

CORONAVIRUS (COVID-19) DAILY INFORMATION UPDATE



KEEP UPDATED AT ALL TIMES ON THE WEBSITE

<https://www.glasgow.gov.uk/staffupdates>

6 April

Staff Covid-19 Frequently Asked Questions – including: annual leave provision, working arrangements, homeworking, pay and contract and sick pay,



Our priority will remain to continue to deliver essential services and support the most vulnerable in our city. Our staff are key to this and we will do this whilst maintaining our duty of care to you whether you are working in essential roles, are working from home or are unable to work.

We've developed a series of Covid-19 Frequently Asked Questions – which brings together all of the guidance and support information issued so far. These can be found on our [staff updates page under questions and answers](#).

We will continue to update these as the situation progresses.

Your mental health and wellbeing – top tips, support and how to get involved

5 ways to wellbeing

There are five things we can continue to do every day to support our mental health and wellbeing.

The Covid-19 outbreak means that life is changing for all of us for a while. You may understandably feel worried, frightened or helpless about the current ever changing situation. It's important to remember that it's OK

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to have these feelings, and that everyone reacts differently. This situation is temporary and, for most of us, these difficult feelings will pass.

Taking care of your mental health is just as important as protecting our physical health during this time - where we may now be having to spend more time at home, perhaps isolated from the friends, family and other relationships that we know are vital to keeping ourselves mentally healthy. It may also be harder for us to do the things that normally keep us well

Each week we aim to bring you top tips around our five key themes: **CONNECT, BE ACTIVE, TAKE NOTICE, LEARN** and **GIVE**. All our information and support can be found on our staff page: mental health and wellbeing.

This week you can take **TAKE NOTICE** and take part in a live mindfulness session to aid relaxation or **LEARN** and complete one of our workplace wellbeing courses on GOLD - details below.

LEARN from your lounge - workforce wellbeing courses on GOLD



LEARN - Learning enhances self-esteem and confidence and is one of our key five steps to mental wellbeing.

Taking a course on our e-learning platform GOLD is a fantastic way to continue your self-development and stay connected. GOLD can be accessed from any device, at any time, and last week we saw an overwhelming amount of staff access courses with nearly 6,000 courses being completed in one week!

There are lots of topics for you to choose from whilst you are #Safeathome – including computer skills, core health and even how to brush up on your writing or numeracy skills.

This week why not check out one of our many workforce wellbeing courses – there are around 30 different topics to take part in – these include: **remote working, managing virtual teams, mental health and positive thinking.**

Login and take part at

http://tracking.brightwave.co.uk/Int/Glasgow/Login.aspx?category_id=89&programme_id=19540

If you need help logging in please access the 'Forgotten Your Password' or 'GOLD Login Assistant' on the login screen.

TAKE NOTICE - live mindfulness sessions

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TAKE NOTICE - If you are feeling anxious or concerned about the current situation please contact our **Employee Assistance Provider – Workplace Options** for help and support.

You can phone Workplace Options any day, any time, free on: **0800 247 1100**

- **Live sessions** - take part in some short mindfulness exercises run by 'Aware' specialists. These 10-minute sessions will help you focus, release tension and reset for improved well-being. Click the day and underlined time to book your session.
- **Tuesday 7 April** - 12:00 pm and 12:30 pm
- **Wednesday 8 April** - 9:00 am, 9:30 am, 4:30 pm and 5:00 pm
- **Thursday 9 April** - 3:30 am 4:00 am and 5:00 pm 5:30 pm
- **Friday 10 April**- 12:00 pm and 12:30 pm

Requesting a conference call line

If you require a conference call line to be set up, to keep in touch with more than six colleagues, you can make a request to John Lyle Head of Corporate Governance and Head of Strategic Innovation and Technology by email at john.lyle@glasgow.gov.uk

Conference lines are being prioritised to critical areas of the business first.

Don't forget you can use your council iPhone for conference calling - with up to six people.

To do this simply:

- Call a colleague – when they answer, press add call
- Then select the person you would like to add from your phone book, or click keypad to dial the number
- Once the person answers, click the merge call button
- This step can then be repeated, up to 6 times.

Our volunteer heroes in action - Social Work Students and Retired Care Workers step forward

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Pictured is Connor Mullen - studying for his Master's degree in Social Work at Glasgow Caledonian University being trained.

"The training I've received over the past three days has taught me so much. Every member of the training staff were professional and supportive in challenging circumstances."

"I have a newfound respect for the homecare staff - the frontline workers, caring for the vulnerable in our communities and I feel privileged as a social work student to be given this opportunity to help."

More than 100 students and retired care workers have pledged to do their bit to ease the pressure on the city's social care services following an appeal from Glasgow City Council and the city's Health and Social Care Partnership (HSCP).

To date 97 students, currently completing their four-year Social Work degree or postgraduate degree at university, have expressed an interest in assisting delivering homecare services and working in one of five elderly residential homes around the city. In addition 13 recently retired homecarers and five residential care home staff have also re-joined the service and are being offered refresher training.

Read the full story [here](#).

#Thank you for rising to the challenge



Meet our heroes – Creative activities for young people in residential care

Our staff working in children's residential homes across the city are doing an amazing job continuing to provide care, love and support to children and young people in their care.

The GCHSCP team at Balmore Residential Children's Unit, one of 19 units across the city, are looking after seven young people aged 13 to 19 years and have had to draw on their creative skills to help support the children at this difficult time.

Karen McCulloch, Unit Manager said: "The young people would normally be at school, college or work so it's a big change for them to be around the house so much. But they've all been great and the older ones are great at

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supporting the younger ones to adapt to our new environment and also show them how to use Facetime, to help reduce anxiety, and keep them connected with family who cannot visit just now.

“The team have also had to be very innovative and think up lots of creative activities to help keep the kids busy - which is also helping us all to stay motivated and strong. We’ve carried out online dance sessions, learnt how to fix bikes and also been on a socially distanced cycling trip to the local canal to follow up on our research project about the life of frogs! I am very proud of both the staff and the young people who are all doing a fantastic job adapting to the current situation and continuing to provide the same level of amazing service.”

#Well done to Karen and her team

We want to hear from you – tell us your stories

We want to hear about the jobs you’re doing at this challenging time to support the city, or tell us about a colleague you’re particularly proud of. We’ll then share these stories with your colleagues across the council.

We know you’re all proud to play your part for the city - send us your stories and pictures to

Insider@glasgow.gov.uk

Keep up the great work – what we’re hearing on Twitter



Alison Mitchell @alijmitch

just now · Glasgow

I would like to thank everyone in our community - our brilliant staff, young people, families, partners & @GlasgowCC - for the tremendous efforts over the last few weeks to support each other, and to continue learning as a virtual school. I wish you all a relaxing spring break ❤️

Follow us @GlasgowCC on Twitter or Glasgow City Council on Facebook

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