



Like and share our Healthy Working Lives page to see more information about our services and for ideas and inspiration for the award!



Training Update



We are considering the possibility of delivering some of our training sessions online and have launched a **NEW** Training Needs Survey for companies to complete to tell us what type of sessions would suit them best during this time. Please click [here](#) to access the survey which should take no longer than 10 minutes to complete.

The NHS GG&C 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

November 2020

Movember Men's Health Awareness	
International Stress Awareness Week	2nd - 6th
Talk Money Week	9th - 13th
Anti Bullying Week	16th - 22nd
Alcohol Awareness Week	16th - 22nd
Action Against Domestic Violence	25th - 10th

December 2020

World Aids Day	1st
National Grief Awareness Week	2nd-8th
Christmas Jumper Day	11th



Advice for Businesses with a Positive Case of COVID-19

NHS GG&C have recently updated their webpage on Test and Protect to include information for businesses and workplaces on what happens when a member of staff tests positive for COVID-19. Test and Protect is Scotland's way of putting into practice the 'test, trace, isolate, support' strategy. The information available on the NHS GG&C webpage outlines who is considered a contact of a positive case as well as, what to do if you have more than one confirmed case in the workplace. Links to relevant national COVID-19 specific webpages are also available for the Scottish Government, Public Health Scotland and NHS Inform. To visit the webpage on Test and Protect and to access advice for workplaces, click [here](#).



Actify

Actify is a new online platform that hosts a range of digital content designed to help people become more active. The Actify website is a source of information and resources for people to learn more about being physically active and the potential benefits of this. Actify was created with the support of the Scottish Government and is known as a not-for-profit social enterprise aiming to empower the physical activity sector to utilise digital technology, content, and data. Actify is for anyone who is interested in sports and physical activity. The platform has been designed to enable organisations of all shapes and sizes to upload and share content in their own branded area. Organisations can create Modules, which are a combination of text, images, videos, and downloads that focus on learning around a specific topic or activity. Actify also has a range of additional subscription features that help organisations manage their programmes and train their workforce. To visit the webpage, click [here](#).



Other News



Tax Relief for Home Workers

People who have unexpectedly had to work from home this year may have noticed an increase in costs such as energy bills and broadband. Workers may be able to claim tax relief for additional household costs if they have had to work at home on a regular basis, either for all or part of the week. This includes if they have had to work from home because of COVID-19. Workers will get tax relief based on the rate at which they pay tax however they cannot claim tax relief if they have chosen to work from home. To check if you are eligible to claim worker related expenses, visit Gov.UK [here](#).



Celebs Pose for Movember 2020

Liam Payne, Mo Farah and Abbey Clancy are amongst some of the celebrities proudly taking part in promoting 'Movember' this year. To see the pictures and read more click [here](#). November is men's mental health awareness month and 'Movember' promotes mental health awareness as well as suicide prevention, and testicular and prostate cancer. Could Movember be something to celebrate at your next virtual team meeting... sponsor a colleague to grow a 'tash? For plenty of ideas to fund raise for men's health visit the Movember website [here](#).



Breast Cancer Recovery in the Workplace

Returning to work can be a positive step forward for people in recovery from breast cancer. It can support them to move forward by regaining some normality. The Safety and Health Practitioner spoke to Addie Mitchell, Clinical Nurse Specialist from Breast Cancer Now about how employees can support staff to reintegrate into the workplace. To visit the Safety & Health Practitioner website and read more about what Addie Mitchell had to say, click [here](#). For further information and support about breast cancer and employment click [here](#) to visit the Breast Cancer Now website.



Winter Wellbeing Tips from Healthy Working Lives NHS GG&C

We've brought together 7 top tips for beating the Winter blues in 2020
Check them out below!



Daylight

Your sleep and waking cycles may become disrupted as the days become shorter. Lack of sunlight means your brain produces more melatonin, which makes you sleepy. Open your blinds or curtains as soon as you get up to let more sunlight into your home, and get outdoors in natural daylight as much as you can. Try to keep your workplace and home as light and airy as possible.

Diet

Some of us may be more likely to crave comfort food during Winter, especially during food-centric occasions such as Christmas. Dehydration and sedentary behaviour could be contributing to our high-calorie cravings, however nutritious foods can be hydrating, comforting and tasty! Broth-based soup could be the perfect winter warmer you need, or a snack of citrus fruits to boost your energy levels and vitamin C.

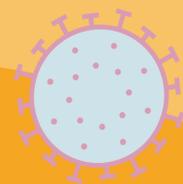


Nature

The [Mental Health Foundation](#) have highlighted that many studies to date have shown a link between access to green space and a reduced risk of mental health problems, improved mood, and increased life satisfaction. Why not bring the outdoors inside this year, with a couple of new house plants or window boxes? Bird feeders and butterfly hibernation boxes are also simple but effective ways to protect our wildlife and connect with nature.

Coronavirus, Flu and Other Bugs

As we learn more about how COVID-19 spreads, we have seen the guidance for controlling the virus evolve. To stay informed of the most recent guidance we suggest people use the [Scottish Government](#) and [NHS Inform](#) websites. Getting the flu vaccination if you're eligible (and encouraging others to do the same) as well as maintaining good personal hygiene and keeping your home warm may also reduce the likelihood of picking up an illness. If you're worried about a relative or neighbour, contact your [local council](#).



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Connect

Because of the social distancing rules in place, we may find ourselves opting to brave the outdoors more often in order to meet safely with friends and family. A good pair of winter boots and waterproof jacket are the winter essentials not only to keep you cosy and dry on your winter walks but also when keeping sociable this year. Look out for drive-in events and tours as well as navigation courses in your local country park as ways to meet new people or spend time with friends whilst staying active. You could even try out an app designed to bring people together during lockdown, such as '[Quarantine Chat](#)'.

Sleep



You may be tempted to go into hibernation mode and sleep more during the shorter days, however sleeping for too long could cause you to feel more sluggish. According to the [NHS.uk](#) website, we do not need any more sleep in the Winter than we do in the Summer. Try not to rely on caffeine or energy drinks as a pick-me-up as they can disrupt your sleep further in the long run. The [Sleep Council](#) suggests keeping a regular sleep routine and to stop using screens an hour before bed to reduce blue light and cognitive stimulation. Mental health issues can also impact our sleep. Taking time to think about your level of stress may help you solve problems with your quality of sleep and/or energy levels.



Keep Active

To make it as easy as possible to get out and exercise in the mornings, plan out what you need the night before... trainers, gloves, travel mug, headphones? Whatever you need, have it ready to grab and go! Remember to stay safe and stay seen. However, if the colder weather's just not for you, there are plenty of free fitness classes online to keep you moving. It's important to start small and build up to achieving your own fitness goals. Moving more and eating a healthy diet is certainly easier said than done, especially during winter as we manage the COVID-19 outbreak, however help is out there! NHS GG&C have a [webpage](#) on specialist weight management services and self-management programmes which includes the [12 Week Weight Management Programme](#).