

OFFICIAL



Please see below a personal message from Susanne Millar, Glasgow City HSCP's Chief Officer. In her video, Susanne marks the two-year anniversary of the first COVID-19 lockdown in 2020 and talks about the easing of COVID-19 restrictions in Scotland. She also thanks staff for their efforts and resilience during these challenging times and urges them to take time to reflect and reach out if they're struggling.

COVID-19 Message from Susanne Millar

Hello, for those of you who don't know who I am, my name's Susanne Millar, and I'm the Chief Officer here in the Health and Social Care Partnership in the city. Today (at time of filming) is the 23rd of March 2022, and I really wanted to reach out to people because it's almost exactly two years since the first full lockdown was announced and was implemented, here in the city, in Scotland, in the UK and beyond. It feels, I suppose, for a lot of us like a lifetime ago in terms of what we've been through subsequently, and particularly for us in the Health and Social Care Partnership, our experiences in dealing with the global health pandemic and continuing to provide health and social care services to the people of Glasgow, while trying to live our own lives with our families and within our communities in those unprecedented times.

We didn't even know what the word 'lockdown' meant two years ago and here we are now giving adjectives to the kinds of lockdowns that we've experienced. And I think now as the rules and the restrictions are lifting and are easing, we have a lot both to be proud of in terms of what we've achieved so far, and we've got a lot to look forward to in terms of those restrictions easing and now being able to go on with a more normal life.

OFFICIAL

OFFICIAL

We do need to remember that COVID is still with us in particularly in the jobs that we do, and we need to remember to make sure that we stay safe and we stay safe while we're working with the people that we work with.

But I think the other thing that I really wanted to say to people within the Health and Social Care Partnership is, maybe to take away a bit of time to reflect on these last two years. I'm conscious that for many of you, dealing with all of the challenges that continuing to work, in that kind of environment brought, you would have had all sorts of experiences within your own personal and family life. And I'm also conscious that some of you will have lost people in the last two years, family members, and sometimes that will have been an extraordinarily difficult sets of circumstances.

We have been hugely resilient, and I've said on many occasions, I'm incredibly proud of and grateful for all of the work that you have done and the way in which you've continued to work in this city. But please think about yourselves and don't be surprised if in looking forward to those restrictions easing and life becoming a bit more normal, giving yourselves a bit of time to reflect that this is maybe when some of it starts to hit you in terms of the enormity of what we've been through, what you've been through personally and professionally, ourselves as an organisation. We haven't ever experienced anything like the last two years, and I think it might take some time to fully understand the impact that it has on us personally and professionally.

So really saying to you give yourselves that time, don't be worried or alarmed if as things are starting to ease is when maybe you start to feel bad, particularly if you've managed the last couple of years without those kind of feelings, and I ask you to reach out to people, to talk to the people that you work with and the people that you live with. They won't be unusual experiences because I think as we start to loosen up is maybe when we start to realise the full impact of these last two years.

OFFICIAL

OFFICIAL

So really asking you to look after yourselves, asking you to look out for each other. And finally as always finishing up by genuinely expressing enormous pride and gratitude for all that you have done and achieved and for the way in which that you have gone about it. So, thanks very much and please look after yourselves.

Here's to the future. Thank you.

OFFICIAL