

CORONAVIRUS (COVID-19) DAILY INFORMATION UPDATE



KEEP UPDATED AT ALL TIMES ON THE WEBSITE

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

6 May

Rising Stars providing childcare services for frontline staff



The role of our teachers and childcare providers in key areas is vitally important as they enable essential workers to continue to deliver core services during the current crisis.

Rising Stars is a childcare provider with six nurseries and two after school projects located throughout the city (as well as a forest school and mobile play team.) Due to current restrictions they are only able to operate one nursery from Rising Stars in Crownpoint Road, with staff working on a rotational basis.

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Janice Johnstone, Manager said: "The crisis has impacted our usual operation of services, but we are really proud of the whole Rising Stars childcare team who have adapted well and demonstrated their flexibility to working in what are very difficult circumstances.

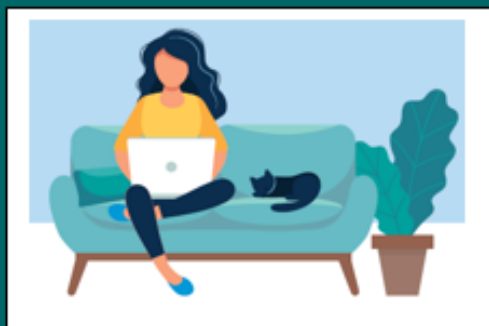
"They are totally committed and are really focusing on nurturing children and promoting their health and well-being. The daily routines provided by staff are especially important at the moment to give children a sense of belonging and continuity. We have also added children's choice of learning experiences into our medium-term planning. Children have asked to learn more about dragons and knights as well as animals both under the sea and on land.

"It can be an upsetting and uncertain time for our children so our staff are really going out of their way to provide a safe and happy environment for them and reassure them through their regular play."

Thank you Rising Stars for providing childcare services for children of frontline staff



Are you one of our army of homeworkers?



Working from home?
**Become one of our
Social Media Superstars!**

Many of us are working from home to help deliver services and support.

We want to highlight some of the work that's being done with a collage of photographs for our social media channels.

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If you'd like to be included, can you send us a photograph of you working at home – on your own or with children or pets!

Please send your pic through **WhatsApp to 07768 796399**.

Thank you in advance for getting involved.

Eating Well – BE ACTIVE and CONNECT

Eating Well can help your Mental Health and Wellbeing

Linking in with the **5 ways to wellbeing** to promote healthy eating habits, today we focus on '**BE ACTIVE** and **CONNECT**.'

- **BE ACTIVE** - Eating well is a huge part of maintaining our health and wellbeing but making healthy food choices for you and your family can be a challenge at the best of times, even more so when we are having to stay home.
 - So why not use the extra time you have at home to **BE ACTIVE** in the Kitchen - preparing and cooking healthy balanced meals from scratch.
- **CONNECT** - This could also be a good opportunity to **CONNECT** with family members and turning a routine task into a fun activity you can enjoy together.
 - If you have children, cooking can be a great activity to teach them new skills and keep them entertained.

Check out [**Eat Better Feel Better**](#) -an excellent resource featured on the Parent Club Website which is packed full of useful information on healthy eating for the family - from quick and easy family recipes to handy meal planners and cook-a-long videos to help you get organised in the kitchen.

Visit our staff [**Your Mental Health and Wellbeing section**](#) on our website for more detailed information and resources to support you at this time.



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

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Mary Twaddle Smith
@mary_r_t



Some new banners have appeared on our walking routes thanks to @GlasgowCC - being able to go for a walk and exercise is really important to me coping with lockdown so let's hope they help keep everyone exercising safely.



Thank you to our
teams in
Corporate
Graphics (CED)
and
Neighbourhoods
and Sustainability
for this great
work.

10:59 PM · May 2, 2020 · Twitter for Android

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