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11 May

Wellbeing tips for parents and carers

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Lockdown, social distancing measures, school closures and homeworking have placed more pressure on parents and carers than ever before and there are likely to be days where it will all feel too much.

This week we'll give you some key tips to help you find a bit of balance - with links to information and resources recommended by the Scottish Government.

Linking in with the **five ways to wellbeing** to promote the mental health and wellbeing of you and your family, today we are focusing on:

BE ACTIVE

- **Structure your day** - sticking to your usual family routine where possible will help to make staying at home feel a bit more 'normal'. Divide each day up into a schedule that works for you and helps keep you and your kids occupied and productive. For example: get up and ready at the usual time, have consistent mealtimes, set specific times to do school work and recreational activities.
- **Exercise** - make time to keep yourself and your kids fit and healthy and help burn off some energy each day - you could go for a walk, jog or bike ride; or play fun physical games like musical statues or hide and seek.
- **Play** - you may feel pressure to keep up with school work or to fill your child's day with different planned activities. It's also important to give your children space and freedom for unstructured 'free play' which helps to develop their imagination and ability to learn through their own natural curiosity.

Further information and resources:

- See the 'Your mental health and wellbeing' section of our [Staff Updates page](#) for the latest information, resources and support.
- The [Parent Club Scotland](#) website offers a dedicated COVID-19 area with up-to-date guidance from the Scottish Government to help you support your child's health and wellbeing.
- [One Parent Families Scotland](#) have guidance on fun activities for kids when you're social distancing.
- [Young Scot](#) and [Young Minds](#) websites provide a wide range of information, practical and emotional support for teenagers.
- [Children 1st](#), Scotland's national children's charity offers practical and emotional support to help parents and carers through the uncertainties and challenges of the COVID-19 situation



Social Care Hub to distribute PPE



Member of staff in the PPE storeroom.

Glasgow City HSCP has established a distribution hub to make sure that vital PPE equipment is available for all social care providers in the city.

The PPE can be delivered or collected and will be available to: care homes; care at home providers; social care providers, unpaid carers; personal assistants; sheltered housing services; supported housing; housing support; children's homes and hospices, and all HSCP Social Work Services.

A team has been pulled together - comprising staff from the **Store, Transport and Admin Teams** - supported by staff redeployed from their day-to-day duties to handle calls and pick and deliver orders across the city.

Gillian Hennon, Head of Finance, said: "We've developed the hub over the last six weeks in response to the Scottish Government roll out of the distribution of PPE to Social Care Services across Scotland through Health and Social Care Partnerships.

"The hub, set up initially to supplement the social care telephone triage system, has now been expanded to be the primary route. The Hub will allow social care providers, carers and personal assistant to access PPE on a short term basis should they encounter issues accessing their normal supply chain."

Gillian added: "Thanks to the staff from across the HSCP who have risen to this challenge to make sure that services and service users across Glasgow have access to PPE. We really appreciate their enthusiasm and resilience, responding to the frequently changing requirements, establishing processes and infrastructure over a short period of time."

Feedback from staff has been really positive. One member of the **North East Carers Team** where two carers were waiting for relatives to be discharged from hospital and needed PPE urgently, wrote to say: 'Many thanks. Both kits gratefully received by the carers. Social workers appreciative too. Good to know the system works.'

What's available?

The PPE (gloves, aprons and Type IIR fluid resistant face masks) can be accessed by the following routes:

- [Social Work Services Staff - this process is only for social work staff.](#)
- [Providers, Carers and Personal Assistants](#)
- [People who use a Direct Payment to purchase social care support \(Emergency PPE\)](#)

More information

Please click on the links above for info on how to order.

Find out more at <https://glasgowcity.hscp.scot/ppe-distribution-hub>

Keeping our streets safe



Two Community Safety Glasgow teams, based at Eastgate in Bridgeton, are playing a key role in helping to keep communities safe.

The **Public Space CCTV (PSCCTV)** team, based in the Glasgow Operations Centre (GOC), is working 24/7 with council services and partners from Police Scotland. The team is helping to identify groups who are not following the government's advice around social distancing – to protect themselves and others.

Kalim Uddin Operations Manager said: "We're making good use of our CCTV operations to help direct our resources to the right places at the right time. This can include alerting cleansing services of environmental issues or directing city centre response teams to vulnerable and homeless people in the city centre."

The **Traffcom** team are also doing a great job – managing the city's traffic network. The roads may be quieter during lockdown, but they still need to be monitored and observed to make sure that traffic is flowing effectively.

Traffcom works closely with a number of council services and Traffic Management companies to make sure that the city's road infrastructure is kept operational and safe.

Kalim added: "Traffcom plays an essential role in keeping the city moving and our road network free from problems around the clock, helping our essential workers get to and from their work safely."

Keeping our communities and streets safe.



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

OFFICIAL



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Billy Guthrie

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Suddenly life has new meaning. The brown bin is getting emptied I know you guys do a terrific job well done guys

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