

KEEP UPDATED AT ALL TIMES ON THE WEBSITE

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

13 May 2020

Wellbeing tips for parents and carers

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Whilst we're spending more time at home, there are lots of things we can do to support the mental health and wellbeing of children or young people in our care.

Today we are focusing our wellbeing tips on: [CONNECT](#) and [TAKE NOTICE](#)

CONNECT

It's important for our children to keep in touch with the friends and family members they will be missing as a result of social distancing.

Here are some helpful tips:

- Allow your children to use apps such as FaceTime to connect with friends and family members who don't live with them. NHS inform have prepared some guidance [here](#).
- For younger children, having a conversation may not be so easy, so suggest that they take part in an activity. [Together APP](#) is a free video chat app which also helps families read books together, play games and more.
- Set aside quality one-to-one time with each child to give them the chance to talk to you about any worries or concerns they may have. Unicef have produced [guidance to help](#).
- If you are worried about your child's health and wellbeing, contact your GP or NHS 24 on 111 outside surgery times. Further information and support is on our [Staff Updates page](#).

TAKE NOTICE

Taking notice of what is happening in the here and now can help children shift their focus away from worrying about the 'what if's' in the future. Here are some ideas and resources that may help:

- Colouring can be a great way to help your child relax, unwind and keep their mind occupied. **Young Scot** have a free printable ['Mindfulness Colouring Book'](#).

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- Young Minds have information on how to [create a 'self soothe box'](#) to help children feel more grounded and relaxed if they find themselves feeling worried or anxious.
- Walking and noticing is a simple activity suitable for all ages. Go for a walk outside with your child and focus on their surroundings. What do they see, smell, hear, touch? How does this make them feel?

Staff hero Jacqueline – supporting key workers and their families



Andrea Forbes, Head of Nursery at the Molendinar Family Learning Centre (FLC) has contacted us to praise her colleague **Jacqueline Smyth, Depute Head of Centre.**

Andrea said: “Jacqueline is making adorable teddies for the children of some of our key workers, to hug while their parents are at work saving lives and unable to be with them.”

“Jacqueline has also crocheted pairs of hearts for the NHS staff across Scotland. One heart is given to the patient and the other to the family to recognise their bond and love during these difficult times when they are unable to see each other. She has also crocheted adjustable ear strap extensions for doctors and nurses who are wearing masks for up to 12 hours a day, seven days a week.”

Andrea added: “In addition to all of this, Jacqueline continues to work from home to support her colleagues who are currently volunteering and doing amazing work, providing child care for our front line workers and supporting their community by distributing food bags, arts and crafts bags.”

Well done Jacqueline.

Staff volunteers at our Shielding hotline are making a real difference



**Gillian Murray (left) and Josie Robertson (right)
volunteering on the shielding line**

Staff who volunteered to man our shielding hub in the City Chambers are making a real difference – providing help and support to vulnerable citizens across the city.

The Customer Contact Centre is receiving telephone calls from our most vulnerable citizens who are ‘shielding’ as a result of receiving a letter from the Scottish Government, and those citizens who contact the national helpline. The contact centre offers support to help with tasks such as accessing food or receiving medication.

Gregg Longmuir, Customer Operations Manager said: “We’re receiving approximately 400 calls a day. The most common request is for assistance with food orders. We can help to access a free weekly opt in delivery to their home or help them to opt in for priority delivery slots with supermarkets.”

Two of the volunteers who are making a difference - **Josie Robertson, Senior Job Analyst** in the **Chief Executive's Department** and **Gillian Murray, Welfare Rights Officer** in **GCHCP (Social Work)** - have told us about their experience.

Josie said: “My normal work has been suspended but I wanted to do something to support the council’s efforts to provide key services to the public. I feel proud knowing that I’m helping in the process to make sure vulnerable people are getting support. Just having that initial conversation with people makes them feel at ease, reduces their stress and sometimes all they need is the opportunity to speak to someone.”

Gillian said: “As a Welfare Rights Officer, I’m used to being out and about most days visiting clients. I’m not used to sitting at a desk all day and answering phones, so my days just now are very different from what I’m used to, but very rewarding.”

Gregg added: “We’re really grateful for the support of our volunteers from across the council family and their commitment to provide cover in such challenging times, helping us to achieve the council’s aim to support communities and provide essential services.”

Thank you for helping to support our communities.

Thank you for helping to keep our city running – stay safe



Over 700 staff have volunteered to work out with their normal roles so far – could you?

VOLUNTEER

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

SIGN UP TO **VOLUNTEER NOW**

Vacancies

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Glasgow Child Poverty Co-ordinator
(This post is full time 35 hours but is open to flexible working or reduced hours)
Grade C £33,044 – £36,522
Fixed term 12 month contract

An exciting opportunity for someone with experience of strategic planning, partnership working and negotiation to play a lead role in supporting action to tackle child poverty in the city. With over one in three of Glasgow's children living in poverty even before the coronavirus crisis, you will work closely to support partners in the council, health board and wider public, private and voluntary sector to develop, deliver and report on actions that will substantially help reduce the risk of poverty.

This post is funded by the Glasgow City Health and Social Care Partnership (HSCP). You will be part of the CPAG in Scotland team, but work closely with the Health and Social Care partnership, city council, health board and other local partners. This post may be suitable for secondment with the agreement of the existing employer.

- View the full job description [here](#).
- To apply, please download the job pack  [here](#)
- For further information please contact recruitment@cpagscotland.org.uk or phone **0141 552 3303**.

Closing date for applications: noon Friday 29 May 2020

Interviews will take place either via video call or in line with social distancing guidance: Tuesday 9 June 2020

Current vacancies - reminder that we are still recruiting

- 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

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



Malcolm Mocabol @MMocabol

1 min ago

Thank you very much to all the #binmen #keyworkers continuing to provide the best service in history 👍 Well Done Everybody #glasgow #rcv #StayHomeSaveLives @GlasgowCC



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