

# CORONAVIRUS (COVID-19) DAILY INFORMATION UPDATE



KEEP UPDATED AT ALL TIMES ON THE WEBSITE

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

18 May, 2020

Mental Health Awareness Week

## This week is Mental Health Awareness Week



### Be kind to yourself - remember that:

- your personal physical, mental and emotional health is far more important than anything else right now.
- you shouldn't judge how you are coping based on how you see others coping.
- you should try to be kind to others and don't judge how they are coping based on how you are coping.
- you should take time for yourself, so you can feel well and support those around you that need you.

This week is Mental Health Awareness Week and the focus is on kindness.

As **Robert Anderson Head of HR** explains: "Throughout the week we will bring you top tips on how to be kind to yourself and one another – especially at this unusual time we are all experiencing.

"Carrying out simple acts of kindness can have a real positive bearing on our mental wellbeing. Kindness can strengthen our relationships with friends and family and can help us to feel connected to our communities and neighbours. With the challenges and working environment that Covid-19 has presented to us, being kind can play a huge part in making us feel less isolated too – which in turn helps to make us feel better.

"I recently read a simple message on Twitter which I want to share with you all. The words really connected with me and the times we are experiencing as employees. Please take time to read and absorb it and more than anything – follow the advice. I'm using it as my daily mantra to support myself and my colleagues. #Kindnessmatters"

**More information**

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Support Mental Health Week – visit [Mental Health Foundation](#) and see examples of ‘Acts of Kindness’ that we can all carry out whilst social distancing.

Find out how to [get involved and show your support](#) including the ‘Acts of Kindness’ pack.

You can find a range of **information and resources** to support the health and wellbeing of you and your family in the ‘Your mental health and wellbeing’ section of our [Staff Updates page](#).

#### Radio shout out for our parks teams



Resident Ian Colgan contacted the Customer Care team to tell them that he’d been singing the praises of Victoria Park and of the key workers at Neighbourhoods and Sustainability (Parks).

Mr Colgan wrote: Just to let you know I gave Land and Environmental Services a mention on BBC Radio 2’s ‘shout out for key workers’ yesterday. I know I speak for many when I say that a walk round the park for our daily exercise certainly brightens your day.

Ps I did extend the thank you to all park workers Great work in these difficult times. Take care. Ian

**Stephen Egan, Head of Neighbourhoods and Place (North West)** said: “It’s nice to know that the work we’re doing around the city is appreciated. Our teams really appreciate positive feedback like this from members of the public.

#### Registrar’s teams going the extra mile



Staff on the **Registrars** team, **Chief Executive's Department**, have been pulling out all the stops to continue to deliver vital services in often very sensitive circumstances.

The team is working seven days a week to manage the registration of births, deaths and marriages.

**Fiona English, City Registrar** said: "We're all classed as key workers and the staff have really gone above and beyond to deliver these services, at a social distance.

"We've had to find new ways of working, including carrying out registrations remotely and conducting a lot of our business over the phone which is more time consuming and complex than a face to face registration.

"We're very grateful to have support from colleagues in CED Legal and Administration teams who volunteered to work with us. This has been a tremendous help.

"Some of our work cannot be done from home for legal reasons so we've set up an environment that allows staff to work at a social distance."

**Fiona** added: "Some of our team managed to pass exams just before lockdown. Three of our Registration trainees – **Nafisa Khan, Faith Harper** and **Lesley Mulholland** - recently gained their Certificate in the Law and Practice of Registration after two years study. Unfortunately they couldn't attend the awards ceremony which would have been held in Dunblane Hydro on 12 May. But I'd like to congratulate them; we now have three new Assistant Registrars.

"I'm really proud of the team, including our volunteers. With our new procedures and ways of working, we've found our 'new normal' way of working."

#### **Delivering vital services**

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# Thank You!



## #StaySafe

We are still recruiting

## Current vacancies

- Internal vacancies are on [myjobscotland](https://myjobscotland.gov.uk/).
- For vacancies in home care, facilities management and catering go [here](#).

# 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

Follow us [@GlasgowCC](#) on Twitter or [Glasgow City Council](#) on Facebook



In reply to [@GlasgowCC](#)

**Kerry Anne McWilliam** @KezGhirl

May 7, 2020 - 12:22pm • View Post

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Well done to each and everyone of you. You guys are superstars ♥️🌈

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