

Keeping Active

Physical activity is good for both body and mind. The [NHS Better Health](#) site caters for every level of fitness - you can even download their free Active 10 app which tracks your steps and helps you to set goals using only your smartphone.

Cycle To Work

Cycling and active travel have increased significantly during the pandemic as an important tool in reducing virus transmission with increasing numbers of staff indicating that they would like to start cycling for commuting and leisure.

The Cycle To Work Scheme gives you access to a bike and related equipment at a significantly discounted rate, payments are taken via salary deduction over an 18 month period. To find out more use the links for [NHSGGC Staff](#) and [Glasgow City Council Staff](#).

Through Healthy Working Lives we are planning on hosting a variety of activities in each locality, designed and delivered by Bike for Good. These include Traffic Free Cycle Training, On Road Cycle Training and Dr Bike sessions – bring your bike along for a maintenance check.

Due to Covid restrictions we don't have dates or venues for the sessions as yet but staff are welcome to register their interest with Locality HWL representatives.

Hospital Mental Health Services Relax and Recreation Hubs

During the pandemic Relax and Recreation Hubs were opened for staff at the HSCP's three Mental Health Hospital sites: Gartnavel Royal, Leverndale and Stobhill Hospitals.

At Gartnavel Royal Hospital the Hub hosts an average of 45 attendances in a week, including our night shift staff. Up to three people can be in the room at one time if NOT exercising and up to two people can be in the room at one time when exercising.

Our outdoor patio space is available to three members of staff to be outside at the same time in any one visit, when no one is in the inside space. The outdoor Growing spaces and games space is available to all to enjoy and for general exercise and ball games.

Online 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. A

new session starts on Thursday 8 April from 5pm to 6pm. Places are limited so if interested, contact: Carolyn.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

[NHSGGC Active Staff Classes](#) are available online and outdoors. HSCP staff employed by the Council may participate if places are available.

We are always keen to hear about the different things that staff are doing to keep healthy. If you want to make a comment or contribute to future bulletins or find out about being a Healthy Working Lives representative for your site 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.Craig@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).