

# STAFF NEWS



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## Coronavirus (COVID 19)

Wednesday 1 July, 2020



### Shout out to our staff who are doing a great job

Wendy Galbraith, Operational Support Team Leader, GCHSCP wants to give a big shout out to the **Homecare Operations Team**.

"The team have been in the office working since day one dealing with all the homecare calls from hospital and service users, families, home carers and co-ordinators. The team have been making sure all the calls are being answered, complaints are being dealt with and all the hospital discharges have been put in place.

"Well done everyone and thank you so much."

Heather Waterston, Principle Officer, Development and Regeneration Services (DRS) wants to give a shout out to colleagues in the **Private Sector Housing Team** - **Jamie McEwan, Kathleen Leitch, Darren Seyfried, Andrew Roy, Maxine Campbell, Toni Coyle, Michael Murphy and Jan Carey**

"I'd like to say thanks to my amazing team and colleagues who have kept working flat out to make sure that projects we committed to before lockdown didn't falter. Once building companies were able to get back out, they put safety measures in place for their staff and our residents to proceed with renovations. They kept communications open with factors and owners, and they brought our annual spend in on time and on budget.

"A huge thank you from me – I'd be lost without them."



### Five ways to wellbeing

# WELLBEING WEDNESDAY

OFFICIAL



## Five ways to wellbeing

As lockdown restrictions continue to ease, more options to improve your mental health and wellbeing will become available to help you to:

- **CONNECT**
- **BE ACTIVE**
- **TAKE NOTICE**
- **KEEP LEARNING**
- **GIVE**

Throughout July, we are revisiting the **five ways to wellbeing** - the benefits of each of these, and ways we can all incorporate them into our daily lives to improve our mental health and wellbeing.

## CONNECT

Good relationships are important for your mental wellbeing. They can:

- help you to build a sense of belonging and self-worth
- give you an opportunity to share positive experiences
- provide emotional support and allow you to support others



## Tips to stay connected

- Make the most of technology to stay in touch with people you can't meet face to face - Video-chat apps like Skype and FaceTime are useful. [See here](#) for step by step guidance on video chatting.
- There are various online activities to share with family and friends - including virtual pop quizzes, video games, or watching a film at the same time and have a shared group chat for everyone to comment in.
- Share the small and simple pleasures of life such as sharing links to music, uplifting photos, funny memes, jokes or videos - these may be small gestures but help keep that sense of togetherness we all need.
- Take time each day to be with your family, for example, eating dinner together or play a game together.
- Putting photos of friends and family up around you may help too, if you are unable to visit them.

## More information

- Find useful tips on how you can connect with others [here](#)
- NHS inform Scotland have some useful information and guidance [here](#).



## Update on our commitment to supporting key staff groups

Today we have issued a managers' briefing which provides an update on our commitments to supporting key staff groups during Covid-19.

Over the past few months support arrangements were put in place for staff to provide continued employment during Covid-19. This was alongside contractual and pay arrangements for our flexible workforce - in place until the end of June 2020.

You can read the briefing [here](#) which provides an update on:

- the HR process to support key groups of 'at risk' staff as we prepare to return to the workplace
- changes to the arrangements for our flexible workforce
- the ongoing support for council graduates and Modern Apprentices.

If you would like to discuss the information in the briefing further please speak to your line manager.



### Bronze Award for our charity support



The council has been awarded **BRONZE** for this year's payroll giving quality mark - an excellent achievement to be proud of at a time when it's never been more vital to support charities.

The award recognises our success in generating sustainable income for UK charities and is a testament to the kindness and generosity of our workforce.

This month we are raising awareness of the **Five ways to wellbeing** which includes 'to give.' By giving to charity, we are also doing something to support our health and wellbeing.



### Payroll giving – make a tax-free donation to your favourite charity



Feeling the heat? Check out this cool offer from StC. Not only are Payroll Giving donations **tax-free** but you could win an additional **£50** for your charity with StC prize draw during July and August. Now that's a sweet deal. Sign up [here](#)



### Thank you to everyone who is supporting us through the current pandemic



# Thank You!



## #StaySafe



Share your story with us

share

your

story

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

**Thank you for making a difference.**

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