



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 continue not to offer face to face training or seminars at this time due to the government guidance on social distancing because of Coronavirus. 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 NHS GGC Healthy Working Lives team are available although have limited access to emails at this time due to the different work that we are supporting currently. Our AdviceLine is still in operation - 0800 019 2211 and we also have a new [webpage](#) for information on dealing with Coronavirus as an employer and as an employee.

National Campaigns

NOTE: SOME CAMPAIGNS HAVE BEEN RESCHEDULED TO LATER IN THE YEAR DUE TO CORONAVIRUS

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

June 2020

Carers Week 8th - 14th June

National Blood Donor Week 8th - 14th June

Men's Health Week 15th - 21st June

Cervical Screening Awareness Week 15th - 21st June

Other News

Capacity Building Resources for SMEs

Glasgow Council for the Voluntary Sector have a new [webpage](#) for capacity building guidance to support organisations during the Coronavirus outbreak. Their webpage includes information on current COVID-19 funding and fund raising. They have some key resources available including information for current and prospective volunteers, and for organisations working with volunteers. Information will be updated as the current situation changes. For more advice and support, organisations can contact GCVS Capacity Building team on 0141 332 2444 or by emailing CLD@gcvs.org.uk.



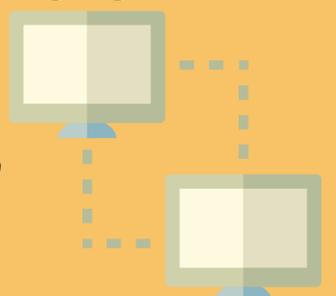
Walk this May

National walking charity, Paths for All, are running a special edition of their Step Count Challenge this month. Their Spring Step Count Challenge will begin on Monday 4th May, will last for 4 weeks and will be free to participate in. For the first time, those taking part can sync activity trackers to the new-look Step Count Challenge website. The focus this month will be on staying connected to colleagues, having fun together, and keeping active at home - rather than purely number of steps reached. For more information [click here](#).



IOSH Webinars

Throughout April the Institute for Occupational Safety and Health have launched new webinars for occupational health and safety professionals discussing issues that have arisen since the Coronavirus outbreak. So far, the webinars have covered, managing workplace safety and health, the mental and physical health and wellbeing of remote workers, and the current risks, challenges and practical measures in protecting health workers responding to COVID-19. To watch these webinars and for further information about future dates [click here](#).



#StayatHome

Parent Club

For many parents, working from home can be a challenge especially with young children and babies around. Parent Club is full of tips and advice tried and tested by parents themselves. They have a whole area of their website dedicated to 'working from home tips' for parents of children in all age groups. They also provide advice on talking to children about Coronavirus, coping with being a parent and remaining calm. To visit their website [click here](#).



Fire Safety for Remote Workers



Fire Safety Matters have highlighted the risk remote workers are at of fire when working from home. With increased use of electrical equipment, extension leads and adapters in the home there is the potential for these to be overloaded creating a fire risk. Secondly, they note that more often now, people are leaving charging devices on a bed rather than on a hard, non flammable surface increasing the risk of a fire. They point to Electrical Safety First for use of the 'Charity's Socket Overload Calculator' to check that a safe number of appliances are plugged into a socket at once. For more details on this and to visit the Fire Safety Matters website, [click here](#).

Healthy Working Lives Website Update

Our national team have launched specific pages for COVID-19 on the Healthy Working Lives website to give more targeted advice based on the queries received through our Adviceline. Information on these pages covers guidance for employers, advice for employees and news updates. Issues such as dealing with potentially contaminated deliveries, DSE assessments for employees working from home, and loss of earnings are highlighted. Links to government guidance are also included. Our webpage on supporting staff's mental health is also a useful starting point in exploring resources to support wellbeing. To visit our website, [click here](#).



Useful Contacts for Supporting Mental Health and Wellbeing

Loneliness

During this time of social distancing and self-isolation many more of us may now be experiencing loneliness. Fortunately, we are living in an ever advancing digital age, meaning that we can connect safely with people using our phone or over the internet. Church services, dance classes and even virtual bake offs are now becoming common place online.

The British Red Cross and Age UK both have good websites discussing loneliness and how to tackle it during the coronavirus outbreak. Mind also provide great resources about overcoming loneliness and useful contacts for support.

Dealing with Loss and Grief

Whether it be through personal experience or on the news, we are hearing a lot about loss linked to the current impact of Coronavirus. The loss of employment, freedom, opportunities, as well as losing someone or something important to us can bring up a range of emotions. Managing the impact of loss currently could be more difficult, as some people may feel distanced from their support network of family and friends. NHS GGC have a Bereavement Services website with links to useful information and contacts.

'Beyond Words' a charity that provides books and training to support people who find pictures easier to understand than words, have free information available and specific resources and guides for families and carers.

Domestic Abuse and Gender-based Violence

For anyone who feels, or knows someone who is, at risk of abuse, it is important to know that there are many support options available (police response, online support, helplines, refuges and other services - you are not alone). The government have clearly stated that the household isolation instruction, as a result of Coronavirus, does not apply if you need to leave your home to escape domestic abuse. For support for male and female victims and for forced marriage visit the Scottish Government webpage on domestic abuse.

Bringing the Team Together

Fancy Footwork Friday

Before we were asked to refocus our efforts on supporting new work as part of the NHS GGC's response to Coronavirus, our team were spending most of the working week working from home. As for many teams, this was an unexpected change that we had to adapt to quickly. Like any important change in the workplace, there is the potential for colleagues to feel a range of emotions from excitement, uncertainty, worry and stress. To add a bit of positivity to our week, and to bring the team together we hosted our own Dress down Friday and asked our team to share some of their comfy footwear that would only be suitable for home working! See some of the contributions below!

For more information on supporting the wellbeing of your colleagues visit the [Healthy Working Lives webpage](#) on mental health.

