

CORONAVIRUS (COVID-19) DAILY INFORMATION UPDATE



KEEP UPDATED AT ALL TIMES ON THE WEBSITE

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

27 April

Viewing this briefing online

Don't forget if you are unable to read any of the linked content in this daily brief from your work iPhone - you can always forward it to your own personal email to view on your own device.

All stories can be read in full on our website at <https://www.glasgow.gov.uk/staffupdates> – from any device at any time.

Seek help for non-coronavirus health concerns

IF IT'S URGENT, IT'S URGENT

**Call your GP surgery or 111 out of hours.
For emergencies phone 999.**

If you have a non-coronavirus health concern, GP surgeries and hospitals are still here for you. Don't ignore the warning signs of serious conditions. Please promptly seek help for emergencies, possible cancer signs and attend immunisation appointments. **Find information and advice** at www.nhsinform.scot

For information on COVID-19 visit <https://www.nhsinform.scot/coronavirus>

Sleep wellbeing - LEARN top tips

SLEEP WELLBEING

Each week the Scottish Government provides valuable information to help the nation focus on how to keep well during this unusual time. Getting a good night's sleep is a key way to help us all feel mentally and physically healthy.

This week we are focusing on how to help you sleep better – as it is important to allow time for proper rest, sleep and respite whilst in lockdown. Today we focus on [learning](#) top tips from our **five ways to wellbeing**.

Getting a good sleep may seem like an impossible goal during this worrying time, but the good news is that we have much more control over the quality of our sleep than we probably realise.

LEARN how to:

We all feel better after a good sleep and to help you achieve this you should think about creating a consistent routine:

- make sure your bedroom is a quiet, dark and relaxing environment to sleep in
- try to go to bed and wake up at the same time each day – this routine will help you get the right amount of sleep that you need
- allow yourself time to wind down gently before bedtime – such as:
 - not using social media or your phone an hour before bed
 - take a bath
 - read a book.

The Scottish Government recommend the following online guidance, resources and support where you can **LEARN** more about how you can improve the quality of your sleep:

- [NHS Inform – How to get to sleep](#)
- [Mind - How to cope with sleep problems](#)

Our [Healthy Living Course on GOLD here](#) also offers top tips.

You can find a wide range of useful resources and support available to you on our **Mental Health and Wellbeing area** on the [Staff Updates](#) page.

Sandra is a real community superhero – going the extra mile for her service users



Sandra Milroy – Home Carer

With Mary – Service User



The home care service provides vital support to some of the city's most vulnerable residents, which is especially important amidst the current crisis.

Sandra Milroy has been a Home Carer in the North West of the city for over 15 years. She is well known for her outgoing, friendly nature and for always going above and beyond the call of duty for her service users and colleagues.

Alice Rafferty, Home Care Manager said "Sandra is a huge asset to the service, she has been using her own car to help to deliver PPE to her colleagues on foot, making sure they are kept safe. "She has also been going the extra mile for her service users. Some of them have private cleaners who are unable to work at the moment due to the restrictions. Sandra has been doing their laundry and helping with their housework in her own time. She has also been collecting food packages on her break from 'Well Fed Scotland' for not only her service users but their neighbours as well. "She is truly dedicated to the service and her community."

Sandra said "Service users are naturally very frightened and missing their family at the moment. I hope that by spending time and reassuring them I can make an anxious time a little more bearable."

Service user, Mary said "I really do enjoy my visits from Sandra, she is such a positive person and has really been keeping me going at the moment. Nothing is too much bother and despite everything that is going on she's always so cheerful."

thank you Sandra for going above and beyond to support service users and colleagues.

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Time to TAKE NOTICE of your health and wellbeing - join a live mindfulness session

