

CORONAVIRUS (COVID-19) DAILY INFORMATION UPDATE



KEEP UPDATED AT ALL TIMES ON THE WEBSITE

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

29 April

Make a PEOPLE MAKE GLASGOW poster to thank key workers



Glaswegians are being invited to create a unique citywide display thanking all the key workers who are working hard to keep vital services across the city running during lockdown.

Every household in Glasgow is being encouraged to display a version of the city's famous 'People Make Glasgow' brand - by either making their own artwork or downloading a poster to colour in or customise [here](#).

The idea aims to celebrate the strength of community that exists in the city while recognising everyone's determination to keep each other safe and protect frontline services by observing social distancing.

OFFICIAL

Don't forget to share your photos of your window display on social media using #peoplemakeglasgow #stayhome.

Photographed is six year old Scarlett Shaw, who has already made her own version which she showed key workers at Springburn Fire Station and Springburn Ambulance Centre on Monday while out with her family for her daily exercise.

Download the People Make Glasgow template at <https://peoplemakeglasgow.com/people-make-glasgow-window-display>



Team of volunteer heroes are making free reusable masks



OFFICIAL

OFFICIAL

Nazim Hamid, Team Manager, Information and Data Protection Team in the **Chief Executive's Department** is putting her spare time to good use – working with volunteers on the south side to make free reusable facemasks from donated material.

Nazim said: "I set up a Facebook group called 'AngelicThreads 2020' just over three weeks ago, and the response has been amazing. We now have over 20 volunteers sewing masks and others helping with deliveries and administration.

"To date we've made 100 masks which have been distributed free of charge and we are working on orders for another 200 for local care homes, residents and key workers across NHS and other services.

"There's a lot of discussion about whether or not we should be using masks and the Scottish Government is now recommending the use of face coverings in some circumstances. Our masks aren't up to the full PPE standard required by NHS frontline staff, but they can be used when out exercising, shopping or volunteering. The masks provide an additional barrier, which if used with social distancing, could help to reduce transfer of infection. They are made from fabric and can be washed after each use.

"We're working closely with the NHS volunteer team - Nifty Home Stitchers – who are also making scrubs in Glasgow, and we're making sure we have protocols in place to sanitise the material and masks. We are currently working across the south side of the city but there's potential for volunteers to help us set up local hubs across the city – I'd be happy to supply the documentation, tools and administrative support for anyone looking to establish their own group. None of this could happen without the volunteers. I'd like to thank all our volunteers - so many amazing people working together, sharing resources and proving yet again that 'People Make Glasgow'."

Can you get involved?

- Could you donate items of clothing or other material
- Could you volunteer to get involved
- To find out more, email: AngelicThreads2020@outlook.com or text to **07591843104**.

Pictured are a family wearing the reusable, washable masks – two of whom are volunteers



Our Banking and Ledger Control team – working hard to support the city

OFFICIAL



Even though we're in the middle of a crisis, teams across the council family are working hard to deliver vital services to support the city and its people.

The Banking and Ledger Control team in Financial Services continues their work to manage the council's bank accounts and ledger, making sure that the council can assist the most vulnerable in the city.

Moira Carrigan, Head of Service Development said: "Managing the council's finances is extremely important. "The team have had to act quickly to process urgent payments to suppliers to make sure that the council responds quickly in emergency situations."

"It's a challenging time for everyone. Staff are doing a great job and I'd like to thank them for their dedication and hard work in helping to keep our service running."

Thank you and well done to the whole team for their great work.

Photographed is Niki Craig from the team

Sleep wellbeing – CONNECT and BE ACTIVE

SLEEP WELLBEING

Promoting a good sleep using the '5 ways' - today we focus on **CONNECT** and **BE ACTIVE**

CONNECT

- Remember that it's normal to feel worried, scared or helpless about the current situation and that it is OK to share your concerns with people you trust.
- However, try to Connect with people at times when you are not getting ready for bed.
- Avoid trying to catch up with phone calls, texts or emails at least an hour before sleep as this is the time when you should feel able to switch off, relax and unwind, and prepare for bed.

BE ACTIVE

- As part of a daily routine, exercise can help promote a better sleep.
- Short, local walks, jogs or cycles are a great way to clear your head and be active whilst continuing to observe physical distancing guidelines.
- You can also stay active at home, by walking up and down stairs, dancing, gardening or taking part in a virtual fitness class.

Check out the following resources recommended by the Scottish Government:

- [Paths for All - Home based exercises](#)
- [NHS – Fitness Videos](#)

You will also find a range of useful resources in our **Mental Health and Wellbeing area** on the [Staff Updates](#) page

VOLUNTEER

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

SIGN UP TO **VOLUNTEER NOW**



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

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

 Comment to [Glasgow City Council](#)



Scott Witham

View full post · 11 mins ago

A big shout out to Glasgow City Council. Thank you. We received our Covid grant this week and the first thing we did was use it to pay off all printers, suppliers, IT and anyone that has invoices with us even if not overdue. Thank you again to Glasgow City Council as this grant has made a big difference and is gratefully received.

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