

CORONAVIRUS (COVID-19) DAILY INFORMATION UPDATE



KEEP UPDATED AT ALL TIMES ON THE WEBSITE

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

8 April

Guidance on Annual Leave Provision during Covid-19

We appreciate the efforts of our workforce during these unprecedented times. We would like to thank those of you who have volunteered to change roles, or taken on different duties, to help make sure we're able to continue to deliver essential services and support the most vulnerable across the city.

During times like this it's vitally important that we, as an employer, maintain our duty of care to you. As part of our commitment to you, it is important to understand that whether you are delivering essential services on the front line, or working from home, everyone needs to take a break from an extended delivery of service.

Taking annual leave from the workplace is the best way to do this in these unprecedented times. We have produced a staff briefing that outlines our approach to annual leave provision during Covid-19 which can be read at <https://www.glasgow.gov.uk/CHttpHandler.ashx?id=49080&p=0>

Scientific Services keep calm and carry on producing



Making calculations on and off the field, Jo Love from Scientific Services balances playing for Glasgow City FC and working in the council Lab with our Scientific Services Team. They are still making hand sanitiser for essential staff and the team are doing an amazing job!

OFFICIAL

Watch Jo's video here at <https://twitter.com/GlasgowCC/status/1247553587024211971>

#Thank you for your amazing efforts to keep the city running guys!

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.

April is Stress Awareness Month - which takes place every year in the UK to increase public awareness about harmful stress, its causes and cures.

Life has become incredibly stressful, uncertain and challenging for us all as a result of the Coronavirus outbreak. And with our all lives changing dramatically, it is especially important that we take steps to help manage the feeling of stress and anxiety that we feel, to avoid it having a negative impact on our health and wellbeing.

What can you do?

Read the short guide from the World Health Organisation (WHO) to discover ways of coping with stress during the Coronavirus outbreak - [view here](#). Read our [Tips for staying safe and well](#) for further information on our five ways to wellbeing and how to look after your mental health. You can:

CONNECT - Stay connected with friends and family by phone, video call, email or texting. If you're finding yourself struggling with stress and anxiety right now, that is normal and it is okay to talk about it - view our [staff page](#) for all the support routes open to you.

TAKE NOTICE - Relaxing and focusing on the present can help improve your mental health and lighten negative feelings. Book your live mindfulness session by clicking the time below:

- **Wednesday 8 April** - [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](#)

BE ACTIVE - Our physical health has a big impact on how we feel. Being active helps to reduce stress, increases energy levels, can make us more alert and help us sleep better. [Sign up to the Glasgow Club App](#).

LEARN - Learning enhances self-esteem and confidence. We have over 30 wellbeing courses available to you on GOLD – these include a wide range of health and wellbeing topics such as **Relaxation, Dealing with Stress, Managing Emotions, Mental Health, Mindfulness, Everyday Energy and Letting Go**. Login to take part at http://tracking.brightwave.co.uk/Int/Glasgow/Login.aspx?category_id=89&programme_id=19540

GIVE - Evidence shows that helping others is actually beneficial to your own mental health and wellbeing. Sign up to join our staff volunteer register today. More information [here](#).

GIVE: Our volunteer heroes in action – from buses to bin lorries!



Teams across Neighbourhoods and Sustainability are stepping up to the mark to support our delivery of services for the city.

Jim Flavell and Jim McKale are usually Assisted Support Learning (ASL) bus drivers – responsible for driving children to and from their school. But since most schools are closed, they volunteered to undertake a different role – supporting their cleansing colleagues by becoming bin lorry drivers.

Eric Stewart, Head of Transport Services at NS said: “Many of our ASL drivers have taken on different work such as collecting and delivering cars and vans. But these two members of staff really stepped up to the plate by undergoing days of training to be able to drive the bin lorries and support other NS teams. They are now making a valuable contribution to our bin collection service.

“It’s great to see the council operating as a team at this difficult time.”

#Well done guys!

VOLUNTEER

Help to keep **our city** running during this challenging time

SIGN UP TO **VOLUNTEER NOW**



Share your story with us



At this challenging time – we would love to hear about what you are doing to help support the city.

- Have you volunteered in another section to help deliver an essential task?
- Are you particularly proud of your team or a colleague and the work they are doing to keep services running to our citizens?
- Have you seen a colleague go above and beyond to help deliver a service?

We would love to share your stories with your colleagues across the council – so please get in touch.

Email a couple of lines and a mobile phone picture (if you have one) to Insider@glasgow.gov.uk

We know you're all proud to play your part for the city - thank you for making a difference.

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



pepperkitecat @pepperkitecat

24 mins ago

Thank you @GlasgowCC Bins and Recycling ♥
#stayathome



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

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