



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

### 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

### July 2020

Plastic Free July

Samaritans 'Talk to Us' Month

# Support for Employers



## FAQs for Employers

UK law firm, Brodies LLP have a coronavirus hub on their website with lots of useful FAQs for employers including FAQs on furloughed workers which is being updated as more details become available. Free guidance on self-isolation and sickness absence is available as well as on school closures, travel, holiday requests, discrimination and homeworking. They also highlight the importance of data protection during this time as employers may be collecting more information than usual about employee's health and their family's health. For more information click [here](#).

## Skills Development Scotland

Skills Development Scotland support people to build their career management, work-based and employability skills, throughout their career journey, from school, into further learning opportunities and employment. Currently, they are providing measures to reduce disruption to training providers and contract holders to advise and support them in delivery of apprenticeships. They are also continuing to deliver services (for example career's advice) online and on the phone. They also point to the Scottish Government's Partnership for Continuing Employment ('PACE') helpline to support people including employers on issues relating to redundancy. For more information on redundancy help click [here](#).

## Planning to Return to the Workplace

ACAS are also providing information and guidance for employers during this time. Their website includes pointers for employers when discussing returning to work, with their employees. They recommend a number of topics to cover such as safe travel to and from work and how health and safety will be reviewed. They also offer advice on furlough and pay, using holidays and supporting employees who do not want to return to work. They have also made their live webinars available on their website (topics include furlough and managing mental health). To visit their website click [here](#).

# Other News



## Glasgow Chamber of Commerce

Glasgow Chamber of Commerce has been engaging with the government to seek immediate economic support whilst also making the case for clear guidance on the steps towards recovery and redesign of our economy. In May they highlighted that with every new support mechanism announced for businesses, it seems that another group of people 'fall through the cracks' and are without a financial rescue package, and so they will continue to lobby for directors of small businesses who take a dividend rather than a wage, and city centre businesses who do not qualify for rates relief because they have a rateable value of £51000 or more. They have created a COVID-19 "cheat sheet" of the financial support available for businesses (including third sector, and self-employed). To view this, click [here](#).

## Back Pain and Working from Home

The Institute for Employment Studies has cited an increase in productivity as one of the benefits of working from home during the coronavirus outbreak, as part of their Working from Home Wellbeing Survey conducted during the first two weeks of 'lockdown'. However, they have also identified that there has been a significant increase in musculoskeletal complaints (amongst other issues such as poor sleep, decrease in exercise, and worries of job security and the health of family members). The BBC have a great short video of tips on combating back pain whilst working from home. Click [here](#) to read the findings from the IES paper and click [here](#) for the video from the BBC.

## Feeling Zoomed Out?

Evaluation Support Scotland offer guidance to third sector organisations and funders on measuring and reporting on the impact of their work. The ESS currently provide tailored support to help organisations to continue to evaluate during this time, whilst also continuing to provide a service. We were also interested in reading their blog on adapting to change and relying on virtual platforms for communication as it is full of helpful tips for effective online meetings and trainings. To read more, click [here](#).

# Supporting Health and Wellbeing



## The Happy Newspaper

We've recently been following The Happy Newspaper on social media and have really enjoyed their positive news stories. The newspaper is written to celebrate all that is good in the world, 'a platform to share positive news and wonderful people'. There is a small charge for a quarterly subscription (which can be made online for £3.99). We do not normally endorse anything incurring charges but on this occasion we thought it appropriate to highlight any where we can find some cheer! Why not try out a subscription or make your own! To visit The Happy Newspaper website click [here](#).

## National Wellbeing Hub

The National Wellbeing Hub is an online resource for health and social service workers in Scotland provided by PRoMIS. It has been tailored to provide advice on self-care and resilience with information about services and resources available at national and local level. PRoMIS is a collaboration between the Rivers Centre for Traumatic Stress in NHS Lothian and The Anchor Psychological Trauma Service in NHS Greater Glasgow & Clyde. It was commissioned by the Scottish Government and established in 2020 with the aim of promoting the psychosocial recovery of people affected by major incidents. It has been launched to support the challenges faced by everyone in health and social care in response to the impact of COVID-19. For more information click [here](#).

## NHS Greater Glasgow & Clyde Staff Hubs

As part of NHS GGC's response to coronavirus, our staff team have been involved in the opening of the new NHS Staff Relaxation & Recuperation Hubs. The hubs are designed to provide a restful place for all staff on acute sites to enjoy whilst on their break or before or after their shift. Airline crew from Project Wingman are now involved and supporting our staff, as well as NHS volunteers and Clinical Psychologists, in running the hubs. For more information about this click [here](#).