



STAFF ANNOUNCEMENT

Staff Health and Wellbeing (Healthy Working Lives) Spring 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 and our Mental Health and Wellbeing [Action Plan](#).

Free Active Staff classes are also online and open to all health and social care staff. Currently you have access to seven live classes per week, Monday – Thursday with a mixture of live early morning and evening classes streamed over Microsoft Teams to the comfort of your own home.

You can book all your fitness classes by filling out the [Active Staff survey](#) and selecting the class you want to attend. You must complete the form for every class you book. You can register to have links sent to your NHS, Council or personal email but must also provide your NHS or Council email. Any questions or concerns for your Active Staff activities please get in touch at ActiveStaff.Legacy2014@ggc.scot.nhs.uk.

Worried about your cost of living increases? The pandemic and the rising cost of living have left lots of people with new money worries. Whether you've been caught off guard by higher bills and payments, uncertain

income or the loss of a job, the official government [Moneyhelper](#) website has information to support people.

As April is [National Stress Awareness Month](#) and Mental Health Awareness Week is held every May we'd like to remind staff of a range of resources available to support your mental health and wellbeing.

Scottish Ballet have a range of resources available for health and social care staff on their [Health at Hand](#) webpage. Here you will find lots of pre-recorded movement and breath resources suitable for use at home and in the workplace.

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 and links to the [Coaching for Wellbeing](#) Programme. Their [Focus on Wellbeing Webinar](#) Programme is aimed at empowering and encouraging everyone delivering health and social care services, and unpaid carers, to enhance self-care and personal resilience.

If you struggle with poor sleep or anxiety, free apps [Sleepio](#) and [Daylight](#) may be able to help.

A range of other [resources](#) are on the NHSGGC [Headsup.scot](#) website.

NHS Education for Scotland (NES) Psychology Service have issued a [Workforce Wellbeing Newsletter](#) which highlights a range of resources.

NHS Greater Glasgow & Clyde's Occupational Health Psychological Therapies Service (OHPTS) have produced videos to help staff health and social care staff look after their wellbeing.

- [Short version](#) – Quick Tips (7 minutes)
- [Longer version](#) (25 minutes)

If you feel you need support beyond the resources above then please contact OHPTS by phone on 0141 277 7623.

Our HSCP Locality HWL Coordinators 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.Hewson@sw.glasgow.gov.uk
- North East - Fiona.Hughes@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

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

