

CORONAVIRUS (COVID-19) DAILY INFORMATION UPDATE



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

24 April

Complete 'The 2.6 Challenge' this weekend – and help support your community



Get the most out of
GlasgowLife™



Glasgow Life is encouraging you to get involved in '[The 2.6 Challenge](#)' this weekend to help protect the health and wellbeing of the city's most vulnerable communities during the coronavirus pandemic.

As thousands of fundraising events across the UK have been cancelled in recent weeks organisers of some of Britain's biggest mass-participation sports events have come together to help raise vital funds for charities up and down the country – to help maintain their lifeline services.

The 2.6 Challenge takes place this Sunday - April 26, on what should have been the date of the 40th edition of the London Marathon. You are being asked to come up with fun activities based around the numbers 2.6 or 26 to mirror the miles of the marathon and raise much-needed funds for charities like Glasgow Life.

As one of Scotland's leading charities, Glasgow Life [helps transform lives through sport](#), learning and culture. During the coronavirus crisis, they are working hard to adapt many of their free programmes and services and make them available online through their [Glasgow Life Goes On campaign](#).

Take part - Your [2.6 Challenge](#) can be as simple as walking or running 2.6 miles, singing along to 26 songs on your playlist, reading 26 pages (or chapters!) of your favourite book or challenging your household to complete 26 'toilet roll' keepie-uppies in less than 2.6 minutes. The only requirement is that the activity must follow government guidelines on exercise and social distancing. Post your activity on Social Media and tag [@GlasgowLife](#) and the hashtags [#TwoPointSixChallenge](#) and [#GlasgowLifeGoesOn](#) to help spread the word.

Donate - You can make a **2.6 Challenge donation to Glasgow Life** this weekend via their JustGiving page - search for Glasgow Life.

Staff hero John is volunteering with Sew Greatful



Council employees are supporting the NHS and their community in a variety of ways and we are so proud to share some of the amazing stories.

John Breen is a Technical Education teacher at Bannerman High School. His day job includes teaching woodwork, metal work and graphic communication to secondary school students.

He recently completed a course in upholstery at Glasgow College and decided, during the Covid-19 crisis, to put his newly acquired skills to use. John is volunteering with 'SEW GREATFUL', a small team of volunteers making gowns and masks for NHS staff and frontline workers.

William Reynolds, Faculty Head said "John is a modest person who spends a lot of his time helping and supporting others, he is an exemplar of lifelong learning.

"John is busy volunteering alongside his teaching duties which currently include supporting pupils with online learning. We are so proud of his effort to support the NHS and local community during the current crisis."

thank you John for helping to make PPE for frontline workers!

Top tips on ways to financial wellbeing – LEARN, STAY CONNECTED, GIVE

**FINANCIAL
WELLBEING**

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The disruption caused by coronavirus has affected many households - leaving them with less money coming in, but with debts and bills still to pay. Fortunately, there are practical steps we can all take to improve our financial wellbeing during such difficult and uncertain times - and these can be applied in much the same way as our '[5 ways to wellbeing](#)': **Today we share our final top tips with you:**

- **LEARN** - By using the online [Budget Planner](#) you can learn how to effectively manage your finances during this difficult time. You can also learn how to manage on a reduced income by reading [11 steps to handling a reduced income](#) by **Step Change**. You can also complete our [Managing Personal Finances course](#) on **GOLD**.
- **STAY CONNECTED** - Worrying alone about money can have a negative impact on your mental health. Confide in someone you trust, or seek financial and/or emotional support from professional services. You can find a list of these on our [Staff Updates page](#) under the 'Mental health and wellbeing' section.
- **GIVE** - It feels good when we are able relate to, and help others. Share your knowledge and personal experience to provide valuable support to others.

For more organisations that offer financial advice and support visit our [staff webpage](#) under the **Your Mental Health and Wellbeing** section – this includes [Workplace Options](#) who offer specific support on debt issues in their financial section. Please ask your manager for staff login information if you do not have access to the intranet to obtain this.

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

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Diane @dianecampbell84

2 mins ago

@GlasgowCC I have to say a big thanks to the bin men in the G46 area. Team handed, good spirits and cheered me and my daughter right up with their smiley faces. Thanks guys. Stay safe. Xx



Thank You!



#StaySafe

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

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