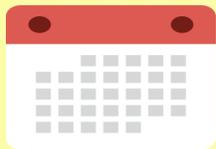


Welcome to our January Newsletter!

We hope everyone managed to relax a little bit over the holidays. Our team is back refreshed and ready to launch a new training cohort - dates and links can be found further down below.

Also, the 2022 Campaign Planner is now available and can be accessed [here](#).

This will really help your organisation when you want to plan your approach for your staff wellbeing for the new year. With everything from World Cancer Day to Stoptober.



Furthermore, back in December our team organised a webinar about Family Money Worries and why it matters to workplaces. The event was a huge success and the team will be looking to host webinars more often.

If you were unable to attend, not to worry, the event was recorded and is now available to watch [here](#). Please share it with your colleagues!

Finally, these winter months can be difficult for many people and charities like Breathing Space are there to offer support and resources that can help people cope better with their emotions. If you need someone to talk to their helpline is **0800 83 85 87** or visit the Breathing Space [website](#) for more information and support.

The Employment and Health Team



All About Money

If you are thinking about giving your finances a makeover in 2022 then using a credit union might be a good idea.

Credit unions offer a wide range of financial products and services such as savings accounts and loans. Also, organisations can set up a payroll partnership with credit unions allowing staff to consistently save on a regular basis and/or repay affordable loans via deductions that are made directly from their salary. This can boost the financial capability and wellbeing of your staff. Read more about the benefits of saving through payroll schemes with credit unions [here](#).

Click [here](#) to search for your local credit union.



Business Ventilation Fund

The Scottish Government's Business Ventilation Fund will help small to medium-sized businesses improve ventilation and air quality on their premises to help reduce the risk of coronavirus transmission.

The fund will allow businesses to claim back costs to improve ventilation of up to £2500.

Support will target high-risk settings where people come into close contact with each other, such as hospitality and leisure sectors.

You can apply until Thursday 31 March 2022 or until the fund runs out, whichever comes first.

For more information and to check if your organisation is eligible, click [here](#).

Support provided by



Scottish Government
Riaghaltas na h-Alba
gov.scot

Virtual Training Dates

Staff Financial Wellbeing What you can do to help

COVID 19 has brought unprecedented changes to people's lives, and many will be worried about the financial impact of these changes. 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.

January 11th (AM) - [Click here to register](#)



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

January 18th (AM) and March 8th (AM) - [Click here to register](#)



Cancer Research UK Workplace Webinar/Q&A



In this hour long session, Cancer Research UK will encourage people to make choices that could reduce their risk of cancer and increase their chances of detecting it early. It will also cover which cancer screening programmes are available.

At the end there will be time for questions and answers.

January 18th (PM), February 21st (PM) and March 22nd (PM) - [Click here to register](#)

Returning to the Workplace - Supporting Staff Mental Health and Wellbeing

This interactive 2 hour session is suitable for both managers and employees. We will discuss how to look after our mental health and wellbeing at work in a constantly changing world. We will raise awareness of COVID-related anxiety and stress when returning to the office and/or hybrid working and share practical tips and ideas re how to create healthy and sustainable working conditions as well as looking after yourself.

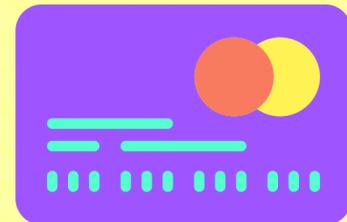
January 20th (AM) and March 17th (AM) - [Click here to register](#)



Glasgow Credit Union - Good Money Management

This interactive workshop outlines the importance of budgeting and includes some budgeting tips, how the credit scoring system works, the pitfalls of debt and explains some financial terminology. This session is aimed at anyone with an interest, and helps build confidence and enhance attendees' abilities to take control of their finances.

January 27th (AM), February 24th (AM), March 24th (AM) - [Click here to register](#)



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

February 2nd (AM) - [Click here to register](#)



Virtual Training Dates

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.

February 8th (AM) - [Click here to register](#)



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.

March 2nd (AM) - [Click here to register](#)



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.

February 17th (AM) - [Click here to register](#)



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.

March 29th (AM) - [Click here to register](#)



SAMH & NHS GGC 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 Mental Health in the Workplace: A Guide for Managers webinar is designed to help managers to support and maintain good mental health and wellbeing for staff, particularly in relation to COVID-19 experiences. February 2nd (AM) - [Click here for more information and to book your place](#)

From January to March 2022 other online learning sessions will be on offer too. For more information and to check out the programme click [here](#).



National Campaigns

January 2022

Veganuary 1st-31st

Dry January 1st-31st

Big Energy saving week 17th-22nd

Cervical Cancer Prevention Week 17th-23rd

Brew Monday 18th

February 2022

Heart Month 1st - 31st

World Cancer Day 4th

Time to Talk Day 4th

Healthy Eating & Staying Active



7 Tips to Boost your Mental Health Over the Winter

2022 has arrived and many people would like to eat a bit healthier and move more. These resources might make it a bit easier to achieve this and especially when you team up with your colleagues.

Losing or reaching a healthy weight can help prevent certain diseases and The British Heart Foundation has a lot of support on their [website](#) on how to eat healthier and take control of your weight.



An idea to get more active is to organise a walking challenge with your colleagues. World Walking is a great website, designed to motivate individuals and small groups, to keep active. It's free and you can create your own World Walking Group, choose your virtual walk... and go!

To join, sign-up [here](#).



Darker days can make us feel less motivated, and if we are getting out and exercising less, that can also contribute to a low mood. Here are some simple things you can do to feel better.

1. Maintain your social life
2. Practise feeling grateful
3. Focus on your reactions
4. Look for light in your life
5. Stay active
6. Eat well
7. Look forward



Click [here](#) for more details and tips!

Source: [British Heart Foundation](#).

Breast Feeding & The Workplace

Breastfeeding Friendly Scotland (BFS) is a national scheme you can sign up to for free. It's supported by the Scottish Government and run by local health boards.

It aims to help businesses and people who breastfeed know their rights and responsibilities. The award lets people know the business:

- is part of the scheme
- understands the law
- supports breastfeeding on their premises

How to sign up and for more information please visit their [website](#).

Cancer Screening

The Glasgow City HSCP, Health Improvement Team has created animated videos on cancer screening. These animated videos raise awareness of the three national Cancer Screening Programmes (Bowel, Breast, Cervical) and highlight the extra precautions in place for preventing COVID transmission during screening.

The links below are in English, but the videos are also available in 5 different languages (Arabic, Mandarin, Punjabi, Romanes and Urdu) and British Sign Language and can be found on the [NHS GGC YouTube page](#).

• [Bowel Cancer Screening](#)

• [Breast Cancer Screening](#)

• [Cervical Cancer Screening](#)

