While the Healthy Working Lives award is on “pause” why not take some time to visit our Healthy Working Lives page and get some information about our other services as well as inspiration and ideas for some healthy workplace activities. Engaging in activities could bring benefits to your workplace.

Training

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 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.

Please like and share our Healthy Working Lives social media pages
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

**July 2021**
- Plastic Free July
- Samaritans ‘Talk to Us’ Month
- National Hygiene Week 5th - 11th
- Good Care Month

**August 2021**
- Cycle to Work Day 5th
- National Allotments Week 9th -15th
- World Breastfeeding Week 1st - 7th
- World Water Week 23rd - 27th
NHS Greater Glasgow and Clyde, NHS Lothian and Public Health Scotland are working in partnership to conduct a comprehensive health needs assessment of Scotland’s LGBT+ population. As part of the health needs assessment an online survey is being conducted from 11th June to 20th August 2021.

This survey will ask LGBT+ aged 16 people aged 16 and over about all aspects of their health and wellbeing and the factors that are known to influence health including mental and emotional health, physical activity, eating, smoking, alcohol, relationships, social connections, income, experience of discrimination, and experiences of services.

Over the last 18 months over 180 LGBT+ people and 18 organisations have contributed to interviews and focus groups with their experiences of health and wellbeing and we have used their feedback to develop this survey which we hope LGBT+ all over Scotland will complete.

COVID 19 has changed all our lives and this survey will also help us identify how LGBT+ would like to see the health service change to better meet their needs as COVID 19 recovery progresses.

The survey takes on average between 20-30 minutes to complete. Participants who choose to do so can enter their details (kept separately from their survey responses) to enter a prize draw to win one of four prizes of a voucher for £250 for their preferred online retailer.

The survey will provide helpful statistical information comparing the health of Scotland’s LGBT+ population to that of the general population of Scotland as well as differences within the different parts of the LGBT+ population.

On completion, the full health needs assessment results will be considered at an event to be held later in the early autumn to co-produce recommendations based on the findings with LGBT+ people and LGBT+ organisations.

This will help to ensure that the health service in Scotland is able to meet the health and wellbeing needs of LGBT+ people, not just in how it provides inclusive health services, but also in the way that ill health prevention and promotion of positive health is delivered.

Please share this information with individuals, organisations and networks including your social media networks, to help us reach as many LGBT+ people as possible. In addition, the survey will be promoted on twitter so it would be great if info could be retweeted.

The survey is available [here](#).

The twitter link for sharing is [here](#).
Managing Long COVID in the workplace

The Team at Healthy Working Lives, Glasgow, are working on a new remote training session on ‘Managing Long COVID in the workplace’. This session will become available in the late summer, but in the meantime we would like to develop case studies for the training, and want to hear from any organisations that are managing employees with Long COVID. Any information used for a case study will be entirely anonymous; we are interested in how the workplace has managed the challenges, more than the symptoms of individuals. If you think you can help us, here are some questions to consider:

- Have staff with long COVID returned to work or do they remain on sickness absence?
- When an employee returned to work how was this managed?
- Were any reasonable adjustments put in place?
- If an employee struggled to remain in work following their return, how was this managed?

We know from previous training that delegates really value the real world insights that a case study can bring. If you think you would like to help, please contact lesley.mcbrien@ggc.scot.nhs.uk

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.
Rebuilding a more sustainable and robust society than the one we put on hold early in 2020 will take vision and courage. The decisions we make today will shape our world of tomorrow. There are lessons we can take from the COVID-19 crisis that can inform and inspire our response to the other great crisis of our time – the climate emergency.

We wanted to know what life might look like in our towns and cities if we cut traffic and active travel became the default? How might our efforts to live, work, shop and play more locally lead to a more community-focused way of being? Will renewable energy generation and decarbonised homes result in us sharing energy across our neighbourhoods? How will our democratic institutions reflect our sustainable way of life? What industries might we build, what jobs would we do and what skills would we learn in order to do them? How might nature bloom across our wild and urban landscapes alike?

Towards the end of 2020, we worked with a range of people from across industry, environment and community groups, to conduct future-thinking workshops and to create shared visions of what life might look like in our towns, cities and greenspaces in a fictional future Scotland where these decisions had already been made and action taken.

We have called these shared visions of a sustainable Scotland “This Must Be The Place”.

What we have created isn’t intended to be a definitive answer to those questions, or a roadmap to get there. Please take some time to Explore This Must be the Place.

Facing money worries, stressed, lonely, bored or looking for fun, people may have turned to gambling, accessible online 24/7 with no stake or loss limits. Around 1 in 10 people who gamble online do so when commuting or at work, 96% when at home, although for many of us, working from home and furlough has blurred the lines between our work and home life. Gambling can impact on the physical, mental, and financial health of employees and their families. Many workplaces have policies to support employees experiencing harm from alcohol or drugs, but few have gambling policies. In September 2021, Glasgow City Council, supported by Public Health Scotland, will host a virtual Summit ‘Tackling Gambling Harms in the New Normal’, bringing together people with lived experience, experts in practice, research, and policy, to share knowledge, insights, and ideas on tackling gambling harms in a world adapting to the COVID-19 pandemic. More information to come on social media and next months Newsletter. If you or someone you know needs help or information just now please visit the websites below.

Visit the Gamblers Anonymous Scotland website
Visit the Gam-Anon Scotland website
Visit the GamCare website
Visit the GAMSTOP website
The Glasgow Business Award for Health and Wellbeing

The Glasgow Business Award for Health and Wellbeing will celebrate and reward businesses who have, over the last year, committed to putting in place policies and practices to improve the health and wellbeing of their employees and through doing so, have realised direct improvements to the performance and productivity of their business.

Many large and small companies recognise that their success can depend on encouraging a healthy workforce.

The Glasgow Business Award for Health and Wellbeing is an opportunity for employers to show their commitment to the health and wellbeing of their workforce through the application of such practices and policies in their organisation.

Closing date is Friday 23 July 2021.

For more details on this and other categories, and to apply visit https://www.glasgowbusinessawards.com/

Please like and share our Healthy Working Lives social media pages
CIPD research identified five key behavioural areas that are important for line managers to support the health, wellbeing and engagement of those who work for them. Click here to find out more.

Mind have adapted their Wellness Action Plan for those working from home. Click here to see it.

HSE is demonstrating a new tool to assess musculoskeletal disorders (MSDs). Why not join them for the demonstration? Click here to register for your place on 8th July.

How Much do you know about Protein? You probably know that protein is essential for a healthy diet, but how much do you know about what we really need and where to find it? Try the quiz here and find out!

Please like and share our Healthy Working Lives social media pages.