



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

### August 2020

Cycle to Work Day 6th August

National Allotments Week 10th-16th August

### September 2020

Organ Donation Week 7th - 13th Sept

Know Your Numbers Week 7th - 13th Sept

World Suicide Prevention Day 10th Sept

National Eye Health Week 21st - 27th Sept

National Fitness Day 23rd Sept

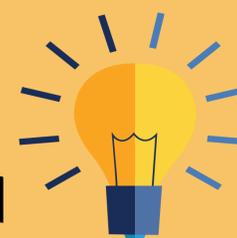
World's Biggest Coffee Morning 25th Sept

# Other News



## Free Webinars from Home Energy Scotland

Home Energy Scotland are a team of local advice centres across Scotland (funded by the Scottish Government) who offer free impartial and expert advice on energy saving, keeping warm at home, renewable energy and much more. Their goals are to help people have warm homes, reduce bills and tackle climate change. They offer a personalised home energy check online which is designed to suggest next steps, help lower energy bills and create a more comfortable home. More recently, they have been offering webinars covering issues such as food waste and greener travel. To find out more about Home Energy Scotland and their webinars click [here](#).



## Cycling in Scotland

The 6th August marks Cycle to Work Day. A toolkit can be downloaded for free to promote the day from [cycletoworkday.org](http://cycletoworkday.org). To take part, employees can join the online 'Love to Ride' community on the website, where people can share their experiences of trying a different commute, and upload their cycle rides for a chance of winning a range of prizes.

Cycling Scotland have also been working hard over the past month to promote their 'Give Cycle Space campaign'. They highlight that driving too close to people on bikes is an offence and can result in 3 points on a licence. Active and green travel is certainly encouraged, although we must work together to stay safe on the roads. For more information from Cycle Scotland click [here](#).



## Taking Time Off

There may be many of us who have had to reschedule time off work, cancel holidays and take a rain check on mini breaks or get away due to the coronavirus outbreak. However, adequate breaks from work both during the day and throughout the year supports a healthy work-life balance. Employers may have noticed that workers have either cancelled future leave or are reluctant to take breaks during this Summer which in the long-term could lead to stress, reduced motivation and absenteeism. We found [this](#) article from Stylist on the subject a useful read on beating the lockdown lethargy and allowing ourselves to take proper breaks.





## Mentoring Programme Update

We now have a bank of volunteer mentors available through our Healthy Working Lives Mentoring Programme who are ready and waiting to assist workplaces with health and safety questions around re-opening. The programme provides an opportunity for Occupational Health & Safety professionals to get involved and share their knowledge and experience with SMEs, in both the preparation required before returning to work and how to continue to work safely once returned to work during COVID-19. To get started, either our team will deal with your enquiry or we will send it directly to a mentor that we consider has the experience most closely aligned to your enquiry. We aim to respond to all enquiries within 3 working days. All you have to do is fill out a short form on our website & we will connect you to a mentor. To begin the process click [here](#).

Visit our website for free, practical advice and templates to help your business plan for staff returning to the workplace during the COVID-19 pandemic. Click [here](#).



## Miles for Refugees



For some, the COVID-19 lockdown has been an opportunity to refocus attention onto keeping fit and active especially during our good weather days. Perhaps as the lockdown restrictions lighten more of us are feeling ready to get back into a more regular fitness routine or set a new challenge or goal to support our health. Miles for Refugees is one of many ways to get involved in supporting a good cause and to get physically fit. From 1st-30th September, you can be sponsored to run, walk and/or cycle the length of a refugee's journey to the UK. Miles for Refugees is open to anyone. Miles can be collected in a variety of ways - run, walk, cycle, skateboard, or by doing a mix of activities from the comfort of your own home! There are 6 distances to choose from and you can log your miles online throughout September. The money raised for Miles for Refugees will help the British Red Cross to support refugees throughout the UK. For more information and to sign up click [here](#).

# Other News



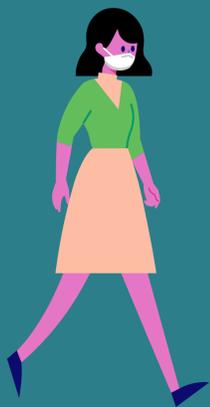
## Eat Out to Help Out

Throughout August the government's Eat Out to Help Out scheme will enable diners to benefit from 50% off their meals. The discount applies at participating restaurants, allowing people to get a maximum 50% off food and non-alcoholic drinks on Mondays, Tuesdays and Wednesdays.



As long as you are eating at the venue, you can receive up to a maximum of £10 off per person. There is no limit on how many times the offer can be used throughout the month. Vouchers are not required and the discount can be used along with other offers and discounts. There is no minimum spend. To view the list of venues taking part in the scheme click [here](#). For businesses who want to get involved, click [here](#).

## Spaces for People



Glasgow City Council have implemented temporary measures to provide additional space for physical distancing in public places for people to walk, wheel or cycle while COVID-19 restrictions remain in place. Wider footways will help to enable safer access to shops and business premises. These measures are being introduced across Glasgow city to support safe economic recovery. For example, the new Clydeside pop-up cycle lane which was created in May, provides dedicated space for cyclists travelling west, and runs for 1.5 miles between Saltmarket and the Clyde Arc.

For further information on Spaces for People, click [here](#).

## New Money Navigator Tool

The Money Advice Service is introducing a new Money Navigator Tool to help people manage the impact of the coronavirus pandemic on their finances. It is a difficult and confusing time for many of us at the moment and thinking about money (especially debt, housing and redundancy) can add another layer of pressure and/or stress. The Money Navigator tool provides action plans based on individual situations and could be a great starting point to accessing specific support or to begin making new financial plans. To get started, click [here](#).

