



Glasgow City HSCP Staff Health and Wellbeing Summer 2021 (Healthy Working Lives) Bulletin

Dear colleague,

Healthy Working Lives is part of the Staff Mental Health and Wellbeing Group that has representatives across the HSCP. Our [Staff Health and Wellbeing page](#) provides a central point for accessing a range of health and wellbeing resources on both national and local online platforms. Please have a look and complete the form if there is any information you would like to see on the page.

Information on lots of Health Topics is in the latest [COMPASS magazine](#) from the Council's Occupational Health provider and in the [NHSGGC Employment and Health](#) Team Newsletter.

Focus on Wellbeing Webinar Programmes - a new [webinar programme](#) has now been arranged for the benefit of all health and social care staff and unpaid carers running from June to August.

The programme complements and supports the resources available on the National Wellbeing Hub www.nationalwellbeinghub.scot and the various sessions are intended to support and empower everyone working in health and social services to enhance personal resilience during these challenging times.

Keeping Physically 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.

Sitting at a desk all day - try the [Paths for All one minute movers exercises](#) and the [Level 10 exercises to help when sitting for long periods](#).

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

Cycling - 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 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. Staff are welcome to register their interest with Locality HWL representatives listed below.

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

Recent Health Awareness Weeks

Mental Health Awareness Week - A week of activity in May encouraging people to get outside and enjoy nature was coordinated by NHS Greater Glasgow & Clyde's (NHSGGC) Mental Health Improvement and Equalities team, hosted within the Partnership. Information on [local green spaces](#) and a range of useful resources is available on their [website](#) including links to free webinars. NHSGGC's [Heads Up](#) for good mental health website also provides advice and information on mental health conditions and support.

Dementia Awareness Week - Dementia is not part of the natural ageing process. Dementia affects the brain, making it harder to remember things or think as clearly as before. It's an umbrella term for over 100 different types of

illnesses and disease symptoms. Symptoms of dementia may include memory loss and difficulties with day to day tasks, language and problem-solving.

[Alzheimer Scotland](#) provides information, support and dementia-friendly activities to help make sure nobody faces dementia alone. Their 24 hour Freephone Dementia Helpline provides information, signposting and emotional support to people with the illness, their families, friends and professionals. helpline@alzscot.org - 0808 808 3000.

Carers Week - Are you looking after someone? Find out what support available to you by contacting [Glasgow City Carers Partnership](#). You can also call the Glasgow Carers Information line on 0141 353 6504, or email info@glasgowcarersinformation.org.uk or complete a [self-referral form](#).

[Cervical Screening Awareness Week](#) - if it's your turn, go, get checked, it doesn't hurt and it could save your life'

[Breast Screening](#) – services have now resumed so when contacted by your GP please attend your breast screening appointment.

[Loneliness Awareness Week](#)

[Men's Mental Health Week](#)

Locality Updates Summer 2021

North East (NE) Health Improvement Team Walking Challenge - The NE Health Improvement Team have recently completed a 4 week Step Count Challenge during April/May with 24 members of the team taking part. Staff kept busy by running up and down stairs, dancing while doing the dishes and sharing their favourite walking playlists and managed to complete almost 8 million steps. The team are super chuffed and would highly recommend setting up your own walking challenge with your work mates, pals or family - anything that gives you a wee motivational boost. Contact Leighann Miller for more information.

Menopause Awareness Session - The NE HWL team invited NE staff to attend an online session via Microsoft Teams on The Menopause by Dr Kay McAllister, Consultant Gynaecologist in Sexual Health & Reproductive Healthcare, Sandyford Sexual Health Services. The session was open to all NE staff as well as managers supporting staff affected by the menopause with 35 members of staff attending. The session was extremely informative and very well received by staff.

Goody Bags for NE HWL reps - Free goody bags were made up for NE HWL reps to thank them for the work they do. The bags includes tea, coffee, mugs and some Healthy Working Lives resources.

South HWL group held a photo competition as part of Mental Health Awareness Week 2021 with the theme 'Nature'. The three winning photos were (1st) Maleen Meek (Rehab Service) Squirrel Tree, (2nd) Lindsay Cully (Health Improvement) Sunset on Largs and (3rd) Rebecca McCrory (Health Improvement) Fairy Pool Weans. Each winner receives a gift voucher, thanks to everyone who took part.

South HWL have joined with the South Health Visiting Teams to develop the 'We Connect' project as part of their new 'People's Group' staff initiative. Staff will be invited to meet up with colleagues for a cuppa with a gift voucher allocated between them to ensure a small discount on the price of a cuppa. With no base/space to meet up, hopefully this will support staff to catch up for a chat, taking some time out from their busy schedule to support their well-being. Vouchers are available from a variety of outlets and will be shared across the teams.

Elderpark Clinic held a team building afternoon as part of 'Nurses Day' and hosted a 'TEAMS' raffle, supported with HWL vouchers. Each member of staff received a number with some staff winning fun prizes and some pamper products. Staff response was very positive with calls for a similar activity in the near future. We have also since linked with 'agile' working staff at Elderpark to offer a similar initiative to encourage staff to meet up for a cuppa.

Prison Healthcare staff - As part of an organisational wide approach to challenge the stigma and discrimination that can be associated with mental health, the HSCP's Health Improvement Team (Prisons) encouraged staff who work within prison establishments in Greater Glasgow and Clyde to discuss their mental health. More [information](#).

We 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 representative for your site and help improve staff well-being 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.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).