Training Dates

We are pleased to share our NEW Training Registration Form for our series of online seminars to help employers to support their staff during Covid-19!

To register for a place on any of our seminars please click here. You will be asked which seminar topic you would like to attend followed by the date you would like to attend. Once you have completed the form you should receive an email from us.

If you have any problems accessing the link please drop us an e-mail at healthyworkinglives@ggc.scot.nhs.uk

16th February 11 - 12noon  Keep Active at Work

The aim of this short session is to raise awareness of the negative health effects of sitting too much, on employees and organisations. We will look at gauging how long your employees are sedentary in a working day and explore simple effective solutions. This is an updated version of the Sedentary Behaviour session we delivered in 2019 and 2020. Our 2021 course recognises the additional challenges the Coronavirus outbreak has posed to keeping active at work.

18th February (RESCHEDULED from 1st April) Good Sleep Supports Good Health

THIS SESSION HAS BEEN RESCHEDULED BACK TO:
18th FEBRUARY 1.30pm - 2.30pm

We apologise for any inconvenience or confusion this has caused.
Sleep is essential for our physical health and immune system, as well as for our emotional and mental wellbeing. Working from home, social distancing, money worries and health concerns have all added to make this an unsettling and stressful time for many. This session will focus on the challenges of sleeping well and the importance of, and guidance towards, good sleep during the pandemic.
The COVID-19 pandemic has transformed lives unimaginably, with many experiencing loss in its widest sense, not only bereavement. Though grief is a natural response to loss, it can be experienced very differently, and an awareness of this can be useful for employers/managers as they support staff wellbeing at this time. This session aims to raise awareness of loss and grief during COVID-19, and looks at the different types of losses experienced at this time. It will examine the impact of grief on mental health and explore strategies and resources to provide support.

This 2 hour online workshop helps you to:

• Understand the links between pressure, stress, performance and health
• Measure personal resilience (using a questionnaire providing scores on 8 dimensions of resilience)
• Identify actions you, as an employer, can take to build employee resilience
• Identify how you can help your employees to build their personal resilience

The seminar will look at the practical measures needed to improve staff financial wellbeing. The session will look at reducing the negative impact of money worries, debt and financial insecurity on employees and organisations. The aim of the seminar is to reduce the negative impact of money worries, debt and financial insecurity on employees and organisations. The session is aimed at HR professionals and managers.
**National Campaigns**

**NOTE: Not all campaigns are going ahead this year due to the Coronavirus**

### February 2021
- LGBT History Month
- World Cancer Day 4th
- Time to Talk Day 4th

### March 2021
- Eating Disorders Awareness Week 1st - 7th
- World Kidney Day 11th
- No Smoking Day 13th
- World Sleep Day 19th
- World Oral Health Day 20th

---

**Other News**

**Mindful Employer**
As a part of Devon Partnership NHS Trust, Mindful Employer is made up of a team of mental health and employment professionals. We found their newsletter a good way to keep up to date with issues relating to the workplace and with interesting articles and interviews with Occupational Health professionals. To visit their webpage click [here](#).

**Online Workplace Talks: Bowel Cancer**
Bowel Cancer UK provide free bowel cancer awareness talks to workplaces and community groups across the UK. It doesn’t matter whether you’re a private, public, or third sector organisation, or if you’re a local community group, support is available. The talks last approximately 30 minutes and are delivered by trained volunteers. To find out more, click [here](#).
February training dates from Scottish Drugs Forum
The Scottish Drugs Forum (SDF) have released new dates for their February training sessions. To view these and to book a place click here. E-learning can count towards continuing professional development (CPD) and revalidation for Health Care Professionals. CPD is also applicable to workers registered with the Scottish Social Services Council. All SDF training can provide a certificate to evidence attendance or completion, and any learning may form the basis of a reflective account.

Free Webinar Recordings from IOSH
IOSH (Institute of Occupational Safety and Health) provide free recordings of their series of webinars on the ongoing situation with Covid-19. The sessions usually involve presentations and discussions from professionals in occupational health, and cover topics such as ‘Helping colleagues to stay connected’, ‘Managing your work safely through local lockdown’ and ‘Communication Strategies – effective protocols for safe working in a Covid world’. The recordings are available on Youtube. Links to each session can be found on the IOSH Covid-19 webinars webpage.

