



Staff Health and Wellbeing (Healthy Working Lives) Summer 2022 Bulletin

For the attention of all Glasgow City HSCP Staff - both Health and Social Work

Dear colleague,

Our Glasgow City HSCP staff [Health and Wellbeing](#) page contains a wide range of information, useful contacts and information on [Healthy Working Lives](#) activities, how to be a champion for your site, details of coordinators and our Mental Health and Wellbeing [Action Plan](#).

A reminder that the [National Wellbeing Hub](#) provides online support for everyone working in health and social care services, unpaid carers, volunteers, and their families. It has a range of evidence-based resources, digital programmes and links to the [Coaching for Wellbeing](#) Programme and [Focus on Wellbeing Webinar](#) Programme.

Free Active Staff Sessions for NHS and Social Care Staff

With a mixture of early morning and evening classes, outdoors or streamed by instructors over [Microsoft Teams](#) to your home we hope we have something on offer for all levels and for you to enjoy. To book in, it couldn't be easier. All you need to do is [register online](#).

Active Staff also has 10 and 20 minute pre-recorded sessions from Scottish Ballet to support physical and mental wellbeing. These are accessible to all staff regardless of fitness level or age. Go to [Active Staff - NHSGGC](#) and scroll down past 'classes and clubs' to find your link and use through Microsoft Edge.

Menopause

The NHS Greater Glasgow and Clyde Mental Health Improvement Team have developed a “Menopause and Mental Health” session as part of their Healthy Minds resource. The session comes with a PowerPoint presentation, facilitator’s notes and a supporting resources handout. It can be used by anyone with an interest in the subject, no training needed. Download the resource free from the [NHSGGC Mental Health Improvement Team website](#) (session 17). Other sessions include sleep, grief and more.

Peer Support Framework for Stress

This provides an online module for all staff designed on the themes below:

1. Understand what a normal response to stress is
2. Understand the basic elements of Psychological First Aid
3. Wellbeing - Learn how to care for ourselves
4. Peer Support - How to support our colleagues

You can access the full module on: Learnpro - GGC 277: Introduction to Psychological Safety [learnPro NHS - Login \(learnprouk.com\)](#) . The module is also available for NHSGGC HSCP social care staff on their Local Authority learning platforms.

[Able Futures](#) is a strategic partnership set up on behalf of the Department for Work and Pensions, providing support to people working and living with mental health difficulties as well as employers

Money Support

Are you interested in learning more about easy retirement planning, how to understand mortgages, or managing your money. Then these free Open University courses may be for you.

Go to the NHSGGC [‘All about Money’](#) staff information and support page to find out more about these free courses and other money support and information available to you.

A comprehensive list of some recommended Government approved pathways that are available for free, impartial and confidential money advice and support is available to all staff on the GCC workforce wellbeing support staff [web page](#)

**This message has been approved for 'all-Glasgow City HSCP' distribution by
Isla Hyslop, Head of Organisational Development (Partnerships).**