

Staff can find helpful information on our [Staff Health and Wellbeing webpage](#).

Recent Activities

We marked September 10, World Suicide Prevention Day, by hosting the annual Celebration of Life in The Tranquillity Garden at Gartnavel Hospitals Campus. Messages of love and personal memories were written down and suspended alongside the autumnal leaves on the Rowan Tree (pictured right). The tree was first planted in 2013.



Shiatsu Massage Pillows

Staff at Gartnavel Royal Hospital who work across Acute Mental Health, Intensive Psychiatric Care Unit (IPCU), Older People's Mental Health and Rehabilitation have been feeling the benefit of ward-based, portable Shiatsu Massage Pillows as part of the Healthy Working Lives agenda to reduce stress levels.

Derek Toland, SCN, Intensive Psychiatric Care Unit, IPCU, Gartnavel Royal Hospital commented: "Several staff have used the Shiatsu Pillow which slips easily over the back of a chair. As well as the positive feedback about the benefits of the massage action, it has stimulated a bit of cheery and positive chat about reducing stress and it's good when this can be spoken about openly in the work setting."

Staff teams working in Addictions Services and Learning Disabilities teams, based on the Gartnavel Campus, have also been able to access these benefits through the same scheme.

Liz Madden, In-patient Operational Nurse Manager said: "We always welcome any initiatives which help staff reduce their stress levels, support and promote the importance of the well-being of our staff teams. The introduction of the massage pillows has been positively received and I hope that the staff continue to use and feel the benefit of them."

Dr Bike Sessions from Motion Forward (Bike for Good)

Leverndale Hospital hosted a Dr Bike session, delivered by bike mechanics from Motion Forward (previously known as Bike for Good) on 25 August with 12 staff using the service. Staff were delighted to get a bike MOT to allow them to continue their active travel and recreational cycling. More staff have said that they would like to participate at a future session. We hope to plan other sessions throughout the South Sector, any facilities and teams who would like get this for their site please get in touch with john.harkins@ggc.scot.nhs.uk (Minimum 8 bikes – Maximum 12)

Leverndale Hospital are also planning more opportunities for staff cycling via a Cycling Scotland funding award with new bike shelters and showers being installed in conjunction with the Cycle Friendly Employer scheme / fund. We'll keep you posted on developments.

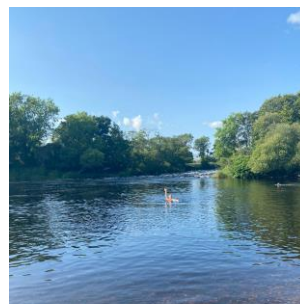
Steve Lowe, HWL Champion at the Newlands Centre in the North East organised at Dr Bike Session on Monday 13th Sept (pictured right). He said: "Yesterday's event was a great success. The mechanics ended up servicing 12 bikes. The feedback I've received so far from staff has been very positive."



What helps you to stay mentally, emotionally and physically well?

- Insight from staff working across the city

Sarah Craig, North West Health Improvement Team is a wild swimmer (pictured right). She said: "For many people who wild swim day after day, year after year, it has become a special kind of oasis. As one of its regulars, it has become my welcoming space. The pond, river, loch and sea can support you through some difficult times, it did for me. There is something exhilarating about leaving your wetsuit at home, swimming in a



natural body of water with just your swimming costume. There are many health benefits to wild swimming; it's meditative, it reduces inflammation, it reduces stress hormones, it increases happy hormones and it helps you connect with nature. All of these are well documented by health experts across the world. There are also risks and dangers to wild swimming and never underestimate the power of the water even if you think you are a strong swimmer."

10 ways to be wild and safe (www.wildswimming.co.uk)

1. Never swim in canals, urban rivers, stagnant lakes or reedy shallows
2. Never swim in flood water and be cautious of water quality during droughts
3. Keep cuts and wounds covered with waterproof plasters if you are concerned
4. Avoid contact with blue-green algae
5. Never swim alone and keep a constant watch on weak swimmers
6. Never jump into water you have not thoroughly checked for depth and obstructions
7. Always make sure you know how you will get out before you get in
8. Don't get too cold – warm up with exercise and warm clothes before and after a swim
9. Wear footwear if you can
10. Watch out for boats on any navigable river. Wear a coloured swim hat so you can be seen

Other Staff Insights

Lauren Pearson, social worker with Continuing Care, AfterCare and Young Persons Homeless Services took up cold water therapy. Lauren mixed it up from going outdoors in local beauty spots and using an ice filled tub in the garden for when she was unable to go. Lauren found this really helped her focus.

Paul Tennant, clerical worker with North West Learning Disabilities Team took an online course in screenwriting and having got the certificate for successfully completing the course Paul wrote his first play. Several plays which Paul has

acted in has helped him to develop ideas and understand stage directions. Let's hope Paul will be given the green light to stage his play from the director of his drama group. Paul is also a huge promoter of cycling and continuously encourages and supports others to get on their bikes.

Donna McKinnon, Senior Social Care Worker, Victoria Gardens Care Home (NW Hub) and others working in the unit got into walking, being one of the few things people were allowed to do during lockdown. This continued with light hearted competitions using step counters, to see if they could be as active on their days off, as they were on shift, with a few staff aiming for 10k steps a day, every day. This was a fair challenge given the awful weather and exhaustion after three long days on, but they encouraged each other to do it. Donna also got back into cycling as she was anxious about the risk of COVID-19infection on public transport and taxis.

Jackie Bell, Rehabilitation Nurse Specialist, North West Rehabilitation Service took up a lot of painting and decorating. Jackie also learnt to crochet. One of the OT within the team is so good at crocheting that she now sells online.

Sarah Morrison, Health Improvement Practitioner, North West Health Improvement team has climbed a lot of Munros, known as 'Munro-bagging'. Sarah always makes sure she has suitable equipment and necessary weather and route information to lay the foundation for many enjoyable and safe days in the hills.



Health Visiting Staff from Bridgeton Health Centre are taking part in wild water swimming and outdoor workouts.

Pauline McGonigle, HV at Bridgeton is doing beach walks to feel 'earthed.' She is also going out on her bike and has also started attending the boot camp sessions at Stobhill through Active Staff which she highly recommends.

To find out more about 'earthing', Pauline recommends the following:

[The Earthing Movie: The Remarkable Science of Grounding \(full documentary\)](#)

Locality HWL Coordinators

We are always keen to hear about the different things that staff are doing to keep healthy. If you want to contribute to future bulletins or to find out about being a Healthy Working Lives champion for your site and help promote staff health and wellbeing please get in touch with one of the Locality contacts below:

- Wellbeing & Attendance Team - Billy.Ford@glasgow.gov.uk
- Commonwealth House - Laurina.Hewson2@ggc.scot.nhs.uk
- North East - Leighann.Miller@ggc.scot.nhs.uk
- North West - Sarah.Craig2@ggc.scot.nhs.uk
- South - John.Harkins@ggc.scot.nhs.uk
- Prison Healthcare - Claire.Blair2@ggc.scot.nhs.uk