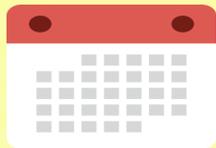


## Welcome to our March Newsletter!

As we rapidly head towards spring, with lighter mornings and longer days (thank goodness!), our January to March online training schedule is still going strong. We have a number of helpful health, safety and wellbeing-related sessions coming up in March, so why not check them out in the Virtual Training section below, including dates and links to register?

Now that more organisations championing national campaigns have announced dates for this year, we have updated our 2022 Campaign Planner, which can be accessed [here](#).



This resource can help your organisation plan its approach to promoting employee health, safety and wellbeing in the workplace for the year ahead.

March once again sees No Smoking Day take place. Ash Scotland is promoting the campaign this year, with the theme of Quit Your Way.

Other articles include: changes to the law relating to Personal Protective Equipment (PPE); a voluntary, Scottish Government scheme to promote distance among people at highest risk of and anxious about COVID; and a report outlining how workplaces can better support employees with Long COVID.



## Personal Protective Equipment (PPE) Regulations' Changes

The Health and Safety Executive (HSE) have highlighted that changes to the current PPE Regulations come into effect on 6th April, extending both employers' and employees' duties for PPE to limb (b) workers\*.

To access further details, click [here](#)

\* workers who generally have a more casual employment relationship and work under a contract for service.

## Long COVID Support for Employees

1.3 million people in the UK are estimated to have Long COVID and numbers are expected to rise. In light of this, the Chartered Institute of Personnel and Development (CIPD) has published a report to help workplaces better support employees with Long COVID by adapting health and wellbeing plans and policies. The report highlights the key role of line managers in providing support and influencing organisational culture.

Further details can be accessed [here](#)

## COVID-19 Distance Aware Scheme

The Scottish Government has joined a voluntary scheme, called Distance Aware, which is designed to help those at highest risk of COVID-19 and who are anxious about interacting with others as we adapt to life with COVID. The scheme includes badges and lanyards people can wear to indicate they would like others to give them extra space.

To find out more, click [here](#)

# Virtual Training Dates

Please like and share our  
Social Media Pages



## 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

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.

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.

March 17th (AM)

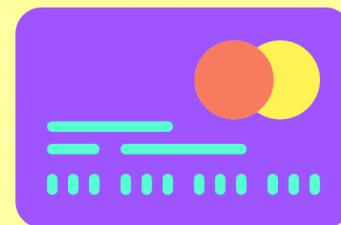
[Click here to register](#)



## 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.

March 24th (AM) - [Click here to register](#)



## Supporting Mental Health: Breathing Space

Covid-19 has had a huge impact on mental health. Sometimes people's thoughts and feelings overwhelm them to the point where it becomes difficult to cope with everyday life. It's important that workplaces know what support is available.

NHS 24 provides a suite of mental health services, including Breathing Space. At this webinar you will find out about their latest campaign 'You Matter, We Care - for better mental health in Scotland' and also resources including 'The Little Book of Caring Ways'. This webinar lasts approximately 45 minutes and is aimed at anyone with an interest.

[Thurs 31st March 2022 10-11am-  
https://link.webropol.com/ep/breathingspacession310322](https://link.webropol.com/ep/breathingspacession310322)



# Virtual Training Dates

## Line Managers - Managing Alcohol & Drugs in the Workplace Training

The Glasgow Healthy Working Lives Team is pleased to be able to offer this free online training course from **Alcohol Focus Scotland**. The course has a maximum of 12 places available, offered on a first-come, first served basis. In order to gain maximum benefit, you should book only if you have line management responsibility.

The training is 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.

March 9th from 9.30-12.00

To register please email your name, job title, organisation and a note of how many people you line manage to [Training@alcohol-focus-scotland.org.uk](mailto:Training@alcohol-focus-scotland.org.uk)



## Save Money, Go Green: Introduction to Home Energy Scotland

Many people will be worried about the rising cost of energy or perhaps the urgent problem of climate change. Home Energy Scotland (HES) is funded by the Scottish Government, providing free, impartial energy advice and support.

