



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.

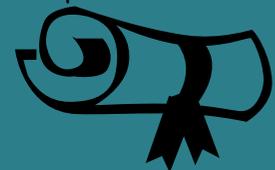
To register for a place on any of our seminars please click [here](#). You will be asked which seminar topic you would like to attend followed by the date you would like to attend. Once you have completed the form you should receive an email.

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

Public Health Scotland's Virtual Learning Environment

This space hosts a wide range of free online courses, learning modules, event information, resources and more. To provide workers and volunteers in the NHS, wider public sector, private and third sectors across Scotland with the knowledge and skills to help tackle a range of health inequalities .

Click [here](#) to find out more or complete some of the online training.



Mental Health in the Workplace - Training

Since January 2019, the NHS GGC&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](#).



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."



Click [Here](#) to book a place

How to Boost Resilience at Work Wednesday 23rd June from 13.15 -15.30

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



Click [Here](#) to book a place

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.



National Campaigns

JUNE//JULY 2021

June 2021

Carers Week 7th -13th

World Food Safety Day 7th

Men's Health Week 14th -20th

Cervical Screening Awareness Week 14th -
20th

July 2021

Plastic Free July

Samaritans 'Talk to Us' Month

National Hygiene Week 5th -
11th

Good Care Month

Great British Spring Clean

This spring, join Keep Britain Tidy and our community of #Litterheroes on our #MillionMileMission to clear litter from our streets, parks and beaches. Because what is good for our environment is good for our mental and physical health. In the past 12 months our outdoor spaces and places have mattered to us more than ever before. So join us and show some love for those special places that helped us through lockdown. For more information [click here.](#)





Beside the Seaside? Who's Staycationing this year?



What we've long known anecdotally, we can now prove through authoritative research: Travel has a positive effect on health, relationships, business performance and the well-being of communities

It is no secret that getting away from it all, even for a couple of days, can do wonders for your mental health. .

When you're on holiday you can leave your worries behind, and focus on spending quality time with loved ones. Whether you're going for a walk in some hills, picnicking on a beach, doing something active or experiencing a spot of culture, you'll get a wonderful mental boost.

In fact, scientists have found that the psychological benefits of a vacation can last for up to a month after returning home. And why shouldn't everyone get the chance to benefit from a holiday?

They help reduce stress

It's not surprising that holidays help us de-stress, because we do things that give us pleasure and distract our mind. Travel provides a much needed break from hectic lifestyles, which in turn, helps us feel less stressed.

Holidays can make us mentally sharper and more creative

If your mind is emotionally exhausted, you probably won't be functioning at your best. Just like when you do work you need to take breaks regularly in order to remain productive, you also need prolonged breaks where you can properly rest.

Going on holiday can give you a fresh wave of motivation and the strength to keep your life moving forward when you return feeling well-rested, less anxious, and in a better mood.

Travel helps you stay active, which helps your mental health

It's fairly well known that doing exercise can give you a mental health boost. A long walk in a calm environment can do wonders for your mood. When we travel, there's often an opportunity to be active, and in order to explore new places, we have to travel on foot.

Regular holidays where you have the chance to do something energetic, such as an activity or walking holiday will definitely help improve your mental health and generally wellbeing.

Travel broadens your mind, literally

There is a connection between travel and an increase in creativity, a deeper sense of cultural awareness and personal growth. When you travel to new places, your brain goes into overdrive. There are new sounds, sights and smells to adapt to. Your brain takes in your new surroundings, and you have encounters that help make you more culturally aware.

Travel gives you something to look forward to

Research has shown that simply having something to look forward to can help boost your mood. So, as soon as you click 'book' on that holiday website, your mind starts doing mental somersaults. Everyone loves having a holiday to look forward to.



Alcohol Guidelines

As the warmer weather comes in and the Beer gardens begin to fill up we should remember that it is also of utmost 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](#).



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#Healthy Eating BBQ Style



Who doesn't love to cook together with friends outdoors in the summer? The best part is that grilling can be one of the healthiest ways to cook!

Pick the perfect protein. Fish, skinless chicken breast are healthier choices. The good fats in fish like salmon and trout actually have health benefits. And when you grill with skill, your guests won't even miss the red meat, which usually has more [saturated fat](#). Wrap marinated fish fillets in foil, construct colourful chicken kebabs, or make more savoury turkey burgers by mixing minced portabella mushrooms and onions into the patties.

Right size your portions. A healthy portion of any type of meat is about 3 ounces, or the size of a deck of cards, and definitely no more than 6 ounces. If that sounds small, just remember all the delicious grilled veggies and side dishes that will be keeping it company on your plate!

Give it a soak or rub. We're not talking about a spa day! Marinating or rubbing spices on poultry, fish and meat can add amazing flavour with the bonus of being able to [use less salt](#). All you need is about ½ cup of marinade or 1 tablespoon of spice rub for each pound of food. *Safety tip:* never reuse marinade or rub after raw meat has touched it.

Add colour – lots of colour Just about all your favourite colourful fruits and veggies can be grilled, alone or in kebabs, giving them delicious flavour that might win over even the most committed carnivore. The trick is to cut them into pieces that will cook quickly and evenly. Brush with a [healthy oil](#) to prevent sticking or use a grill basket to keep them out of the line of fire. Some favourites include asparagus, avocado, bell peppers, corn, mushrooms, onions, potatoes, squash and zucchini.

Say bye to the bad fat. Buy skinless poultry or remove the skin before cooking. Trim away any visible fat on meat. Brush or marinate foods with a healthy cooking oil. And let it drip – make sure fat drips away from the food while it cooks.

Let the simple grilled goodness shine through. Don't drown your grilled masterpiece in salty sauces, sugary condiments or heavy dressings. It's easier than you think! And sometimes, a simple squeeze of lemon or lime is all it needs.

Choose healthier sides. Swap the traditional store-bought barbecue fare like coleslaw and potato salad – which can have a lot of saturated fat, sodium and added sugars – try healthier homemade versions.

Make your buns whole grain. Whole-grain buns and breads will complement your healthy feast with extra fibre, flavour and texture. If you're watching your calories and carbs, try an open-faced burger or lettuce wrap.

Grill fruits for dessert. The natural sugars caramelize in the high heat, giving them extra sweetness and flavour. Try sliced apple, pear or pineapple or halved bananas, figs, nectarines, peaches or plums.

For more information and sizzling recipes click [here](#)

Also some good BBQ marinade ideas in this month's [Heart Matters newsletter](#) including healthy spring recipes and advice on long covid.



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