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

Training Dates

We are pleased to share our Training Registration Form for our series of online seminars to help employers to support their staff. 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. If you have any problems accessing the link please drop us an e-mail at healthyworkinglives@ggc.scot.nhs.uk

11th May 13:30 - 14:30 Good Sleep Supports Good Health

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 all 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.

12th May 1.15pm - 3.30pm Resilience Training

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

Call our FREE Advice line on 0800 019 2211
8th June 10:00 - 12:00  Staff Financial Wellbeing: What you can do to Help

Have you considered Staff financial wellbeing? It may be costing your organisation if you don’t. There are many ways you can help. Staff with money worries can have an impact on workplaces, as well as being affected by these worries themselves. COVID 19 has brought unprecedented changes to people’s lives, and many will be worried about the financial impact of changes such as loss of family income or ill health. It can be hard to leave these worries at home, so their impact may be seen in workplaces.

This [free, online session](#) looks at practical measures to reduce the negative impact of money worries, on both employees and organisations.

**Previous Delegate comments:**

“I have a better understanding of poverty.”

“I am more aware of the services available and how to direct people to them when required.”

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26th May 13:30 - 15:00  Loss & Grief during Covid 19

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.
- Examine the impact of grief on mental health.
- Explore strategies and resources to provide support.

[Click Here to book a place](#)
More Training

Training for Staff in Glasgow from Scottish Drugs Forum

Scottish Drugs Forum (SDF) is Scotland’s national resource of expertise on drugs and related issues. They are delivering training sessions online for staff living and/or working in the Glasgow area during the month of January. There are a range of training opportunities available on topics such as; Drug Awareness, Alcohol Awareness, Multiple Risk, and Benzodiazepines. For further information on the training sessions that are available and to book a place click here.

Mental Health in the Workplace - Training

Since January 2019, the NHS GG&C has been working in partnership with SAMH to deliver a program of learning opportunities to support increased knowledge and understanding about mental health. The program on offer during the months of May and June 2021 includes a variety of online learning sessions, lasting 90 minutes and being delivered using MS Teams and Zoom. Sessions on offer Maintaining Well Being, Building Resilience, An Introduction to Suicide Prevention and Mental Health Supporting Others and Mental Health Supporting Customers (for those working in customer service type roles/organisations). For more information click here.

Mental Health in the Workplace – A Guide for Managers.

Due to Healthy Working Lives being unable to deliver the face to face ‘Mentally Healthy Workplace training for Managers’ we have worked in partnership with SAMH to deliver a webinar series for managers, team leaders and supervisors within NHS GG&C workplaces and teams, the wider workplace and third sector across GG&C (including those supported by the Healthy Working Lives program). The sessions are open to anyone working or volunteering in the Greater Glasgow and Clyde Area. For more information click here.

PLEASE ALSO SEE BELOW!

Attendance on the above webinar (we suggest that you first complete the Mentally Healthy Workplace e learning course) will contribute towards the Mentally Healthy Workplace Training criteria of the HWL Silver Award.
Walk this May!

National walking charity, Paths for All, are running a special edition of their Step Count Challenge this month. Their Spring Step Count Challenge will begin on Monday 3rd May, will last for 4 weeks and will be free to participate in. For the first time, those taking part can sync activity trackers to the new-look Step Count Challenge website. The focus this month will be on staying connected to colleagues, having fun together, and keeping active at home - rather than purely number of steps reached. For more information click here.
Online Training needs Survey

The As we continue to develop our work in response to COVID 19, it is important that the online training we offer is suitable and relevant to workplaces. You may remember that we circulated a training needs survey at the end of 2020, but your staff training needs may be changing more rapidly than usual, so we would like to ask you to respond again.

The survey is anonymous and will take no more than 10 minutes to complete. Your responses will be used to inform the planning of our online training programme – simply click on the link below:

Training Needs Survey

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.

Alcohol Guidelines

As the warmer weather comes in and the Beer gardens begin to fill up we should remember that it is also of upmost importance that we continue to keep ourselves as healthy and safe as possible during this time. According to Drink Aware, men and women should drink no more than 14 units a week, spreading them evenly across 3 or 4 days. If you are worried about your own or someone else’s drinking support is available online and on the phone during the coronavirus outbreak. For information on the support service available, click here.
The Scottish Mental Health Arts Festival (SMHAF) is to return for its 15th year in May, exploring the theme of ‘Normality?’ with a wide-ranging programme of online and outdoor events by people all over Scotland – from Dumfries and Galloway to the Highlands.

What is ‘normality’?

A whole year of lockdown has turned the world upside down, forcing us to re-evaluate what we think of as ‘normal’ life and ‘normal’ behaviour. Should things go ‘back to normal’ afterwards? Was the way we lived before ‘normal’ or was it damaging to our mental health? And if life does go ‘back to normal’, who is likely to be excluded from that?

