

# CORONAVIRUS (COVID-19) DAILY INFORMATION UPDATE



**KEEP UPDATED AT ALL TIMES ON THE WEBSITE**

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

**3 June 2020**

**Test and Protect – latest information for staff**



# TEST & PROTECT

For more information go to [NHSinform.scot](https://www.nhs.uk/inform)

The government has now rolled out Test and Protect – NHS Scotland's approach to controlling the spread of coronavirus (COVID-19) in the community.

Everyone aged five and over who has COVID-19 symptoms of a new continuous cough, temperature or loss or change in sense of taste or smell should go to [NHS Inform online](https://www.nhs.uk/inform) or phone **0800 028 2816** to book a test.

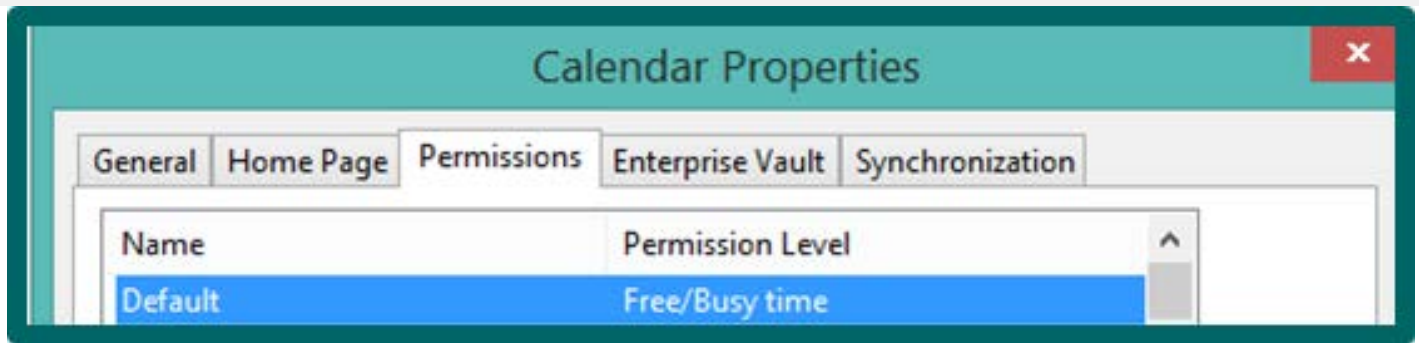
If you need to self-isolate because you are following the government guidance or told by NHS Scotland Test and Trace service to do so, then you will be paid.

You can read the updated staff briefing [here](#)

Keep following the latest coronavirus (COVID-19) guidance from NHS Scotland and the Scottish Government, including physical distancing measures and advice for infected households at [NHS Inform](https://www.nhs.uk/inform)

**If you are using council email - please check your Outlook calendar settings**

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A large number of us are working differently during this current time and staying connected with colleagues is key to keeping services delivered and our city running.

If you are using council email - your email calendar in Outlook is a great resource for checking a colleague's availability for a catch up when working remotely.

If you use council email you should be aware that if you have given colleagues permissions to access your calendar, they may also be able to see sensitive information and documents contained in your meeting invites.

### Check your permissions

Please check your calendar settings and review who has permissions to view and access your content as appropriate – to keep all your information secure. Your **Default setting** should be set to allow other users to see **Free/Busy time** – only give more access to specific people, such as members of your own team. You should remove permissions for other users if these are no longer required.

Our **quick staff support guide** shows you how to do this [here](#).



Meet Anthony – a community volunteer superhero



**Anthony Leebody**

**Senior Finance Officer**

**Glasgow City Health and  
Social Care Partnership**

**Anthony Leebody, Senior Finance Officer** in Glasgow City Health and Social Care Partnership reached out to his neighbours at the start of lockdown. He volunteered to set up a neighbourhood chat group to bring people together and help identify those who needed extra support.

Anthony along with his three young children posted 100 letters through their neighbours' doors in Stepps.

**Anthony** said "From the letters we posted, 45 people joined the chat group. I also had phone calls from neighbours who were unable to join the group but were thankful I had passed on my contact details should they need any support.

"One neighbour expressed that they had health concerns in the chat and asked if there were any health professionals in the group. It turned out there was a nurse, paramedic and cardiology technician who were able to offer them advice.

"We also have teachers in the group who have been giving hints and tips to support those with children. Their input has been gratefully appreciated.

"I decided to start the group because you just don't know what situation people are in and what support they have. It is an unprecedented time and some people are feeling particularly vulnerable.