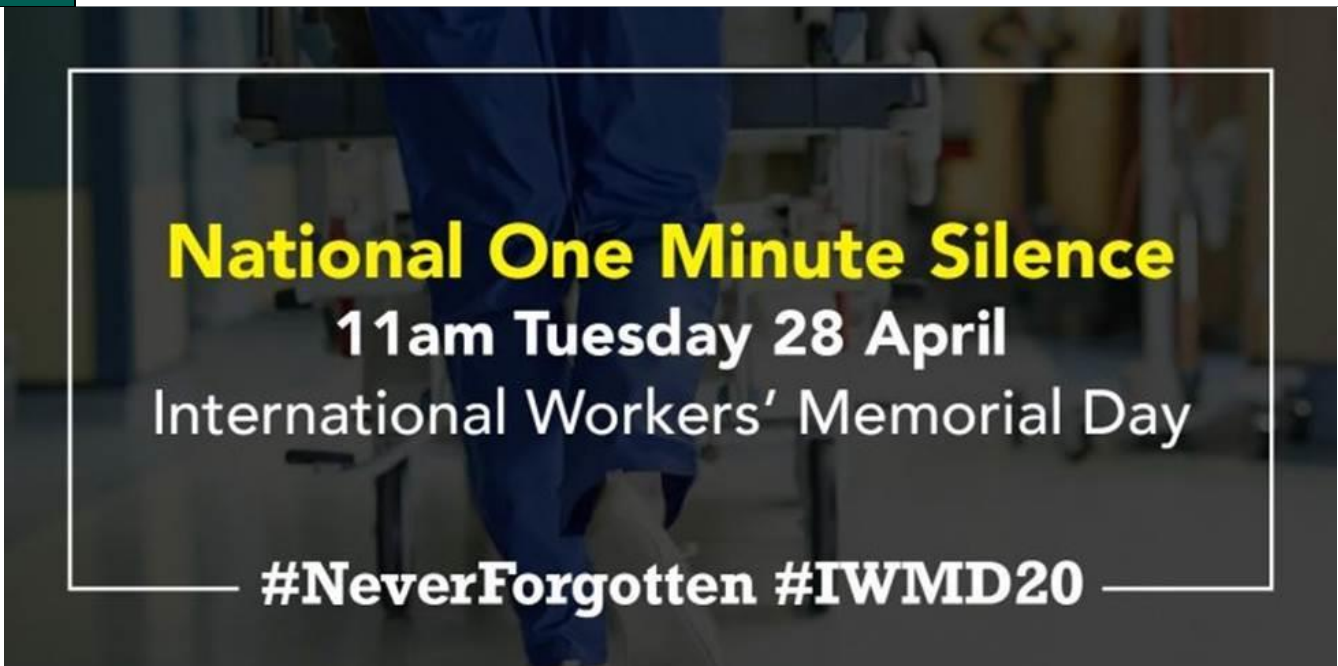


TAKE NOTICE - If you are feeling anxious or concerned about the current situation please contact our **Employee Assistance Provider – Workplace Options** for help and support.

You can phone Workplace Options any day, any time, free on: **0800 247 1100**

- **Live sessions** - take part in some short mindfulness exercises run by 'Aware' specialists. These 10-minute sessions will help you focus, release tension and reset for improved well-being. Click the day and underlined time to book your session.
- **Tuesday 28 April** – 5.00 pm and 5.30 pm
- **Wednesday 29 April** – 2pm, 2.30 pm, 9.30pm, 10pm
- **Thursday 30 April** – 8.30am, 9.00am, 10pm 10.30pm
- **Friday 1 May**- 5pm, 5.30pm

Reminder - National one minutes silence for International Workers' Memorial Day tomorrow



Every year on **April 28th**, all around the world the trade union movement unites to mark International Workers' Memorial Day (#IWMD20). To remember those who have lost their lives at work, or from work-related injury and diseases and to renew efforts to organise collectively to prevent more deaths, injuries and disease as a result of

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work. Workers Memorial Day is commemorated throughout the world and is officially recognised by the UK Government.

Theme for 2020: Coronavirus

The coronavirus pandemic affects every worker regardless of sector or locality. Tens of thousands of workers worldwide have died. More have fallen ill or continue to go to work risking their lives.

Minutes silence

At 11am on Tuesday 28th April, in support of our trade unions we are asking employees where possible to take part in one minute's silence. It will be a moment to pay tribute to the sacrifice made of so many workers in the past and in current circumstances, to remember those who've sadly lost their lives, and to thank all those who continue to do vital work at great risk.

VOLUNTEER

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

SIGN UP TO **VOLUNTEER NOW**



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?

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- 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.

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



Susan Conaghan

April 23, 2020 - 10:15pm • View Post

Comment

10h

Well done everyone in all 5 Hubs - you're doing a fantastic job taking care of your residents under very difficult circumstances. Amazing! 🙌🙌🙌👍👍👍👍👍



Libra of Glasgow City Council

🙌🙌🙌 thank you all so much for being so dedicated and looking after our elderly and vulnerable. Stay safe 🙌

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

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