

## CORONAVIRUS (COVID-19) DAILY INFORMATION UPDATE



**KEEP UPDATED AT ALL TIMES ON THE WEBSITE**

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

**15 April**

**So who are our amazing pool of staff volunteers?**

# VOLUNTEER

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

**SIGN UP TO VOLUNTEER NOW**



Thank you to everyone who has registered to become a volunteer during these unprecedented times – by doing so you are helping us carry on delivering essential services to our Glasgow citizens. The response from our staff is overwhelming and massively appreciated – to date we have over 640 staff register to join our pool of amazing volunteers.

### **But who are our volunteers?**

Our biggest groups of volunteers are currently teachers from Education Services, alongside Business Support staff from our core Service areas. Our volunteers come with a wealth of diverse skills across all grades 1-10 with over 80% of you possessing a driver's licence and 44% of you having Protecting Vulnerable Groups membership - key requirements that will help us find essential placements.

### **Essential role placements**

Registered volunteers have opted to support essential services such as social care, crematoria, driving, refuse, cleaning and business support. We currently have 240 volunteers identified for placements that are in progress – with all volunteers receiving the necessary training (as required) to help fill these essential roles. This includes placements in Social Care Services - across Homecare and Old People's Residential Care Homes and volunteers to work on our Shielding Project in roles such as call handlers and drivers.

With other opportunities arising each week, we'll be in touch to see which roles suit those of you who have already registered.

**#Thank you everyone for your dedication and commitment to keeping our city running**

## OFFICIAL

If you are interested in volunteering please [click here](#) to find out more.

### BE ACTIVE - Looking after your wellbeing whilst staying at home



With many of us having to stay home during the Coronavirus outbreak, there is a risk of feeling bored, lonely and isolated – all of which can have a negative impact on our mental health and wellbeing.

**The good news is that there are simple things we can do to stay safe and well – our [five key steps](#) can help you to reduce feelings of isolation and feel connected with family, friends and colleagues whilst at home.**

Here we introduce **BE ACTIVE** which is one of our [five key ways](#) to help support your mental health whilst at home. Click the links for supporting information.

**Physical activity** is good for our mental health and wellbeing so try to fit it into your daily routine, where possible.

Exercising at home can be simple and there are options for most ages and abilities, such as [sitting exercises](#), [online workouts](#). See the advice from [Mind](#) on other forms of exercise you can do from home. See our guide [Tips for staying well](#) for other ideas on how to be active at home, in addition to staying strong exercises from [CSP](#) (Chartered Society of Physiotherapy).

Remember if you are working from home, there is an area of information and support on the [staff updates page](#), under 'Guidance on working from home'.

**If you need help:** An extensive list of helplines and other support is provided in the [Mental Health and Wellbeing area on the staff updates page](#).

### Team create a magical Easter for local families

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Staff at the Molendinar Family Learning Centre in the north east of the city helped to give local children a magical Easter.

Two members of the team dressed up to make the occasion even more magical - **Irene Muldoon** dressed up as Elsa from the Disney film 'Frozen' and **Donna Cameron** dressed up as the Easter bunny. **Andrea Forbes, Head of Centre** said: "Many of our families have young children and are finding the current lockdown restrictions challenging.

"To help alleviate stress for families, two of the volunteer team - **Irene Muldoon** and **Nicola Thom** organised a donation of 150 Easter eggs from the local branches of Tesco and Asda.

"Staff volunteers delivered the eggs to our families before Easter Sunday, helping to make sure the kids got an Easter surprise. Thanks to everyone who got involved especially **Donna** who continued to deliver the eggs over the weekend dressed as the Easter bunny."

**# Thank you to this amazing team**

**Shout out to Parkhead Community Nursery – supporting the community**



The team at Parkhead Community Nursery are doing everything they can to keep in touch with children who normally attend the centre, and to find innovative ways of supporting the local community.

**Nicola Black, Head of Centre** said: "Working together can ease the pressure and we are so grateful to all our partners at this time.

"Barnardos in Easterhouse have provided financial support to help families on low income or who have lost jobs to pay their gas and electricity bills. And PEEK (Possibilities for Each and Every Kid) have been an incredible support to our nursery by delivering food, nappies and baby milk to some of our families on a weekly basis. In fact they have been so great, many of the nursery team made a donation on payday which I'm sure will be put to good use."

**Nicola** added: "We've been keeping in touch with our children and letting them know we've not forgotten them by making short fun video clips and posting on our Facebook page, and encouraging them to tell us what they've been doing. Our Depute Head, **Alison Stalker** is running her own 'call centre' from home, to keep in touch with over 120 families every week. I'm really proud of what everyone is doing to help."

**Well done everyone!**

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**Saracen Primary School Teachers – creatively keeping in touch with their pupils!**



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## 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](mailto:Insider@glasgow.gov.uk)**

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## OFFICIAL

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

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



**Nicky Shields**

April 9, 2020 - 9:14pm • View Post

The teachers at [Cadder Primary Page](#) have been great. It really helps us parents to try and keep our kids motivated to keep up their learning. Well done to all teaching staff and support staff 🙌 who are giving up their holidays to continue to care for children of key workers



**Sandra Ferguson**

April 13, 2020 - 10:34am • View Post

Comment

I think our bin men are doing a great job in very challenging times x well done 🙌

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