

STAFF NEWS



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Coronavirus (COVID 19)

Wednesday 17 June 2020



Share your city lockdown images



The Development Plan team at Development and Regeneration Services (DRS) are inviting you to share images and videos of the city during lockdown.

The team promote the council's Open Space Strategy recognises that well managed, designed and located open space can help enhance the health and wellbeing of Glasgow's inhabitants; the liveability of the city, increasing its attractiveness for people and investment; and the resilience of the city, its people and biodiversity, to threats such as existing flood risk and climate change.

This strategy recognises the wider benefits that open space can bring to the city and its inhabitants. This has been particularly evident during lockdown.

Gillian Dick, Spatial Planning Manager said: "We're working with colleagues in the University of East London to capture photos and videos of the Glasgow lockdown and how it feels in the city as we emerge from lockdown

"As part of our work on the H2020 Connecting Nature Project we're trying to capture our **#isowalkglasgow** stories. These will be used to capture how the community have felt and interacted with their spaces and places during lockdown.

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Gillian added: "The images will be used to curate a virtual visual story of Glasgow and its surrounding area during lockdown and as we emerge from it. Hopefully the material can then be passed onto the City Archive **at** Glasgow Life so that we have a record of this moment in time.

"We'd really love staff to submit a photograph or video of the spaces and places that they have valued during lockdown. This could be a photo from someone's window or of a local park or empty footpaths in their neighbourhood. Or people could submit a photograph of the places they've been missing during lockdown."

Share your images and videos

- If you have an image you'd like to submit, please email to: connectingnature@glasgow.gov.uk
- If you have a video that is linkable to, either through youtube or Wetransfer, please send us a link or tweet / Instagram with the **#isowalkglasgow**
- Please include details of your name, the area you live in, location of photograph, and brief details of why the place matters to them.

Photograph: Gillian lives in Greenock and has shared a photograph taken from the top of Lyle Hill— a space that she can walk to in 15 mins and is the only time she can get a glimpse of Glasgow. Gillian loves the feeling of openness that the view has given her and the reminder that the west of Scotland is beautiful.



Has your alcohol use increased during lockdown?

WELLBEING WEDNESDAY

The coronavirus (COVID-19) outbreak has caused many of us to feel more stressed or worried than usual.

You may find that you are turning to alcohol to help manage these feelings. However, it is more important than ever that you look after your health and wellbeing.

How can alcohol affect your health?

Drinking alcohol can affect your mood and make it more difficult to manage negative thoughts and feelings. It can increase the likelihood of accident or injury; affect your immune system's ability to fight off disease and infection; and increase the risk of serious health issues such as cancer, stroke and heart disease. The more alcohol you drink, the higher your risk.

How much alcohol is ok?

To reduce the health risks, the Scottish Government advises that:

- Both men and women should not to drink more than 14 units a week on a regular basis.
- If you regularly drink as much as 14 units a week, it is best to spread your drinking evenly over three or more days.

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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.



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



Joy Swift

June 5, 2020 - 3:32pm • View Post

Our bin men are superstars all year round. Can't thank them enough for the job they do.

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