



## Staff Health and Wellbeing (Healthy Working Lives) Autumn 2022 Update

Dear colleague,

October 10 was World Mental Health Day. It is important for us all to look after our mental health and wellbeing by taking some time to reflect, reach out to others and find out more on what help is out there.

Smartphone apps and computer-based programmes are used to support various aspects of mental wellbeing and access to a few programmes is free for staff through the [National Wellbeing Hub](#).

For more information on resources available for our staff:

- Visit our [HSCP Staff Health and Wellbeing](#) webpage
- Reach out to the NHSGGC Occupational Health Psychological Therapies Service – Glasgow City HSCP staff have access to this free service by phoning 0141 277 7623, Mon to Fri, 8am to 5pm
- Engage with Employee Assistance Provider, Workplace Options – Glasgow City Council staff have access to free practical information, resources and counselling. Phone 0800 247 1100.

[Lifelink](#) offers face-to-face counselling services to all, alongside the option of video and telephone sessions and free online [wellbeing courses](#). Participants can attend as many classes as they like, and they are free to everyone with a Glasgow postcode.

More Information on [mental health support](#) in Glasgow.

**Mental Health in the Workplace Webinar – A Guide for Managers (2hrs)**

This free webinar is aimed at line managers, team leaders and supervisors working within NHS Greater Glasgow and Clyde/HSCP area and takes place on Microsoft Teams. It is designed to help managers support and maintain good mental health and wellbeing for staff. The webinar takes place on [Thursday 1 December from 9:30am – 11.30am](#)

**Talk Money Week** runs from 7 to 11 November and encourages you to talk about managing money – from pocket money right through to pensions.

The [MoneyHelper](#) website offers a range of free, expert tools and guidance.

You can find out what support is available to help with the cost of living, including income and disability benefits, bills and allowances, childcare, housing and travel from the new [Gov't Cost of Living Support](#) site.

For other sources of information and support on money advice go to the website [All About Money - NHSGGC](#)

**Let's Talk about ... Staff Wellbeing Webinars open to NHSGGC and HSCP Staff.**

**Let's talk about: Winter Worries and Wellbeing**

[Thursday, 10 November - 9:00am - 9.20am](#)

[Thursday, 1 December - 4:00pm - 4:20pm](#)

**Let's talk about: ABCs of Self Care**

[Tuesday, 15 November - 4:00pm - 4:20pm](#)

**Let's talk about: The Going Home Check List**

[Friday, 25 November - 9:00am - 9:20am](#)

**Exercise** is a great way to reduce the stress of the day, it's also one way to reduce the risk of a number of [physical health concerns](#). Try to exercise several times a week or daily where possible. This could be a [brisk walk](#), a short [run](#), or balance and strength-based exercises like [yoga, Tai Chi or Pilates](#).

You could also try one of these [home workout videos](#) a couple of times a week, or this [10-minute workout](#) from the British Heart Foundation.

For something at a slightly gentler pace, you can try [Iyengar Yoga session](#), or a [guided movement session](#) from Scottish Ballet. Or for some shorter sessions, try working your way through [Scottish Ballet's Health at Hand: Movement and Breath Sessions for NHS and Social Care Staff](#). Each 10-minute session is designed to address physical and mental health.

If you are based at your desk for most of the day, you could try some of these [desk-based stretches](#), from the chartered Society of Physiotherapy.

[Active Staff](#) have a range of online classes free to health and social care staff. A new online activity, Chair exercise starts on Monday 14 November from 5.30-6.30pm until Christmas. This chair-based class will offer a whole-body workout and yoga style stretching to finish off. Please [register](#) for classes.

Information on [Cycle to Work](#) Scheme for council staff and [NHS Greater Glasgow & Clyde Cyclescheme Hub - Cyclescheme](#)

November is also Men's Health Awareness Month. Information is available on the [Movember](#) site.

**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](http://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.

