



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

### July 2020

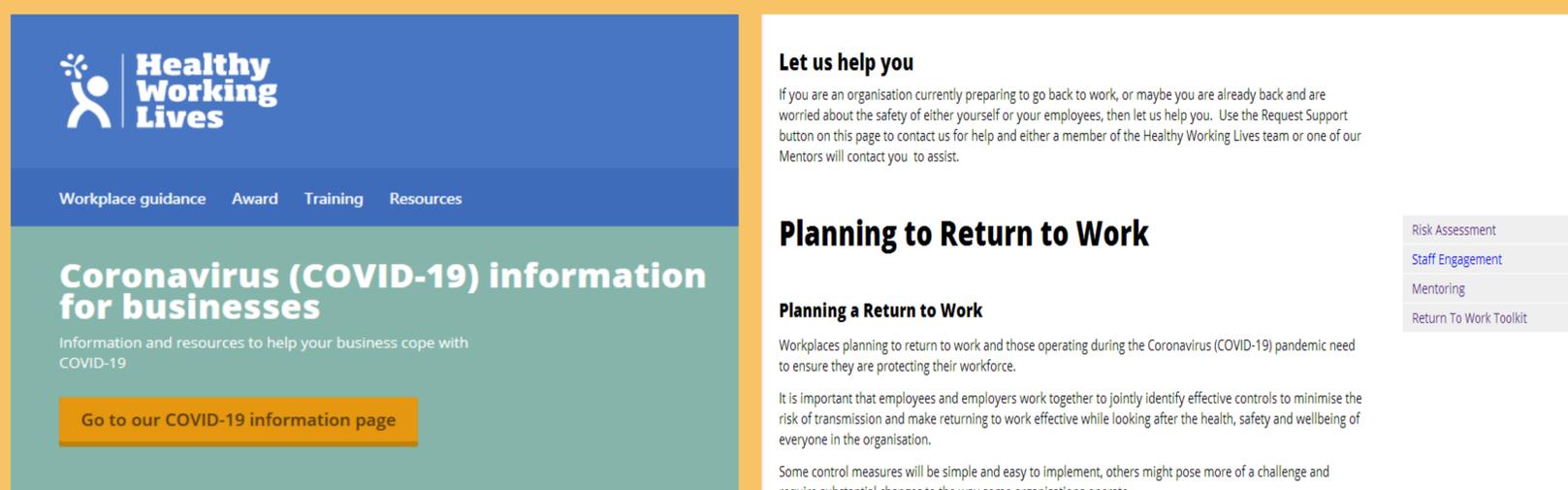
- Plastic Free July
- Samaritans 'Talk to Us' Month
- Sarcoma Awareness Month
- Health Information Week 6th - 12th July
- World Hepatitis Day 28th July

### August 2020

- Cycle to Work Day 8th August
- National Allotments Week 10th-16th August

# Updates to the Healthy Working Lives Website

The Healthy Working Lives (HWL) website has a dedicated area for coronavirus specific support and information for employers and employees. We provide templates and examples of risk assessments for managing the risk of transmission of COVID-19 in the workplace as well as guidance on staff engagement in planning for returning to work. It is important that we take the time to involve our workforces in understanding potential issues and solutions in reducing the risk of transmission, and agree on the best ways to implement these together. On the HWL website we look at ways to consult with staff and hold meetings in order to support a collaborative approach to working and returning to work.



The screenshot shows the Healthy Working Lives website interface. On the left, there is a blue header with the logo and navigation links: 'Workplace guidance', 'Award', 'Training', and 'Resources'. Below this is a green section titled 'Coronavirus (COVID-19) information for businesses' with a sub-heading 'Information and resources to help your business cope with COVID-19' and a button that says 'Go to our COVID-19 information page'. On the right, there is a white section titled 'Let us help you' with a paragraph of text. Below that is a section titled 'Planning to Return to Work' with a sub-heading 'Planning a Return to Work' and a paragraph of text. To the right of this section is a vertical list of links: 'Risk Assessment', 'Staff Engagement', 'Mentoring', and 'Return To Work Toolkit'.

