We are pleased to share our NEW Training Registration Form for our series of online seminars & training to help employers to support their staff. New seminars & training running between now and December all available to book your place now!

To register for a place on any of our seminars or training please click here. You will be asked which seminar topic you would like to attend followed by the date you would like to attend. If you have any problems accessing the link please drop us an e-mail at healthyworkinglives@ggc.scot.nhs.uk

**Keep Active At Work - Combating sedentary behaviour**

This session aims to look at how our work environments and settings contribute to sedentary behaviour and will discuss some easy to implement solutions for being more active during our work days.

September 7th–24th, October 20th–25th, November 9th–22nd

**Staff Financial Wellbeing – What you can do to help**

This free, online session looks at practical measures to reduce the negative impact of money worries, on both employees and organisations. The session is suitable for managers, HR, staff side representatives and occupational health staff.

September 28th, October 6th + 19th, November 2nd + 23rd

**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 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.

September 14th, October 4th + 20th, November 3rd + 24th
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, 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.

September 15th, October 26th, November 16th +29th

How to boost resilience at work

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

September 7th+ 30th , October 14th+26th , November 4th +16th

Towards a Healthier Workplace - Reducing Gambling Harm

This session aims to raise awareness of the impact of gambling harm in the workplace and will improve the knowledge and understanding of best practice in supporting employees and reducing gambling harm in the workplace.

September 29th , October 13th +28th , November 17th+24th

Men’s Health – Starting A Conversation At The Workplace

This session aims to open up a discussion about men’s health awareness and healthy living for men. The session will discuss some common health conditions that affect men, and focuses on the easy to action habits that helps in preventing them.

November 9th+18th
Training Dates

**Keeping people safe at work - Undertaking effective risk assessments in a changing world**

In this ever-changing world, where new risks can emerge unexpectedly, employers need to continue to keep people safe in the workplace by undertaking effective risk assessments.

This session aims to:
- outline the key requirements and terms involved in completing risk assessments
- describe the five steps to risk assessments
- explain how to identify hazards and evaluate risks, including COVID-19
- signpost to sources of further advice, guidance and support

October 7th, November 10th

[Click Here to register]

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**Supporting and Managing Staff with Long COVID**

This session aims to raise awareness of the impact of long COVID in the workplace and to improve knowledge and understanding of best practice in managing employees with long COVID.

September 8th + 21st, October 5th + 27th, November 10th + 30th

[Click Here to register]

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**Returning to the workplace – supporting staff mental health and wellbeing**

In this interactive 90 minute session, we will discuss how to look after our mental health and wellbeing at work in a constantly changing world such as following a pandemic. We will provide support to employers and employees to improve their knowledge and understanding of dealing with COVID-related anxiety and stress and offer practical tips and ideas to create healthy and sustainable working conditions.

September 9th + 28th, October 12th + 21st, November 11th + 29th

[Click Here to register]
The Glasgow Healthy Working Lives Team is pleased to be able to offer this **free online training course** from **Alcohol Focus Scotland**. Please see below for further details, including a link to book.

**In Short:**
Training aimed at providing participants with an introduction to the impact alcohol and drugs have on Scottish society and specific guidance on how to address alcohol and drug related issues in the workplace.

**Who is it for?**
Anyone with responsibility for supervising or managing staff.

**Learning outcomes:**
- Discuss the impact of alcohol and drugs on Scottish society.
- Explore the impact of the COVID-19 pandemic and related restrictions on consumption.
- Discuss good practice in workplace alcohol and drug policy.
- Demonstrate how to raise and manage alcohol and drug related issues in the workplace.

**How can I access it?**
- Remote tutor led 3 hour session (via Microsoft Teams)

**Date:** Thursday 30th September 2021  
**Times:** 9:30am-12:30pm

To book a place please visit: [https://www.eventbrite.co.uk/e/managing-alcohol-and-drugs-in-the-workplace-tickets-168405919639](https://www.eventbrite.co.uk/e/managing-alcohol-and-drugs-in-the-workplace-tickets-168405919639).

The course has a maximum of 12 places available, offered on a first-come, first served basis. We would ask you to commit to attending if you secure a place or, if you are no longer able to, let us know as far in advance as possible so we can offer the place to another delegate.
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.

Public Health Scotland’s Virtual Learning Environment

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 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.

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.

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 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.
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.

Mental Health in the Workplace - A Guide for Managers

September 2021

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

October 2021

National Cholestrol Month
Breast Cancer Awareness Month
Stoptober
Back Care Awareness Week 4th - 8th
World Menopause Day 10th
World Mental Health Day
National Work Life Week 18th
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.

Can you spot the hidden fats?
It’s not always easy to tell where those sneaky [saturated fats](#) are hiding. Why do you need to know? Because diets high in saturated fats are linked to increased [cholesterol](#) levels, which are associated with a higher risk of [coronary heart disease](#) and [stroke](#). Take the quiz [here](#) to test your knowledge.

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