In its 15th year, the Scottish Mental Health Arts Festival remains as vital and relevant as ever, with studies worldwide suggesting that Covid-19, and the resultant global lockdown, has led to a crisis in mental health as well as physical health. It is likely that we will be witnessing and processing the mental health impact for years to come, due to the sheer number of difficult and stressful situations people have been put through since the beginning of 2020 – the loss of loved ones, prolonged isolation, financial difficulties, or having their whole life plans suddenly disrupted in various other ways.

SMHAF is one of Scotland’s biggest, most diverse festivals. Its unique approach – programmed from the grassroots up by a team of regional co-ordinators all across the country, in combination with a film and performance programme curated by the Mental Health Foundation – ensures it connects with audiences that other arts festivals often struggle to reach.

Click here to find out what’s on and where!
As we start to return to work and workplaces, there is a lot to think about. Lockdown has affected us all in different ways, and it is only normal to feel uncertain about what the future holds. Many people feel confused, worried and apprehensive about going back to the workplace, or about working alongside colleagues and customers again.

**Talk and connect**
It is important to keep in touch with colleagues and your line manager. A quick check-in will help you feel connected. We have all been impacted by the coronavirus in different ways. You may have been bereaved, felt overwhelmed or isolated, or been unwell. If you share this with others they will be better able to help you in the months ahead.

**Plan and prepare**
Think about your job and your situation. Does anything need to change to help you do your job well? If you haven’t been told what to expect, ask what provisions have been made to create a safe work environment.

**Have a return-to-work conversation with your line manager**
This is a chance to identify your work priorities and raise any concerns or questions that you have.

**Take things one step at a time**
The way we all work is likely to keep changing in the coming weeks so we will need to keep adjusting. Don’t expect everything to quickly return to normal.

**Monitor and review how you are getting on**
It is important to have regular check-ins with yourself (How am I coping? Could I do more to help stay mentally healthy?) and check-ins with your team and manager (How are we working? Is there anything we could do differently to work better together?).

**Finally**
Everyone is finding their own path and things might not always go to plan. It is important to be kind to yourself and to be kind to others as we all find our way.

[Click Here](#) to find out about a free Webinar
Antioxidants... Protecting Healthy Cells

Our bodies are battlegrounds against infection and diseases. Normal body functions, such as breathing or physical activity, and other lifestyle habits (such as smoking) produce substances called free radicals that attack healthy cells. When these healthy cells are weakened, they are more susceptible to cardiovascular disease and certain types of cancers. Antioxidants — such as vitamins C and E and carotenoids, which include beta-carotene, and lycopene, lutein — help protect healthy cells from damage caused by free radicals.

Carotenoids

Among the 600 or more carotenoids in foods, beta carotene, lycopene and lutein are well-known leaders in the fight to reduce the damage from free radicals. Foods high in carotenoids may be effective in helping prevent certain cancers and may help decrease your risk of macular degeneration. Foods high in carotenoids include red, orange, deep yellow and some dark-green leafy vegetables; these include tomatoes, carrots, spinach, Brussels sprouts, sweet potatoes and broccoli.

Vitamin E

Research has demonstrated the broad role of vitamin E in promoting health. The main role of vitamin E is as an antioxidant. It helps protect your body from cell damage that can lead to cancer, heart disease and cataracts as we age. Vitamin E works with other antioxidants such as vitamin C to offer protection from some chronic diseases. Vitamin E is found in vegetable oils, salad dressings, wheat germ, whole-grain products, seeds, nuts and peanut butter.

Vitamin C

Perhaps the best-known antioxidant, vitamin C offers a wide-variety of health benefits. These benefits include protecting your body from infection and damage to body cells, helping produce collagen (the connective tissue that holds bones and muscles together) and helping in the absorption of iron and folate. To take advantage of these benefits, eat foods rich in vitamin C such as citrus fruits (including oranges, grapefruits and tangerines), strawberries, sweet peppers, tomatoes, broccoli and potatoes.

For more information click here

Also some good articles in this month’s Heart Matters newsletter including a fishy quiz, healthy spring recipes and advice on long covid.
Lockdown Easing

Timetable for further lockdown easing for Moving to Level 3

From Monday 26 April, hospitality venues such as cafés, pubs and restaurants can reopen, along with tourist accommodation. Non-essential retail outlets and close contact services such as beauty salons can also reopen, in addition to indoor attractions and public buildings such as galleries, museums and libraries.

Click here for more information

Further expected easing on 26 April includes:

- all retail premises, libraries, museums and galleries, tourist accommodation would be able to open
- the hospitality sector would be able to reopen outdoors for the service of alcohol, and potentially open indoors for non-alcohol service
- up to four people from two households could be able to socialise indoors in a public place such as a café or restaurant
- six people from up to three households could be able to meet outdoors and the limit on wedding and funeral attendance could be raised to 50 people
- gyms and swimming pools would be open for individual exercise and non-essential childcare would be permitted
- non-essential work in peoples’ homes and driving lessons could resume from this date

On 17 May, it is hoped that groups of four people from two households would be able to socialise indoors in a private home, and that cinemas, amusement arcades and small scale outdoor and indoor events could restart with limits on capacity. Further easing on this date would include outdoor contact sport for adults and indoor group exercise.

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