HWL have a key role in supporting small and medium sized business (SMEs) and their employees to plan and return to work safely during COVID-19. The HWL Mentor Programme is designed to help organisations learn from each other and share experience's across various sectors. You can support the HWL Mentoring Programme by becoming a member or providing resources for small businesses to use. This is a great opportunity to get involved and share your experiences with SMEs, in preparation for and practice in safely returning to work during COVID-19. This will be via phone calls or emails and you can decide how much time you can give, so why not get involved?!

HWL have also created a Return to Work Toolkit to help plan for staff returning to the workplace. This can help the process go as smoothly as possible, tackle any issues, and make staff feel safe, valued and listened to. The toolkit is packed with resources such as letter templates, questionnaires, example forms and key actions. For the toolkit click [here](#).

To join the mentor programme, or for any further information about how we can support your business on working or planning on returning to work during the coronavirus outbreak click [here](#).



## Introducing a New Colleague Whilst Working Remotely

For most, introducing a new team member at work will include showing them around the workplace and introducing them to colleagues face to face however at this time, staff inductions are becoming an entirely computer-based exercise. Adjusting to having every interaction with colleagues in the virtual world could become draining over time, especially when trying to get to know and support a new worker. A recently published BBC article points out the benefits of building new relationships with employees remotely and discusses ways to break the ice online. The article also points out the benefit of taking 'mental breaks' and relying on the simple phone call to connect with your team mates.

To read the article [click here](#).

## Protecting Shift Workers

Recent research from the Institution of Occupational Safety and Health (IOSH) has shown that shift workers (including night shift work) are 30% more likely to be at risk of injury or ill health than their day worker colleagues. We know that shift working causes a disruption to biological and social factors for most workers which will impact their health over time. In many workplaces, health care employees are working longer shifts, in PPE and may be more likely to be at risk of exposure to the virus, as well as errors relating to fatigue. There are a number of additional health and safety concerns for this group of workers. IOSH researchers' recommendations include evaluating shift schedule design such as length of breaks and start and finishing times, providing at least 48 hours between shift changes. For further details on the above and a summary of the article [click here](#).

## Test and Protect - Advice for Employers

Employers should follow public health guidance if an employee becomes unwell with symptoms at work. The person should leave work to self-isolate immediately and wear a face covering on route and avoid public transport. Direct your employees to NHS Inform or, if they can't get online, call 0800 028 2816, to arrange to get tested. Until they have been tested and told if it is safe to leave home, employers should make sure that staff do not have to, or feel that they have to, come in to work. Employees can request an isolation note through NHS Inform. For more information click [here](#).

# Other News: Health at Home



## The Lockdown Diet

With an increase in the time we are spending at home, boredom and lack of variety could lead to some of us reaching for the fridge door and snacking more often than we would normally. We are all working hard to adapt to changes in the workplace and follow government guidance, so one or two more treats in the week are likely well deserved! Snacks can form part of a healthy balanced diet, if we are making good choices and watching our portion sizes. The British Nutrition Foundation have a web page dedicated to healthy snacking at home which includes a 'healthy swap' table for some of our favourite high energy foods. To check out this table and read more about keeping a healthy diet during COVID-19 click [here](#).

## Changes in Sleep Since UK Lockdown

Recent research from Kings College London has found that significant portions of the population have experienced negative changes to their normal sleep patterns since the announcement of the UK lockdown in response to the coronavirus outbreak. Findings suggest: half of the population have had more disturbed sleep than normal, 2 in 5 people have slept fewer hours a night, 2 in 5 have had more vivid dreams than usual and a quarter of participants in the study reported sleeping for longer and feeling more rested. The study also suggests people who feel they are likely to experience financial difficulties are more likely to have poor sleep.

For information specifically on sleep click here to visit the [Sleep Council's website](#).  
For guidance on money issues check out the [Money Advice Service](#).

## Coronavirus Scams

Independent consumer guide, Which? have pointed out that the coronavirus outbreak is an opportune time for fraudsters to thrive, and that email is one of the key routes scammers can set out their tactics. Fake emails about lockdown fines and the sale of PPE are on the increase, as well as phishing and 'smishing' emails and SMS messages being sent out to trap the unwary into sharing their login details. Misinformation and conspiracy theories likely to be found across social media are also worth looking out for. Which? have outlined ways to avoid and detect coronavirus scams. To visit their website click [here](#).