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

27 May, 2020

Coping with loss and grief

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

Many people are experiencing loss as a result of the Coronavirus pandemic: the tragic loss of loved ones, the loss of jobs and income, the loss of the familiar and comfortable routines that we previously took for granted.

There are many, less obvious losses that can also affect our wellbeing such as missed graduations or birthday celebrations, postponed weddings, cancelled travel plans or social events we were looking forward to and now won't happen.

It's important to acknowledge the grief you feel for these losses. Here are some tips to help:

Take notice

- Recognise and take notice of the difficult feelings you are experiencing so that you can process them and move forward.
- Focus on the present rather than worrying about losses that haven't actually happened yet (and may never happen). This will help you to feel less overwhelmed more grounded.

Stay connected

- Connecting with others is vital to our wellbeing, especially during these difficult times.
- Share your feelings with trusted friends and family members by phone, video, and online.

If you are struggling

- 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. Freephone **0800 247 1100**
- Find more information, advice and support in the Your Mental Health and Wellbeing area on the [Staff Updates page](#)

Supporting the city's economic regeneration



The planning and building standards teams at Development and Regeneration Services (DRS) are working hard to provide services as near to normal as possible.

In April this year 211 planning decisions were issued - almost exactly that granted in April 2019; and 202 building warrants were issued - almost the same as the previous year.

Forbes Barron, Head of Planning and Building Standards said: "This has been achieved thanks to a huge effort from the planners and building surveyors who mostly do not have full access to the office systems and have created innovative workarounds for the usual procedures.

"I'd like to particularly thank some of the key staff in Development Management (Planning Applications), Building Standards, Service Development and CBS who have all worked incredibly hard to keep the cogs turning. Many members of our teams are working outwith their usual responsibilities and have adapted remarkably to new processes.

"It's not just about processing applications though. We're also maintaining and progressing projects which will deliver regeneration and investment on the ground once lockdown lifts. This is crucial to build an environment

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where the economy can recover and still maintain well designed places which contribute to the wellbeing of the people who use them.”

Sarah Shaw, Business Manager added: “Finding new ways of working is essential to enable more staff to have access to equipment to support them to support service delivery. We’re continuing to work with our partners in the SIT (Strategic Innovation Team) to roll out IT support to help us replicate office facilities online such as access to our databases for issuing consents, and videoconferencing.

“Making better use of technology will help us to communicate better with developers and to deal with enquiries and comments from the public about planning processes and applications.

“The work that we are doing will support the city’s construction industry to get back to work once lockdown eases and will contribute to the economic growth and regeneration of the city.”

Supporting the city’s economic growth and regeneration.

Photograph: Two of the Planning and Building Standards division taking part in a videoconference for an international project (LUCI).

Melissa is doing a great job

The Countryside Rangers team at Pollok Park want to acknowledge the hard work and dedication of their colleague, **Melissa Sinclair, Livestock Assistant** in **Neighbourhoods and Sustainability** who is working tirelessly to keep the cattle healthy during lockdown.

Pollok Country Park has been home to highland cattle for over 180 years and Melissa is in charge of the current prize-winning fold.

Fiona Greenlees, Countryside Ranger said: "All of the team are so impressed with the hard work and excellent care Melissa gives to the cattle. Working mainly on her own, Melissa has delivered seven calves during lockdown

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with more due in the coming months. She is going above and beyond to make sure the cows remain healthy during lockdown."

Fiona added "Melissa is definitely our Covid-19 hero within the park".

Great Job Melissa!

Photograph: Melissa with Guinness the Royal Bull - on loan from the Queen's Balmoral Fold.

Worried about your finances?

**Worried about how
coronavirus could
affect your finances?**



StepChange have set up an online hub for those worried about the effect of the coronavirus pandemic on their finances, and is urging anyone concerned that they may be in difficulty to seek advice as soon as possible.

Visit the [StepChange](#) hub for the latest information, advice and support available.

Find out more about debt charity Step Change [here](#)



Thank You!



#StaySafe

Share your story with us

**NOT ALL
HEROES WEAR
CAPES**

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.

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Keep up the great work – what we're hearing on Twitter

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



Martin Donaldson @IamtheDJ40

7 mins ago

Hats off the binman taking away our garden bin this morning.

It was like a strongman competition watching him move the bin from the pavement to the bin lorry 🤲

8 weeks worth of lockdown gardening.

Thank you @GlasgowCC

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