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

20 April

Our volunteer heroes making a real difference – Alan supports citizens shielding



**Alan Speirs** is normally a Policy Officer in the Chief Executive's Department and recently signed up to join our pool of staff volunteers to help deliver essential services. He is currently volunteering from his front room by assisting with telephone calls we are receiving from our most vulnerable citizens who are 'shielding' as a result of receiving a letter from the Scottish Government. (This is individuals who are being told to self-isolate for at least 12 weeks to help protect them as they have an existing medical condition that puts them at a high clinical risk if they contract Covid-19.) The council is part of a community hub offering support to these vulnerable citizens to help with tasks such as accessing food or receiving medication.

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**Alan** explains: "I chose to join the pool of staff volunteers as I previously worked in Social Work and have plenty of experience helping and speaking to people in vulnerable situations. It just seemed like something I might be okay at doing and due to my experience I did not need any additional training to support this role – although my typing skills are still not the greatest when it comes to recording information into a spreadsheet!"

"Every day I feel so proud to work for the council – those I chat to are so complementary about everything we are doing to help them get through this unique world event. It's staggering how many different services we actually deliver and what people rely on us for. Over the phone I currently support people who are isolated and experiencing very difficult circumstances such as accessing basic food supplies and prescriptions. On one particular conversation we also spoke about what New Order album you should listen to so that your afternoon passes quicker - I recommended Low-Life.

"As I'm normally office based I got support to help make sure my IT kit was suitable to work from home and have set up next to the biggest window in my house to have a bright working environment. Occasionally I glance down the street whilst on a call and notice how quiet and calm the street is given the fair weather - I then remember that we are experiencing the strangest of circumstances. A lot of council family colleagues are doing great work to keep the city moving and our citizens safe – I don't feel like I'm contributing much, but the thanks that I hear are the consequences of the wonderful, important and appreciated services that we all are all working together to help provide."

**#Thank you Alan for being a volunteer superhero – you are making a real difference.**



**VOLUNTEER**  
Help to keep **our city** running during this challenging time

**SIGN UP TO VOLUNTEER NOW**

  


### Five ways to financial wellbeing

Financial wellbeing provides us with a sense of security, and a feeling that we are in control of our day-to-day finances and have the financial freedom to make choices that allow us to enjoy life. We understand that experiencing financial difficulties can have a big impact on our day to day life - causing stress, problems in relationships, and affecting our physical and mental wellbeing.

The disruption caused by coronavirus has affected many households - leaving them with less money coming in, but with debts and bills still to pay. Fortunately, there are practical steps we can all take to improve our financial wellbeing during such difficult and uncertain times - and these can be applied in much the same way as our ['5 ways to wellbeing'](#): **This week we will be sharing tips, tools and resources to help you:**

1. **TAKE NOTICE** - of your current financial situation
2. **BE ACTIVE** - by addressing any immediate financial concerns, and finding out what financial help you're entitled to
3. **LEARN** - how to budget for this period and adjust to your changed circumstances
4. **STAY CONNECTED** - by talking to your partner, a trusted family member, friend or colleague, and seek professional advice and support if you need it

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5. **GIVE** - by sharing your knowledge and personal experience to help others.

Organisations that offer financial advice and support are listed on our [staff webpage](#) under the Your Mental Health and Wellbeing section.

### Clyde Primary Teachers – get creative and reach for the stars!



Teachers from Clyde Primary School sent a very creative message of hope for all their pupils and families during the school closures. You can enjoy their video [here](#).

### Staff support web sessions - tips for working parents / mindfulness exercises



**Many parents** are facing changing roles and responsibilities and are trying to navigate the new demands faced, particularly in accommodating childcare, home schooling and still fulfilling work responsibilities.

This recorded session provides advice on how to successfully juggle the demands faced and meet the changing needs within the home. **Watch it [here](#)**

Register to take part in one of this week's 10 minute live mindfulness exercise to help you focus and release tension:

- Tuesday 21 April – [5pm, 5.30pm](#)
- Wednesday 22 April – [2pm, 2.30pm, 9.30pm 10pm](#)

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- Thursday 23 April – [8.30am](#), [9am](#) , [10pm](#) [10.30pm](#)
- Friday 24 April – [5pm](#), [5.30pm](#)

Additional support provided by Workplace Options regarding staying at home – such as **Couples and Covid-19 confinement** is available [here](#).

### Staff heroes – making protective visors for NHS staff



One member of staff, **Lynne Cox, Architect** from **Property and Land Services at Development and Regeneration Services** – is currently working from home and using lockdown to make protective visors for NHS frontline staff in the city in her spare time. She has already made 50 visors, and is seeking donations to help her produce another 100.

**Lynne** said: “I wanted to do something useful whilst having to stay home. I’ve been able to adapt an open source design developed by Delve.com and manufactured on a larger scale by [VisorsPlease.co.uk](#) who are already distributing visors to hospitals across the UK.

“I adapted the visor design to suit materials that were available in smaller quantities through suppliers on Amazon and Ebay. The visors meet NHS equipment and hygiene requirements so will help protect staff. I am very hopeful that this will make a difference to someone doing a really tough job at the moment to help people just like us.”

The visors will be distributed to where they are most needed, through the Kelvinside Academy Innovation School/Tennents/Badaboom. And Lynne has set up a crowd funding campaign through Go Fund Me to help raise funds to make the next 100. **All donations will be gratefully received – you can donate at [gf.me/u/xxi3p4](#)**

**# thankyou Lynne for your dedication to helping front line workers stay safe**

### Ramadan – 24 April to 23 May 2020

Ramadan is the ninth month of the Islamic calendar, when Muslims all over the world spend 30 days fasting and taking part in additional prayer or worship to better themselves in principles of faith. This year it takes place from 24 April 2020 until 23 May 2020.

You can read our [Ramadan factsheet](#) which details some considerations for our employees and managers during this time and **would like to wish our employees of the Muslim Faith a Happy Ramadan.**

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Current internal vacancies

- Internal vacancies are on [myjobscotland](#).
- 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.

- 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



**Susan Dailly**

April 13, 2020 - 10:34am • View Post

Comment

I've been cleaning both my green and blue bins regularly. A big thank you to all the refuse collectors all turning up for work 🙌🙌🙌



**GingerPaul** @G1ng3rPaul

April 11, 2020 - 4:54pm • View Post

Post

Credit to [@GlasgowCC](#) and their refuse/collections staff for clearing up the stuff I reported in the app last week and today - responded quickly and did the job. Cheers.

Follow us [@GlasgowCC](#) on Twitter or [Glasgow City Council](#) on Facebook

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