

STAFF NEWS



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Coronavirus (COVID 19)

Wednesday 24 June 2020



SHOUT OUTS to staff who are doing a great job

Catherine Cairney, Payroll Operations Manager, Employee Service Centre, CBS wants to give a shout out to the CBS Payroll and Development Team.

The team are all working from home - some are home schooling their children and caring for parents.

"A big thank you team for all of your hard work, maintaining a great work ethic and commitment to make sure that our colleagues are paid on time and all payroll technical issues are resolved in time for weekly, monthly and lunar payrolls to be paid. Well done and thank you."

Shona Henderson, Head Teacher at Blackfriars Primary School would like to give a shout out to all the catering, janitorial and cleaning staff.

"Jamie Boyle, Janet Hughes and Gayle Lynam have been working with me for the good of the staff and children of Blackfriars. They are a great team and I really appreciate all their hard work and commitment during this time. I can't praise them enough for all their work during this pandemic - their continued support throughout has given me the strength and confidence to take the school forward."



Team working makes a difference



**Geraldine Dolan, Head of Nursery at
Whiteinch Nursery**

Margaret Harper-Abdullah, Head of Nursery at Rowena Nursery would like to say a special thank you to her colleague **Geraldine Dolan, Head of Nursery at Whiteinch Nursery and her team.**

The teams have come together to work at the Whiteinch Hub where they are supporting key worker families from across the city and also supporting placements for vulnerable children and families.

Geraldine and her team welcomed colleagues from Rowena Nursery and their key worker families to share their space, resources, kindness and hospitality, coupled with lots of patience and good humour.

Margaret said: "We're delighted to have joined the team at Whiteinch to allow us to provide vital services throughout lockdown. We've really enjoyed the experience of working together to support our families and children during these challenging times and most importantly, all of our children and staff have had lots of fun."

Margaret added: "We really appreciate the assistance and want to say a huge thank you to Whiteinch Nursery for making this transition for us all so very easy and enjoyable."

Supporting the families of key workers



Coping with post lockdown anxiety

WELLBEING WEDNESDAY

As lockdown restrictions start to ease, you may have mixed feelings about what life will look like after lockdown.

While you may be looking forward to having a little bit of normality and routine back in your life, you might also be feeling worried or anxious about what lies ahead. This is perfectly normal and you are not alone.

Tips to help you cope



- **Recognise when you're feeling anxious** - common signs and symptoms include: feeling nervous, restless or tense; having a sense of impending danger, panic or doom; trouble concentrating; increased heart rate or breathing; sweating or trembling.
- **Focus on positive coping strategies** such as exercise, meditation, or simple breathing techniques.
- **Take one day at a time** rather than overwhelming yourself by thinking and worrying about things that may or may not happen in the future.
- **Speak to someone you trust about how you're feeling** - sometimes just getting things off your chest is enough to release some tension.
- **Practice self-awareness and compassion** - if you find you're being self-critical, ask yourself how you would speak to a friend who was feeling the same way; you deserve the same care and compassion that you would give to others.



More information

Information, support and resources to help you to manage post-lockdown anxiety – including many useful videos are available from anxietyuk.org.uk

Find more tips and ideas to help [here](#)

Round the clock support for staff

Workplace Options, our employee assistance provider is available **free** and at any time of day or night to help you and your family members.



- Freephone: **0800 247 1100**
- Freephone **0800 138 8725** - for support with LGBTi issues
- Freephone **0800 288 4950** - for BME issues
- Email: assistance@workplaceoptions.com



Thank You!



#StaySafe



Share your story with us



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



JaxQ @JaxQ10

11 hours ago

Big shout out to @GlasgowCC for their shielding support call today. I was so surprised and thankful to have someone reach out to ask how I was doing and then outline the services and support available to me. Thank you! @scotgov @SusaninLangside

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OFFICIAL



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