

CORONAVIRUS (COVID-19) DAILY INFORMATION UPDATE



KEEP UPDATED AT ALL TIMES ON THE WEBSITE

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

1 June 2020



Thank you from Annemarie O'Donnell – Chief Executive

“This week, as part of Volunteers’ Week, I would like to say thank you to all staff for playing their part to help keep our city running during this challenging time.

Every day staff from across the whole council family are making a real difference – from helping their colleagues, communities and families, to staying safe at home. Every small gesture of kindness and support is helping people to stay connected during this pandemic.

I was overwhelmed by the large number of staff who stepped forward to show their commitment and flexibility to undertake essential roles as part of our staff volunteer campaign. Over 700 of you expressed an interest in a temporary role to help us continue to deliver essential services – this is in addition to those of you who also side-stepped into other key roles in your own Service area. Thank you for all playing your part and contributing to help maintain our essential services.”

Get involved and say thank you to our amazing volunteers

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GET INVOLVED

Get creative and say thank you to Scotland's volunteers past and present this #VolunteersWeekScot



Step 1

Grab some paper and a pen (or something more creative)



Step 2

Write your message down on the page or if you are a group, have some fun and spread the message across your team.



Step 3

Take a video or picture holding your signs and send them to

volunteersweek@volunteerscotland.org.uk

and share on social media with #VolunteersWeekScot



#VolunteersWeekScot

VOLUNTEERSWEEK.SCOT

Each day this week we will profile a colleague who has gone that extra mile by volunteering and hear how they have made a difference.

Take part - If you would like to join in and get creative this week to show your thanks download one of our local thank you posters to display in your window this week - [Poster 1](#) or [Poster 2](#)

You can also visit <https://www.volunteersweek.scot/> and download a [thank you card](#) to give someone in recognition of how they have made a difference through their volunteer work – to yourself or to your community.

More information at <http://www.volunteerglasgow.org/volunteer/volunteers-week-2020/>

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#VolunteersWeekScot

THANK YOU

GLASGOW'S VOLUNTEERS



PEOPLE
MAKE
GLASGOW

Help us to celebrate Happy Pride Month – get in touch to find out more



Pride month, which takes place in June each year around the globe in tribute to those involved in the Stonewall riots, is fast approaching!

Prism, the council's LGBTI+ Employee Network, want to wish everyone in Glasgow a 'Happy Pride Month' with a picture montage of staff from around the council - but they need your help!

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Get involved - If you'd like to be involved in this council-wide social media based activity, please email the network at prism@glasgow.gov.uk for the details!

Clear Your Head - coping with the easing of lockdown restrictions



The Scottish Government has launched phase two of the **Clear Your Head** campaign – offering practical advice on how to alleviate feelings of worry and anxiety about going outside as restrictions begin to ease.

The focus is on **helping easing feelings of work and anxiety that people may be experiencing** after making such a huge effort to stay at home, with the aim of reassuring people that what they're feeling is okay.

New research suggests that **just over half of people (52%) of people in Scotland feel worried about going out again**, with 56% worried about being able to stay the required two metres apart from other people when they're outside. 84% are worried about a second spike in infections when lockdown restrictions are lifted.

Steps you can take to help you feel calmer:

- **Breathing exercises** - if you're feeling overwhelmed take a number of slow deep breaths, and focus on something static
- **Stay healthy** – keep a good routine with healthy meals and get plenty of sleep. Limiting alcohol and caffeine can also help reduce stress and anxiety
- **Talk to others** – connect with friends, family and neighbours to share how you're feeling
- **Be kind** - acts of kindness are known to have positive effects on our mental well-being
- **Look out for each other** - even though we're staying apart, smiling and saying hello when out of your home could give you, and people around you, a lift

More information

- You can view the new ad [here](#)
- For hints and tips on things you can do to help you feel calmer, visit [Clearyourhead.scot](https://clearyourhead.scot)

Share your story with us

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We know you're all proud to play your part for the city – so we would love to hear from you about how you and your colleagues are supporting the city at this challenging time.

You could:

- Give a shout out to a colleague who is going above and beyond to deliver a service
- Tell us if you are volunteering to help deliver an essential service
- Share what your team is doing to keep services running for our citizens.

Email a couple of lines and a mobile phone picture, if you have one, to Insider@glasgow.gov.uk so that we can share your story with colleagues across the council family.

Thank you for making a difference.

We are still recruiting

Current vacancies

- Internal vacancies are on [myjobscotland](https://myjobscotland.gov.uk).
- For vacancies in home care, facilities management and catering go [here](#).

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

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



M @m_atthetheatre

May 20, 2020 - 2:09pm • View Post

@GlasgowWEToday @GlasgowCC Missing cinema and theatre so much but at least we have the #BotanicGardens . Big "thank you" to all the staff who are keeping this oasis in the west end looking so well.



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