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20 May, 2020

Mental Health Awareness Week

Being kind can help your mental wellbeing
Support Mental Health Awareness Week
with an act of kindness [#KindnessMatters](#)



This week is [Mental Health Awareness Week](#) and the theme for this year's campaign is **KINDNESS**.

Being kind can significantly improve our physical and mental wellbeing - whether we are giving or receiving it. At this challenging time, it has never been more important to be kind to others and to ourselves.

Find out how to [get involved and show your support](#).

Being kind to others

Even small acts of kindness towards others - for example, texting or phoning a friend who may be struggling - can help boost our confidence and self-esteem, and give us hope and optimism.

- The [Mental Health Foundation](#) provide lots of great examples of acts of kindness to inspire you [here](#).
- They also offer further tips and suggestions in their new [Kindness Matters guide](#).

Support and advice

- Visit the [Mental Health Foundation](#) website to find [relaxation and other digital exercises](#)
- Our Employee Assistance Provider, Workplace Options, have a new free 'Aware Mindfulness Channel' which you can [access here](#).

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- View our '[Tips for staying safe and well](#)' which combines Scottish Government advice with the 'Five ways to Wellbeing.'
- For direct links to the wide range of support and resources available to you, see '[Your mental health and wellbeing support and resources guide](#)'.
- You can find a range of **information and resources** to support the health and wellbeing of you and your family in the '**Your mental health and wellbeing**' section of our [Staff Updates page](#).

We would love to hear about your stories of kindness



Have colleagues, friends, family members or someone in your local community been kind to you and helped you through this difficult time - by offering support and advice, or doing something for you?

We'd love to hear your story and help to shine a light on the person who made a difference to you.

During Volunteer Week in early June we will be sharing stories about people who have made a difference and supported others – both at work and in their communities.

Please send your story, with your name and contact email and phone number, to Insider@glasgow.gov.uk

[Watch stories of kindness here as part of](#) **#MentalHealthAwarenessWeek** **#KindnessMatters**

Lord Provost leading council's appeal for PPE donations



Lord Provost, Councillor Philip Braat is leading the council's appeal for PPE donations to support front line staff providing key services across the city

The delivery and distribution of all donated PPE is being coordinated by the council's Health and Safety group who risk assess and allocate the stock to those who most urgently need it.

The Lord Provost said: "The response to my appeal for PPE has been humbling from individuals to big firms, these donations big and small are helping us keep our staff safe. I'm very grateful. It's a wonderful demonstration of goodwill and solidarity from across the city and beyond."

John Paterson, Head of Asset Governance, said: "The Lord Provost is doing a great job helping us attracting vital PPE donations. It's been an important element of our work throughout this pandemic. My team is working flat out to ensure the donated PPE we receive, goes to the staff who need it the most during this challenging time.

"Donations have come from some of our own services as well as individuals, businesses and universities including the Bank of China, Edrington Distillers, Fujan Chamber of Commerce, the Confederation of Fujian in Scotland and Allied Vehicles. We're obviously still keen to receive PPE from anyone in a position to donate."

How to get involved

If you know of any businesses or individuals who may have PPE that is not being used and could be donated, please email john.paterson3@glasgow.gov.uk

Photographed: The Lord Provost and members of the Health and Safety team take delivery of a donation of PPE from representatives of the Society of Chinese Medical Practitioners



Thank You!



#StaySafe

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

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In reply to @GlasgowCoA and 2 more

Post

James Jones @Jamesjo40715586

May 8, 2020 - 6:10pm • View Post

Everyone in Glasgow council is doing a brilliant job keeping our city functioning under the most difficult times. 👍👍 Huge respect !

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