This one hour webinar is suitable for anyone with an interest, and will give an overview of the ways that you can save money and also save the planet, with the help of HES.

**If you are interested, and feel that the above session would benefit you, then please use one of the following links to confirm your place:**

[Weds 30th March 2022 11-12 -](https://link.webropol.com/ep/homeenergyscotlandwebinar300322)

<https://link.webropol.com/ep/homeenergyscotlandwebinar300322>



# National Campaigns

## March 2022

<u>Eating Disorders Awareness Week</u>	1st-6th
<u>Ovarian Cancer Awareness Month</u>	1st-31st
<u>Prostate Cancer Awareness Month</u>	1st-31st
<u>International Women's Day</u>	8th
<u>No Smoking Day</u>	9th
<u>World Kidney Day</u>	10th
<u>World Sleep Day</u>	18th
<u>World Oral Health Day</u>	20th

## April 2022

<u>Stress Awareness Month</u>	1st
<u>Bowel Cancer Awareness Month</u>	1st
<u>On Your Feet Britain</u>	28th

## Ovarian Cancer Awareness Month

Target Ovarian Cancer are spotlighting ovarian cancer, promoting March as Ovarian Cancer Awareness Month. They emphasise that at present only one in five people can identify bloating as a symptom of ovarian cancer and two thirds are diagnosed late when the cancer has spread. In order to raise awareness of ovarian cancer symptoms, they have developed awareness materials and social media infographics.

To access these resources and further information, click [here](#)



## Prostate Cancer Awareness Month

Prostate Cancer UK have designated March as their March the Month campaign, a virtual step challenge for anyone looking to be active and help beat prostate cancer. Participants are encouraged to take 11,000 steps each day, for more than 11,000 men who die from prostate cancer annually. Further information, including access to resources to raise awareness, can be found [here](#)



## The Green Office Guide

Zero Waste Scotland are promoting their free Green Office Guide on how to run a more cost-effective and environmentally sustainable office.

The guide can help your office save money, improve environmental performance, comply with legislation and respond to the increasing environmental demands of your customers. For further information and to request your free copy, click [here](#)



## No Smoking Day 2022

This year's No Smoking Day is on Wednesday 9th March, and ASH Scotland have elected this year's theme to be Quit Your Way, which is designed to inspire people to quit smoking the best way for them. ASH Scotland have developed a social media resource pack to help promote the day, including the key messages of the campaign.

Click [here](#) for further details and the resource pack.



## Women in Multiple Low-paid Employment: Work, Care and Health

- Researchers at the University of Glasgow are looking to hear from women working multiple jobs.
- Are you a woman with two or more jobs in the Glasgow area?
- Do you have around 30 minutes to talk to a researcher about your work/home life?
- You will receive a £20 shopping voucher for taking part.
- Your involvement can influence government policy, and improve women's working lives.
- If you're interested in taking part in the project, please email Louise Lawson at [louise.lawson@glasgow.ac.uk](mailto:louise.lawson@glasgow.ac.uk) or text "YES" to 07946 292536.

An innovative research project, based at the University of Glasgow and funded by The Nuffield Foundation, is exploring the experiences of women who are in multiple low-paid employment (MLPE). It will examine the inter-relationships between women's MLPE, care responsibilities and health and wellbeing. This timely project runs until January 2024 and aims to raise the profile of this issue, making recommendations for employers and services supporting women in employment, particularly low-paid employment.



# Scottish Workplace Journey Challenge

Throughout March, workplaces across Scotland can compete to log the most sustainable journeys, with registrations now open for the award-winning Sustrans Scottish Workplace Journey Challenge. The Journey Challenge is a FREE, web-based competition.

Register your workplace and encourage colleagues to log the journeys they make by foot, bike, public transport, and car-share to climb up the leader board. For the first time, those working from home can also record their local journeys too. It's a great way to engage colleagues in travelling in ways that benefit their health and wellbeing, as well as the environment.

To find out more and register visit <https://scotland.getmeactive.org.uk/>

