

CORONAVIRUS (COVID-19) DAILY INFORMATION UPDATE



KEEP UPDATED AT ALL TIMES ON THE WEBSITE

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

29 May 2020

Home care hero Lynne helps mark a very special birthday



Lynne Greig, Home Carer

Celebrates with Margaret

In the East of the city, **Home Carer Lynne Greig** went out of her way to mark a service user's very special birthday in lockdown. Lynne who has been a carer for 12 years helped service user Margaret celebrate turning 104 earlier this month. Margaret is one of our 30 service users over the age of 100.

Lynne said "Margaret is marvellous, she's very capable and very mobile you definitely wouldn't know she was 104!"

"To mark her birthday I got her a bouquet of flowers and a birthday cake from Marks and Spencer. The balloon shops were shut due to lockdown restrictions, but my friend managed to create a beautiful balloon display for me to decorate her home. Margaret was thrilled and was very grateful, I am delighted that I got spend her birthday with her."

Lynne's manager said Yvonne said "Lynn is a really kind and thoughtful carer. She went out of her way to make Margaret's birthday special knowing that with lockdown restrictions she wouldn't be able to receive any visits from family or friends."

Thank you Lynne for making a real difference to Margaret on her special day.

Thank you to bin crew from their community



Our bin crews around the city have been doing a fantastic job – providing a vital service to residents and businesses across the city. Teams have reported how much appreciation they have been getting from members of the public at this difficult time.

The bin crew in Partick were delighted when they recently came across a 'Thank You' message pinned to a wall in their area.

Ryan Noble from Neighbourhoods and Sustainability said: "We're working flat out in very challenging circumstances. But the public have been fantastic, making it clear that they really value the work that we're doing to keep the city clean. The crew in Partick were really delighted with this public mark of appreciation."

Thank you to all our bin crews working hard to keep our city clean.

Helping you cope with loss and grief – BE ACTIVE, LEARN and GIVE

Staying well
when coping with loss and grief

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Grief is a natural response to the loss of a loved one, a relationship or situation that was significant to you. **This week we have been suggesting ways of looking after your wellbeing whilst experiencing loss and grief as a result of the Coronavirus pandemic.**

Today we conclude this week's tips using our 5 ways to wellbeing with **BE ACTIVE**, **LEARN** and **GIVE**:

BE ACTIVE

- **Support yourself emotionally by taking care of yourself physically.**
- Being active is good for our mental health as well as our physical health. Even moderate exercise releases brain chemicals such as endorphins, which help to relieve discomfort and that boost your mood. You can go for a walk, run or cycle as long as you stay 2 metres from anyone you don't live with. Find more ways of keeping active at this time in the [Your mental health and wellbeing support and resources guide](#).

LEARN

- **It can be difficult to think of anything else when dealing with loss and grief. Your focus may be on caring for others around you and you may feel that you don't have the time and space to focus on your own feelings.**
- However, try to find moments of self-care in your day to be kind to yourself as you would a good friend who was in this situation. Learn and practice some self-care and healthy coping strategies that work for you and you can share to help or involve others around you.
- NHS inform have an excellent interactive [online self-help guide](#) that will help you understand the grief process, cope with the effects of grief, and decide if you need further help.

GIVE

- **Give to yourself the patience, kindness and compassion that you would give to a good friend in the same position.**
- As time passes following a significant loss, it's normal for feelings of sadness, numbness, or anger to gradually ease. These and other difficult emotions become less intense as you begin to accept the loss and start to move forward with your life.
- However, if you aren't feeling better over time, or your grief is getting worse, seek help from:
 - Your GP or another healthcare professional you feel comfortable with.
 - Our Employee Assistance Provider, Workplace Options free on 0800 247 1100 (any time)
 - Bereavement Care Scotland helpline on 0845 600 2227 (Mon - Thu 10am to 8pm, Fri 10am to 4pm)

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

Share your story with us



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We know you're all proud to play your part for the city – so we would love to hear from you about how you, and your colleagues, are supporting the city at this challenging time.

You could:

- Give a shout out to a colleague who is going above and beyond to deliver a service
- Tell us if you are volunteering to help deliver an essential service
- Share what your team is doing to keep services running for our citizens.

Email a couple of lines and a mobile phone picture, if you have one, to Insider@glasgow.gov.uk so that we can share your story with colleagues across the council family.

Thank you for making a difference.



Worried about money?

**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](#)

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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



 MMcL  @MagsMcLocks

42 mins ago

@SusaninLangside @LordProvostGCC @GlasgowCC huge thanks to all at GCC who work so hard to maintain Glasgow Green, providing a lovely place to walk during lockdown. It's very much appreciated.
[#PeopleMakeGlasgow](#)

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