



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



Update on trainings, seminars and the Healthy Working Lives Award

We will not be offering face to face training or seminars at this time due to the government guidance on social distancing because of the Coronavirus outbreak. Our Virtual Learning Environment is still available and free of charge. Click [HERE](#) to log in and begin elearning. There are a range of modules including Mentally Healthy Workplaces, Health Inequalities Awareness, Alcohol and Drugs in the Workplace, and Sensible Risk Assessment.

The Healthy Working Lives Team are also available via email, although this may be more limited than usual due to the different work that we are supporting at this time. The Healthy Working Lives Advice Line is also still in operation - 0800 019 2211 and we also have a new [webpage](#) for information on dealing with Coronavirus as an employer and employee.

National Campaigns

April 2020

Stress Awareness Month

World Health Day 7th April

On Your Feet Britain 24th April

May 2020

National Walking Month

Sun Awareness Week 4th-10th May

Deaf Awareness Week 4th-10th May

Save Lives: Clean Your Hands 5th May

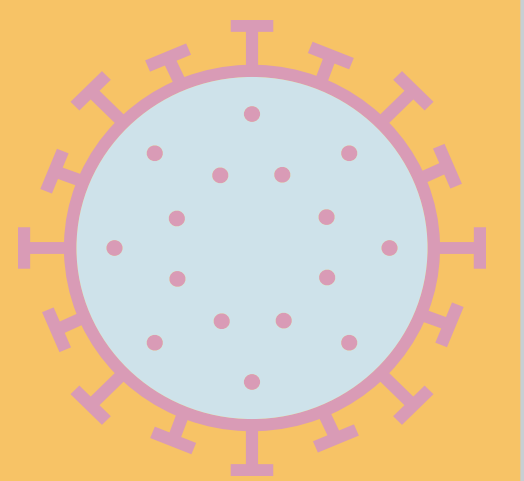
Mental Health Awareness Week 18th-24th May

Information on Coronavirus

Guidance from NHS Greater Glasgow and Clyde

We will continue to direct people to the guidance on the [NHS inform website](#) for queries specific to Coronavirus (COVID-19). This webpage is kept up to date, and now provides further information regarding 'isolation notes' for employees who are unable to work from home. For general information, there is also a free helpline on 0800 028 2816, which is open from 8am to 10pm each day.

The [NHS GGC Public Health Resource Directory](#) also provides a range of resources and posters for workplaces to display on their premises, or to email to employees who are working from home.



Supporting Employee's Mental Health



Many workplaces are now working hard to adapt their processes to keep their staff, customers and the public safe. Restrictions are currently in place which mean many people are spending most of their time at home. We know boredom, social isolation and lack of routine can have a negative impact on mental health. SAMH have dedicated a page of their website to self-help during the Coronavirus outbreak which includes guidance on managing anxiety and who to contact for urgent help and support. Links to NHS, Mind and YoungScot are included on the web page. The Mental Health Foundation also have a great webpage on staying well during this time. Click [HERE](#) to visit SAMH's page.

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Government Guidance on Business Support

The UK Government has announced that all non-essential businesses must close. Guidance is available for employers and businesses from the UK Government and Scottish Government on the [gov.uk](#) website which covers issues such as sick pay, loans, grants and VAT. People can also visit the site and check whether they are covered by the Coronavirus Job Retention Scheme. The HMRC also have a helpline number 0800 0159 559 for businesses and self-employed people who have concerns about tax relating to COVID-19.



The Money & Pensions Service



The Money & Pensions Service (MaPS) was set up by the Government to help ensure that people throughout the UK have access to the information they need to make effective financial decisions throughout their lives. MaPS brings together three guidance bodies: The Money Advice Service, The Pensions Advisory Service and Pension Wise. Their vision is 'everyone making the most of their money and pensions'. As part of this they support employers and their consultants to improve financial wellbeing in the workplace.

The Money Advice Service website is full of useful information and guidance to support people with money issues. They have now dedicated web pages to financial support during the Coronavirus outbreak for employers, employees and the self-employed, as well as those unable to work at this time, and people who are unemployed. The website highlights many useful tips and support for individuals including managing to pay rent and bills, emergency budgeting, borrowing money, Coronavirus scams etc. During such uncertain times we do expect employers are concerned not only for themselves and their families, but for the security of their colleagues and employees. So, why not share the above information with your teams? Whether it be pension guidance, debt advice or general information on managing money - let's empower our employees to better understand their own finances and make the changes that will help them be as financially secure and supported as possible.



There are different ways people can connect with MaPS and learn more about financial wellbeing. For general enquires you can e-mail them on contact@maps.org.uk. They are active on both twitter and LinkedIn, and produce a monthly newsletter online. The Money Advice Service can be contacted via Web Chat, Whatsapp and on the phone. For further contact information click [HERE](#)



MaPS offers free, impartial money guidance for your employees. Click [HERE](#) to watch a short youtube video clip about the Money Advice Service which could be shared with your colleagues.

#StayatHome

Working From Home

For many of us now, working from home has become the new normal. With self-isolation and social distancing becoming everyday necessities, the thought of pitching up at the kitchen table or spare room feels very odd, and so we want to take this opportunity to call upon the WFH experts and find out what the top tips are for a successful day WFH. We welcome your pictures, stories and videos that we can post online to share the good practice ..or warn against any pit falls! Please direct message us or tag us on twitter and facebook so we can get sharing!



Get Active Indoors



We all know that physical activity is one of the key ingredients to good health and wellbeing. We have put together our 'Get Active Indoors Top 5 Inspirations' for you to check out this month. Leg warmers and Lycra are optional of course - let us know how you get on! Photos and videos welcome 😊

- [1. The Green Goddess Returns!](#)
- [2. Dancing Live with Strictly's Oti Mabuse](#)
- [3. P.E with Joe Wicks](#)
- [4. A Touch of Motivation: Mr Motivator](#)
- [5. Jane Fonda: Are you ready to do the Workout?](#)



Stay Connected



Whether it be hosting a dinner date over Zoom, sending GIFs to your colleagues, joining a virtual dance party, or Face-timing your Granny for cooking advice, staying connected can be varied and fun whilst social distancing. If however, you need a break from technology, have you considered doing a random act of kindness? What about sending a postcard to someone in your community who you know is on their own? Or writing a message in coloured chalk on the doorstep of a friend? Click [HERE](#) to read about the pictures of rainbows on display in windows across the country that can be a way to connect whilst respecting new restrictions on movement.