

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

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

**26 May, 2020**

**Coping with loss and grief**

## **Staying well** **when coping with loss and grief**

We grieve when we lose someone or something that is important and of value to us. This may be a bereavement, job loss, relationship breakdown, loss of freedom or social connections.

Grief is a natural response and affects people in different ways - depending on a range of factors including what kind of loss has been suffered, our beliefs, religion, age, relationships and our physical and mental health.

Social distancing measures continue to restrict our movements and our freedom to connect with our social supports in the way that we might normally. As a result, we may not have the help of family, friends and our wider social connections such as religious and spiritual gatherings, clubs and other activities.

Keeping to a routine and structure can help us through the grief process. However, this is difficult to maintain in the current ever changing circumstances which require more flexible and creative ways of accessing our supports - such as online and telephone contact. In this week's updates we will provide information and advice to help you.

### **Support and advice**

If you think you might need extra support, you can:

- talk to [your GP](#) - or another health professional you feel comfortable with - and tell them how you're feeling.
- access free round the clock advice from our Employee Assistance Provider, Workplace Options. Free phone **0800 247 1100**
- phone the Bereavement Care Scotland helpline on **0845 600 2227** - Monday to Thursday 10am to 8pm; Friday 10am to 4pm). Or email: [support@crusescotland.org.uk](mailto:support@crusescotland.org.uk)

- [Guidance on coronavirus: dealing with bereavement and grief](#) is available on the **Cruse Bereavement Care Scotland website**
- NHS Greater Glasgow and Clyde [Bereavement Services](#) provides lots of information on services and resources.

### Partnership working is helping to house the city's homeless



Teams across the council family have been working hard throughout lockdown to make sure that there are enough temporary furnished flats available for homeless households who need them. This is a key priority for the Homeless Services team at the Glasgow City Health and Social Care Partnership.

The properties supplied have been supplied by the Wheatley Group and community controlled Housing Associations across the city. They are made ready for occupation by the council's Temporary Accommodation Development Section in **HSCP'S Homelessness Service** who have worked tirelessly through the Covid-19 period to make sure that temporary furnished accommodation has been available for homeless people.

**Jim McBride, Head of Homelessness and Criminal Justice**, GCHSCP said: "These are extremely challenging times and everyone on the team has worked tirelessly to make accommodation available for vulnerable households.

"Thanks to our partnership with colleagues at City Building and Royal Strathclyde Blindcraft Industries we've been able to focus on carrying out essential repairs and furnishing properties. Being able to deliver emergency furniture packages and essential goods has been central to helping people move into these temporary properties.

**Ben Kerr, RSBi Manager** added: 'We've worked with HSCP staff and other key partners to deal with the challenges we've faced in continuing to deliver this vital service. Despite the challenges, we're delighted to say that we've all worked to make sure there has been a continued supply of temporary accommodation for homeless people.

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## Nursery staff support local community



Marie Callaghan

Staff at **Scaraway Nursery** in **Milton** have raised £385 to help vulnerable people in the local community. They donated £300 to Love Milton Food Bank and used the remaining £85 to buy arts and craft activity packs for the children.

**Marie Callaghan, Depute Head of Centre** and **Annette Morrison, Team Leader** helped to distribute the funds and packs. Marie has been working closely with Love Milton Food Bank – helping to deliver food parcels to vulnerable families whilst still working at the nursery.

**Gail Kelly, Head of Centre** said: "Marie is a real asset to our nursery and we wanted to acknowledge all the hard work she's doing to help the local community in these challenging times.

"I also want to say a special thank you to all of the staff at the nursery for helping to raise the money, which has allowed us to not only support the community, but the children too."

**Supporting our communities.**



# 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](#).

Share your story with us



At this challenging time – we would love to hear about what you are doing to help support the city.

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- 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



**Bailie Jacqueline McLaren**

@jakimclaren

34 mins ago

Lovely message left on the railings of Ruchill Park today ✨ ✨ well done Kaitlyn and Kevin ✨ ✨ 🌈

Thanks to all who are working on the front line 🌈 #ThankYou #Ruchill @GlasgowCC #StayHomeSaveLives #NHS



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