"A lady in her 80s contacted me in tears after receiving the letter to say she was overwhelmed by our kindness. She had no family nearby and although the local church had been supporting her she said she was so grateful to have my contact details and knew if she needed anything she could contact me. I explained to her that it wasn't just me now and that we had over 40 concerned neighbours who wanted to help out and make a difference. I would like to think that by fostering community spirit and supporting each other we might have slightly eased the keyworkers' workload."

**Thank you Anthony for going above and beyond to support your local community at this time.**

**Get creative to thank a volunteer this week**

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# GET CREATIVE

Thank Scotland's Volunteers or a specific volunteer that has helped you.



## Step 1

Draw a picture, take a photo, write a poem, song or letter. Anything creative that says 'Thank You'

## Step 2



Email your thank you to

[volunteersweek@volunteerscotland.org.uk](mailto:volunteersweek@volunteerscotland.org.uk)

Then share on social media with **#VolunteersWeekScot** and be featured on [volunteersweek.scot](http://volunteersweek.scot)



**#VolunteersWeekScot**

**VOLUNTEERSWEEK.SCOT**

Hear from other local Glaswegians about how it feels to be a volunteer in our city  
[https://www.youtube.com/channel/UCZApf8d7TNWnCyh2t\\_I4f7w](https://www.youtube.com/channel/UCZApf8d7TNWnCyh2t_I4f7w)

Penilee Nursery – keeping in touch



Staff at Penilee Nursery are keeping in touch with their children– and their parents and carers. Throughout lockdown the team have been busy providing care for key workers and vulnerable families as well as keeping in contact with children and their families through weekly phone calls.

**Amanda Fox, Head of Nursery** said: “We’ve also been posting songs and stories on our Twitter and You Tube sites in the hope that a familiar face will also keep that connection going. We’ve even had children sending us messages for requests from particular staff to sing songs and stories. Our families have also been great at sharing what they have been doing on Twitter.

**Amanda** added: “It’s very important to keep some kind of routine for the children. I recently asked staff to write a letter for every child in their group and the letters that they wrote totally exceeded my expectations; they were so personal - a message from the heart to each child. The postman took them away for us and the children were so delighted with the bundles of love they received.”

“I’d like to thank all the team for being so committed to keeping contact with our families.”

#### **Keeping in touch**

**Your wellbeing - support to reduce feelings of loneliness and isolation**

## **YOUR WELLBEING**

**Staying connected can help to reduce  
feelings of isolation and loneliness**

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One of the feelings millions of us are experiencing more during the current pandemic is loneliness - as our usual ways of seeing family, friends or just familiar faces have been put on pause.

New research by the [Mental Health Foundation](#) has revealed that feelings of loneliness have more than doubled during lockdown in Scotland - raising concerns about the lasting negative impact this will have on people's mental health and wellbeing.

It's important to keep up the strong social networks that help protect our wellbeing.

#### Tips on staying connected:

- Stay connected through video calls, regular phone calls and text messages, or by joining an online support group, team quiz or class
- Keep up your social routines where possible - for example if you play cards with your friends on a certain weeknight, try keeping this in the diary and playing a game on a video call instead
- Spend time connecting with the people you are living with. If you are in a lockdown situation, use this time to improve your existing relationships
- Keep in touch with someone who lives alone or may not have many relatives or close connections to check in on them. A message or a phone call could make a huge difference to someone who hasn't heard from anyone in a while.

#### More information:

- Find out more ways of staying connected in our [tips to staying safe and well](#).
- See our [Support and resources guide](#) for information on further support, including how to contact our Employee Equality Peer Support Networks.
- The Mental Health Foundation have written a guide to [nurturing relationships during Coronavirus](#) with lots of different ideas for keeping in touch.

If you are struggling and **need to speak to someone**, you can also phone:

- Employee Assistance Provider, Workplace Options anytime, free on: **0800 247 1100**; LGBT helpline: **0800 138 8725**; BME helpline: **0800 288 4950**.
- Samaritans anytime, free on 116 123 or [click here](#) to find out other ways of getting in touch.
- **Breathing Space** free on **0800 83 85 87**, (6pm to 2am, weekdays and 24 hours at the weekends).

Share your story with us



**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:

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- 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](mailto:Insider@glasgow.gov.uk) so that we can share your story with colleagues across the council family.

**Thank you for making a difference.**

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

**Follow us [@GlasgowCC](#) on Twitter or [Glasgow City Council](#) on Facebook**

 Comment to [Glasgow City Council](#)



**Theresa Love**

● View full post · 1 min ago

Your all doing a great job thank you x

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