



Staff Health and Wellbeing Bulletin (Healthy Working Lives) Autumn 2021

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](#). We also have links to leaflets on [desk exercises](#) and [Tai Chi](#) movements from our physiotherapy team.

Staff are reminded to take time out to talk to each other by having a regular team tea break/catch up with colleagues. This can help to reduce feelings of isolation and disconnectedness for those working at home.

Current Online HSCP Staff Groups (all employees are invited to take part as space allows):

Yoga Classes - The class previously held at Commonwealth House is now via MS Teams on Thursdays from 5pm to 6pm. Places are limited so if interested please contact: Carolan.Forbes@ggc.scot.nhs.uk

Mindfulness Sessions – 20 minute sessions take place every Tuesday at 1pm. If interested, contact: Leighann.Miller@ggc.scot.nhs.uk

Staff Knitting Group - The group takes place on MS Teams every Wednesday and Friday at lunchtime. If interested, contact: joanna.payne@glasgow.gov.uk

The Green Machine – Running / Jogging group run by James Leitch, North East Health Improvement Team meets at The Fountain, People's Palace, Glasgow Green every Tuesday at 5.50pm. James says: "Fancy doing a couch to 5K or just running with other people then why not come along and join the Green Machine. If you are more Mo Slater than Mo Farah or if you are Olympic standard everyone is welcome." If interested, contact James.Leitch@ggc.scot.nhs.uk

National Wellbeing Support - 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, access to digital programmes designed to help with mental health, links to [Coaching for Wellbeing](#) and acts as a pathway to a range of psychological support and treatment services. A new resource on the Hub is [Feeling anxious about restrictions being lifted? Here's how you can stay in control](#) – produced for everyone working in health and social care. You can manage your worry and anxiety with [free apps](#) and a range of other useful [resources](#).

The National Wellbeing Helpline (0800 111 4191) is available to everyone working in health and social care services. It is a compassionate listening service based within NHS 24's Mental Health Hub which you can access 24/7.

Workplace Options has [information](#) for social work staff and their families. You can also read the latest [COMPASS magazine](#) from the Council's occupational health provider. Note that the link to Wellbeing & Attendance can only be accessed by authorised users of the Council's staff intranet, Connect.

[NHS Greater Glasgow and Clyde](#) has mental health and wellbeing information and supports for staff employed by them. You can also read their latest monthly [Employment and Health Newsletter](#)

Details of the [mental health improvement training programme](#) provided across Glasgow City Council(GCC) by SAMH, covering the period October to December 2021 are now available.

[Money Helper](#) provided by the Money and Pensions Service (MaPS) provides free, impartial help as well as directing you to additional service if you need more support.

Helping you Stay Warm for Less

Are you worried about staying warm and managing your energy costs? Help is at hand from [Home Energy Scotland](#), a free and impartial advice service funded by the Scottish Government. You might even find you're eligible for free home improvements like insulation or a new boiler. To speak to a friendly advisor, call free of charge on 0808 808 2282 or email adviceteam@sc.homeenergyscotland.org.

Campaigns

Friday, 10 September was World Suicide Prevention Day. More [Information](#) is available.

October is Breast Cancer Awareness Month. More information is on [NHS Inform](#) and [Breast Cancer Now](#)

Sunday, 10 October is World Mental Health Day - the [Heads Up](#) website provides advice and information on mental health conditions, and services and supports that are available.

November is [Movember](#) - Men's Health Awareness Month. Responsible for thousands of moustaches on men's faces in the UK and around the world. The aim of Movember is to raise vital funds and awareness for men's health.

15-22 November 2021 is [Alcohol Awareness Week](#). A chance to get thinking about drinking. It's a week of awareness-raising, campaigning for change, and more.

1 December 2021 is [World Aids Day](#). An opportunity for people worldwide to unite in the fight against HIV, to show support for people living with HIV, and to commemorate those who have died from an AIDS-related illness.

Read more about Locality Activities in our Healthy Working Lives Autumn 2021 Update on the [website](#).

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

Keep Up to Date

Visit our website at www.glasgowcity.hscp.scot or follow us on Twitter at @GCHSCP to find out more about what we're doing for health and social care in Glasgow City.



Our Vision & Priorities

The City's people can flourish, with access to health and social care support when they need it. This will be done by transforming health and social care services for better lives. We believe that stronger communities make healthier lives.



Prevention, early
intervention &
harm reduction



Providing greater
self-determination
& choice



Shifting the
balance of care



Enabling
independent
living for longer



Public
protection