGS ARE THE ONLY SPECIES THAT MAKE A CONSCIOUS DECISION TO MISS OUT ON SLEEP" - FOR AN INTERESTING TAKE ON ATTITUDES TOWARDS SLEEP AND SLEEP DEPRIVATION YOU MAY WANT TO READ CHRIS BURROW'S ARTICLE IN THE IOSH MAGAZINE (FROM THE INSTITUTION OF OCCUPATIONAL HEALTH). [CLICK HERE TO READ THE FULL ARTICLE](#)

FOR FURTHER HINTS AND TIPS FOR WORKERS ON STAYING ALERT AT WORK, SAFETY WHILST DRIVING AND FOR TECHNIQUES TO PROMOTE SLEEP THE HSE HAVE A WEBPAGE FULL OF INFORMATION [CLICK HERE TO READ MORE](#)