The Wellness Society
The Wellness Society provide a professional’s toolkit which is designed to empower private practice therapists and coaches to uplevel their practice with a wide range of tools – for both their clients and for supporting their own mental wellbeing. They have a ‘free tools’ section to their website, click here to check it out.

COVID-19 Vaccine Update
NHS Inform have a webpage dedicated to explaining the Coronavirus vaccines that are available in the UK. This outlines how the vaccines are given and and issues associated with it such as vulnerability, allergy and if taking other medications.
With more people working from home since the start of the coronavirus pandemic, and new lockdown measures being introduced, colleagues might be worried about managing their energy bills while keeping their homes warm. This is where Home Energy Scotland (HES) comes in. They’re funded by the Scottish Government to help people reduce their heating costs and make their homes warmer and more energy efficient. HES has seen a surge in demand for their help since July 2020. Calls have risen by 95% compared to the same six-month period in 2019, but their dedicated advisors are working hard from home to make sure everyone in Scotland can access their world-class advice. We caught up with Jacqui Mackenzie from HES to find out more about the importance of raising awareness on the issue of home energy for employers and employees.

**Why is it important for workplaces to consider the issue of home energy?**

There is a direct impact of cold damp homes and worry about fuel bills on health, both physical and mental. With more people working from home, and new lockdown measures being introduced, colleagues might be worried about managing their energy bills while keeping their homes warm. Colleagues will not be alone – a recent survey showed that nearly half (44%) of people working from home are worried this will lead to an increase in unaffordable energy bills.

Benefits for your colleagues include:

- **Saving money** - making a few small changes could add up to substantial savings
- **Working towards a low carbon lifestyle** and help build a greener Scotland
- **Improved wellbeing** – workshops help colleagues working remotely feel connected.

Benefits for your organisation include:

- **Greener behaviour at work** - as staff tune in to saving energy at home, they are likely to adopt the same behaviour in the workplace
- **Improved ‘green credentials’** and evidence for environmental and ethical accreditations
- **Support for your corporate social responsibility and HR objectives.**
Where can employers access information and support to help their employees?

What support does Home Energy Scotland provide?
This year calls to their helpline have risen sharply, with more than 2,000 people turning to HES each week for advice on how to reduce their heating bills, save money and keep their household warm. As well as financial support, their advisors help customers identify practical savings they can make at home. HES can also help people access further support through their network of partners across health, social care and other areas of advice. They can help staff access help worth up to £5,000 to cover the cost of energy saving home improvements, through the Scottish Government’s Warmer Homes Scotland programme. Help is still available throughout lockdown, with strict safety measures in place for the installation of essential home heating. They also offer interest-free loans and provide impartial advice about which improvements would suit individuals’ home best.

In addition HES provide free, fun and interactive workshops to help colleagues cut down their energy use, save water and travel sustainably. Attendees could save money on their bills, become healthier through active travel, and help tackle the climate emergency. Fully funded by the Scottish Government, their expert trainers can deliver the sessions online or at any location across Scotland. The workshops are tailored to suit specific needs and cover a range of topics. For further detail and for information on how to book a workshop click here. HES can also work with you to deliver a tailored programme for your own company.

How to seek support from Home Energy Scotland
HES, the energy advice service funded by the Scottish Government, provides free, impartial advice to help people stay in control of energy use and save money on their bills. HES has no affiliation with energy suppliers and the team never cold call. If you are, or someone you know is worried about energy bills, contact HES free of charge.

Freephone HES on 0808 808 2282
Lines are open Monday to Friday 8am to 8pm and Saturday from 9am to 5pm.
Enter: advice@sc/homeenergyscotland.org – an advisor will call/ email back
Visit: www.homeenergyscotland.org – online enquiry option

If your organisation would like anything shared please get in touch at healthyworkinglives@ggc.scot.nhs.uk