

CORONAVIRUS (COVID-19) DAILY INFORMATION UPDATE



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

21 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 ourselves

- Try to set aside some 'me' time every day so that you can relax and reflect on how you're feeling and how your day or week has been so far.
- It's important to recognise your successes and the things you are grateful for, no matter how small. Consider keeping a daily gratitude journal where you could write two or three of these things every night before you go to bed.
- Mindfulness techniques can help you focus on the present rather than dwelling on unhelpful thoughts.

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Support and advice

- You can access free Mindfulness resources on the new [‘Aware Mindfulness Channel’](#) run by our Employee Assistance Provider, Workplace Options.
- The Mental Health Foundation provide a range of free [relaxation and other digital exercises](#)
- 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

You look after us, so we'll look after you – national wellbeing hub launched

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The Scottish Government has launched a [digital wellbeing hub](#) for staff working in health and social care roles across Scotland.

The hub offers health and social care staff, carers, volunteers and their families access to key resources and support to cope with challenges faced during the coronavirus pandemic. It offers comprehensive support on practical self-help available to you at a local and national level.

You can access the National Wellbeing Hub website at www.promis.scot.

If you work in one of these areas, [visit the hub](#) to get practical advice on how to look after yourself and access support when you need it.

More information: <https://twitter.com/scotgov/status/1260283606544510976>



Volunteer Pat is making a difference



Pat Hegarty wearing one of the PPE visors being made at the Education Services north west hub.

Pat Hegarty, teacher of Technological Studies at Notre Dame High School has been nominated as one of our 'heroes' by his Headteacher Rosie Martin.

Pat is one of many Education staff who have volunteered to work at one of the new Education hubs to use 3D printers to produce vital PPE for NHS key workers.

Rosie Martin, Headteacher said: "Since schools closed, Pat has been making visors to help non-clinical workers undertake roles in a safer way; he even came in over the Easter holidays to continue this work and is now working supporting the north west hub at St.Thomas Aquinas Secondary."

Pat said: "Like so many other Design and Technology teachers across the country, I wanted to use the technology and equipment from our subject area to help ease the impact of the Coronavirus on our key services. I'm pleased to be able to do something useful to help keep our key workers safe."

Rosie added: "We're so proud of Pat. He's put his heart and soul into this project because he wants to make a difference to the lives of others. This is typical of Pat's caring approach; in recent years he has organised two sponsored bike rides to Notre Dame, Paris and then to Notre Dame, Pisa which raised thousands of pounds for the charity, Mary's Meals."

Well done Pat – and all our volunteers.

Covid-19 testing – guidance for staff

The government has expanded Covid-19 testing to include testing for everyone over the age of five with symptoms.

If you have symptoms then a negative test would allow you to leave self-isolation and return to work more quickly. You should continue to follow the government guidance on self-isolation on [NHS Inform](#).

The council is following the government guidance on testing to protect the running of essential services. If you are currently leaving home to go to work then you could be considered a priority according to the government guidance. You **can read the government's guidance on testing at** www.gov.scot/publications/coronavirus-covid-19-testing-for-key-workers-in-Scotland/

People working in the health and social care sector will still remain the top priority for testing in Scotland.

You should continue to report your absence in the normal way and to your line manager.

Read the [staff briefing](#) for more information about: when to book a test and how to book a test.



Thank You!



#StaySafe

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

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



claire kerr @claire_lou_m

● 5 mins ago

@GlasgowCC I wanted to applaud the excellent service from your cleansing team this morning. I raised an issue via your app yesterday and the team came round to resolve this today. The guys were super friendly too 😊



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