

# CORONAVIRUS (COVID-19) DAILY INFORMATION UPDATE

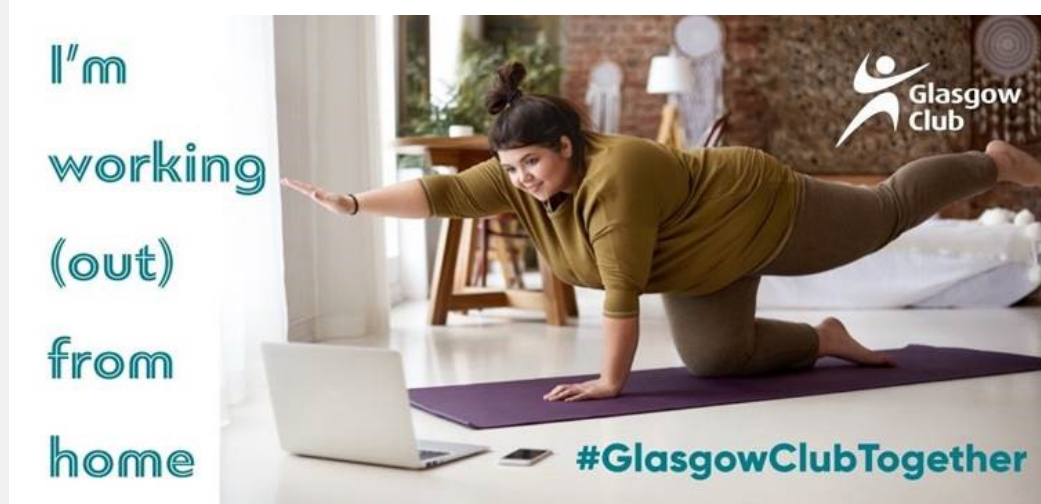


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<https://www.glasgow.gov.uk/staffupdates>

**14 May, 2020**

**The once-a-day limit on exercise has been lifted in Scotland**



You can now go outside more than once a day to exercise, but you must still **stay local and only exercise alone or in your household group**.

This change does not allow you to mix with people from different households, to gather in groups, or to go out to relax outdoors for sunbathing or barbeques etc.

Your exercise periods should begin and end at home, you should not travel to start exercise, and you must remain two metres away from others while you are outside.

You can continue to protect yourself and others by:

- staying at home
- only going outside for essential food, health and work reasons
- staying two metres (six feet) away from other people
- washing your hands regularly, and in particular, as soon as you get home

## **Looking for some exercise inspiration?**

The **Glasgow Club** has plenty of ideas to keep you active both indoors and out with classes and activities that can be adapted for all levels of fitness.

You don't have to be member, just download the free [Glasgow Club app](#) or visit our special [Working \(out\) From Home website](#) for tips on getting started, ways to look after your mental wellbeing and ideas for activities you can do outside with the family.

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There's so much to try, including football, cycling, gymnastics, dance and yoga. You can even join in one of our daily virtual [live classes](#) from the comfort of your own home or garden.

**Why not encourage your family and friends to try one of our classes?**

The Glasgow Club really is helping us all to lead happier, healthier lives during lockdown and beyond.



**Free online Mindfulness exercises**



Our Employee Assistance Provider, Workplace Options has launched a new Aware Mindfulness channel to enable you to engage with a series of free on demand short audio mindfulness exercises. The exercises will help you to focus, release tension and reset for improved wellbeing.

Each exercise lasts around ten minutes and can be accessed at a time that suits you, and as often as you wish. The exercises are available in a variety of languages including English, French, Spanish, Mandarin, Italian and Portuguese.

**How to access**

- [To access a recorded session, click here.](#)

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- Register with your name and email

The Aware Mindfulness Channel is part of your Employee Support Programme - a free, confidential benefit available 24/7 to help you and your family stay well and well balanced.

### Need support or advice?

A professional team at Workplace Options is available all day, every day, to provide free support and advice.

- Workplace Options helpline: phone **0800 247 1100**
- Workplace Options LGBT helpline: phone **0800 138 8725**
- Workplace Options BME helpline: phone **0800 288 4950**

### Look what we've achieved, so far.



Here are just some ways we've responded to the impact of coronavirus, so far, through providing essential services and support across the city.

Thanks to everyone who has contributed and supported this effort.

You can find out more at @GlasgowCC on Twitter.

### Lynsey is supporting NHS staff and key workers





**Lynsey Burnside** is a **Child Development Officer** at **Langa Nursery** in Cadder but lives in Drumchapel. A group of local people, including her mum Margaret and friend Mary Mullen wanted to do something to say thank you to our wonderful NHS staff and key workers.

**Lynsey** said "The Drumchapel community, including St Mark's Church wanted to give something back, so we decided to make drawstring bags and fill them with toiletries for frontline workers. We made the bags using pillow cases donated from the local community.

"Locals leave donations for us at the bottom of our gardens during the Thursday night clap for carers. Donations include shampoo, conditioner and toothbrushes. This is just a small gesture from the local community, to say thank you to our NHS and all key workers."

**Supporting our key workers**

# VOLUNTEER

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

SIGN UP TO **VOLUNTEER NOW**



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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)

**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



**David Mooney**

View full post · 21 mins ago

I think as this post is about our bin collection service I think our binmen are due a big vote of thanks for their efforts not just for now, carrying out their duties , but throughout the year.....our homes and streets would be in some mess without them !.....like many other services we often take them for granted , so lets forget about the pop stars and T. V. personalities and give the ordinary working men and women who have kept us going during this pandemic a big Thank You !!



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