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 August and September 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
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 at the above webinar - we suggest that you first complete the Mentally Healthy Workplace e learning course - this will contribute towards the Mentally Healthy Workplace Training criteria of the HWL Silver Award.

National Campaigns

August 2021

- Cycle to Work Day 5th
- National Allotments Week 9th - 15th
- World Breastfeeding Week 1st - 7th
- World Water Week 23rd - 27th

September 2020

- Organ Donation Week 20th - 26th Sept
- Know Your Numbers Week 6th - 12th Sept
- World Suicide Prevention Day 10th Sept
- National Eye Health Week 20th - 26th Sept
- National Fitness Day 22nd Sept
- World’s Biggest Coffee Morning 24th Sept
Workmates from across the organisation formed virtual teams to motivate each other to walk and move more during the working day. Over four weeks, teams logged their steps by virtually walking the ‘North Coast 500’, starting on the Black Isle and finishing in Inverness. They also held online team chats, and got on the move with walking or standing phone meetings and active screen breaks. The walking challenge fitted with the focus on the health and wellbeing of employees and commitment to boost staff morale and keep networking alive as working from home continues. With some staff working from home for such a prolonged period, we decided to inject some healthy competition into our wellbeing programme by working with World Walking to develop this bespoke Step Count Challenge.

Companies can also deliver their own, in-house challenges at a time that suits them, receiving tailored support from the charity to achieve their goals. Any business, in any sector, of any size can run a Step Count Challenge and make it their own, perhaps with their own branding and logos, and, like NHS GGC, incorporate an element that is unique to them.

Fun, connection with colleagues, and feeling the benefits of walking and being more active throughout the working day are what Step Count Challenges are all about. The workplace is where the majority of us spend a great deal of our time, whether it’s an adapted home office or elsewhere, it’s incredibly important that staff take a break from the screen and that employers put wellbeing at the forefront of their mind. Walking is one of the best things we can do for our physical, social and mental health. It’s free, you don’t need special equipment, and it can be easily incorporated into the working day. Challenges like this help businesses put their staff’s health and wellbeing at the heart of what they do while making walking and moving more interactive and social.”

Recent findings from UK workplaces reveal that half of all employees experience poor mental health at work, including stress, anxiety and depression. Regular walking can reduce the effects of poor mental health, particularly walking in greenspace. Physical activity can also combat against the risk of type 2 diabetes, some cancers and stroke. For more information on hosting a bespoke Step Count Challenge, click 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.
For everyone who has enjoyed the flexibility that working from home brings, there are those who have missed the office. At first it seemed that most people were itching to get back to their desk — at the end of April, nearly 66 per cent of respondents to a poll said they wanted to return to the office as soon as possible. And yet in the same poll, 84 per cent said they enjoyed remote work and found it more productive.

Into these contradictions steps hybrid working. Whether we’re a home-worker at heart or a die-hard desk jockey, one thing we all want is the power to choose. A recent study from Microsoft found that 70 per cent of people want a more flexible way of working in the future and that 88 per cent of leaders are convinced that hybrid working is here to stay.

Hybrid working is a form of flexible working that allows employees to split their time between the workplace and working remotely, usually from home. Under hybrid working arrangements, an employee may have set days when they can work from home, for example Mondays and Wednesdays with the remaining days in the office, or a more flexible model where the employee chooses which days they spend in the workplace.

ACAS have put together some excellent advice for employers on how to consider, discuss and introduce hybrid working. Click here to find out more
MoneyHelper is the new consumer brand from the Money and Pensions Service (MaPS), bringing together the legacy services of the Money Advice Service, the Pensions Advisory Service and Pension Wise. Through their range of products and services, MaPS supports organisations like ours to help employees, patients and customers make the most of their money and pensions. As you know, that’s more important than ever.

MoneyHelper is here to make your money and pension choices clearer. Here to cut through the jargon and complexity, explain what you need to do and how you can do it. Here to put you in control with impartial guidance that’s backed by government and to recommend further, trusted support if you need it. For clear money help that’s on your side and free to use, just search for MoneyHelper [here](#).

**Couch to Financial Fitness**

MoneyHelper’s new Couch to Financial Fitness plan is a free, step-by-step programme, designed to help you build confidence in managing your money. Inspired by the popular step-by-step training app, ‘Couch to 5K’, it will help you build back your money fitness after the impact of the Covid-19 pandemic. The programme guides you through three simple activities per week over four weeks, to help you master the money essentials, followed by an extended programme which is focused on life’s money milestones.

To begin with the programme will guide you through money essentials such as: budgeting; staying on top of bills; cutting costs; and building up savings.

Once you’ve got those under your belt it’ll move on to money milestones that you can tailor to your life. These could be buying your first home, starting a family or planning for retirement.

Start it now: [here](#).
Tackling racism in the workplace:
Resources and guidance to help people professionals tackle racism and racial discrimination in the workplace, [click here](#) to develop practical content to help tackle these challenges.

Mind have adapted their Wellness Action Plan for those working from home [click here](#) to see it.

Build Your Salad!
Is your salad as healthy as you think? Pick your favourite ingredients [here](#) to see the nutrition content and get tips for making it healthier.

Do you work in Glasgow City?
Free online training is available from The Scottish Drugs Forum for anyone working in communities who may need current knowledge around drugs and alcohol to support them in their work with children, young people, and adults. To book please click [here](#).

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