



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

### October 2020

National Cholesterol Month	
Breast Cancer Awareness Month	
Stoptober	
Back Care Awareness Week	5th - 9th
National Clean Air Day	8th
World Mental Health Day	10th
National Work Life Week	12th - 16th
World Menopause Day	18th

### November 2020

Movember Men's Health Awareness	
International Stress Awareness Week	2nd - 6th
Anti Bullying Week	16th - 22nd
Alcohol Awareness Week	16th - 22nd
Action Against Domestic Violence	25th - 10th

# Other News



## New Sector Advice Cards from the Scottish Government

The Scottish Government has been working with stakeholders in the creation of sector specific COVID-19 guidance which includes an online workbook that explains how local and national public health agencies can take the action needed to prevent coronavirus spread, as well as advice on the management of outbreaks. Alongside the workbook itself, they have provided 'sector advice cards' that outline the guidance according to specific sectors such as construction, food service, schools etc. Each card can be downloaded as a PDF and are around 4 pages in length. To read the workbook and download the cards click [here](#).



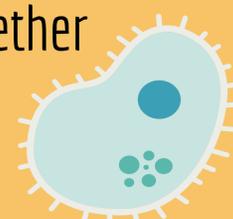
## Online Banking Support

Money Advice Scotland (MAS) have recently launched their Online Bank which is a learning environment for people to practice completing common online banking activities in a safe and realistic environment. This is a free platform where users can become familiar with setting up a direct debit or standing order, paying a contact, checking their balance etc. To get started users must complete a short registration form and a member of the MAS team will be in touch. For more information click [here](#).



## Flu vaccination

This year especially, it is important to get the flu vaccination for the winter ahead. This helps protect yourself, others and the NHS. NHS Inform provides further information about who is eligible for the vaccination this winter (which includes health care workers and people over the age of 55). For more information or to find out whether you are eligible, visit the NHS Inform [website](#).



# Other News



## Protect Scotland App

The Scottish government are encouraging smart phone users to download the new NHS contact tracing app which is free to download via Apple and Google stores. The app has been designed as an additional measure to support the person to person contact tracing that is still the main component of the Test & Protect system. Bluetooth technology is used to anonymously alert users that they have been in close contact with someone who has tested positive for COVID-19, and advises them to self-isolate. For more information, click [here](#).



## Ask. Tell. Save a Life.

NHS Education for Scotland and Public Health Scotland have produced an animation to spread the word about breaking down the stigma related to suicide and the importance of talking about the subject. It may feel difficult discussing such personal matters with colleagues however, we all have mental health and we all have a part to play in keeping each other safe. This new animation may be a useful starting point in talking about the importance of good mental health and seeking support. The end of the video provides advice and identifies sources of support such as Samaritans and Breathing Space. Could this animation be shared at your next team meeting or team building day? To watch the video, click [here](#).



## Tea & Talk

In keeping with the theme of mental health, the Mental Health Foundation list 10 virtual fundraising ideas that help bring people together safely and have something to look forward to as the darker days draw in. Their Tea & Talk pack is free to download and includes information and tips on how to set up a successful Tea & Talk - why not showcase your Bake Off skills! If this doesn't quite sound like your type of thing, what about setting your own 30 day challenge and update family/friends/colleagues via social media, or teaching one of your own skills online? World Mental Health Day is on 10th October this year. For more ideas and inspiration, click [here](#).





## Cycling Champions

Do you know a 'Cycling Champion' - someone who inspires other people to get on their bikes? You can nominate them as the Visionary Champion, Delivery Champion, Business Champion or Cycle Shop Champion of the year at the Cycling Champions of the Year Awards 2020. Shortlisted nominees will be announced at Cycling Scotland's online webinar on November 5th and winners will be announced during another Cycling Scotland online webinar in 2020. To read more about the nomination categories and to nominate someone you know, click [here](#).



## Reusable Face Coverings Reduce Waste

It is mandatory in Scotland to wear a face covering in public areas such as shops and on public transport. Many of us are opting to use the disposable single-use masks that are usually sold in packs of at least 10. Zero Waste Scotland have pointed out that there is now a litter problem related to these masks and the impact of this on the environment could be felt for years to come. Opting to wear a reusable face covering is one way to continue to follow current COVID-19 guidance and be less wasteful. Shop-bought and homemade reusable face coverings can all be effectively used to slow the spread of the virus. For more tips on keeping your face covering clean and effective, click [here](#).



## Employers Guide to Kickstart Scheme

Under the new £2 billion funded 'Kickstart' scheme, employers can offer people aged 16-24 who are claiming Universal Credit a six-month work placement. The scheme is expected to create hundreds of thousands of high quality placements and the Government will fully fund each "Kickstart" job - paying 100% of relevant National Minimum Wage, National Insurance and pension contributions for 25 hours a week. Employers from all industries and across the private, public and voluntary sectors can get involved. For the Employer's Guide to the scheme, click [here](#).

