



STAFF NEWS

Keep updated at all times on the website www.glasgow.gov.uk/staffupdates

Coronavirus (COVID 19)

Wednesday 8 July, 2020



SHOUT OUTS for staff who are doing a great job

Angela Currie Operations Manager, GCHSCP wants to give a shout out to all the **Home Care staff** in **Kelvindale, Temple, Anniesland, Broomhill, Thornwood and Hyndland.**

"A great big massive ear blasting shout out to you all - you are doing a brilliant job in such challenging times. A special thanks to my core team; **Claire McArthur, Amanda Green, Pamela Ebowemen, Jennifer Smith and Tricia Gimason** who work their socks off behind the scenes – you are just brilliant. **Audrey Alexander and Bernadette Boland** we all couldn't be without you. Thank you to you all for making it a better place to work."

Margaret Ramsey, a Glasgow Life Family Support and Engagement Worker based at St Rochs Primary wants a shout out for **her manager.**

"I've so much appreciated the support and encouragement of my manager, **Laura Kennedy** in implementing new and safe ways of undertaking face-to-face work with parents and children in what is very challenging times for them. By listening, supporting and encouraging, Laura has shown me kindness and enabled me to find safe ways to show kindness to the families we work with "

Allison MacKay Home Carer Cardonald, GCHSCP wants to give a big shout to our co-coordinators Shirley Muir, Diane Hay, Linda Spence and our manager Connie Stirling and all the Home Care staff in Cardonald.

"Everyone has worked tirelessly during these difficult times and just got on with delivering a great service - well done to all of us."

Wendy Caimey, Children's Care Home Manager, GCHSCP wants to give a shout out to the **team of Residential staff - and all the young people - at Chaplet Avenue Children's Unit.**

"Thank you to all of you for literally bending over backwards to make sure we've been able to give the best care to the children in our care.

"Staff introduced a rota to reduce the footfall into the house to protect our children and families. They have also covered and assisted with additional duties in the house, gardening duties as well as home schooling the children and introducing new and creative activities to keep our young people entertained.

"The children have managed this situation so well, shown great resilience and acceptance of it all and embraced all aspects of this positively. We are very proud of all our young people's achievements during this very weird but wonderful time."



Glasgow on-street parking bay charges – changes from tomorrow.



Charging for on-street parking bays throughout Glasgow will begin again from tomorrow **Thursday, 9 July 2020.**

The service was suspended in March in response to the Coronavirus (Covid-19) lockdown.

As part of the return of parking controls, any permit holder with a permit due to expire between 24 March 2020 and 23 March 2021 will be granted a three-month extension to their permit to cover the suspension of the parking service during the Covid-19 emergency period.

You can read more about street parking charges returning on our [website](#).



Five ways to wellbeing – Be Active

WELLBEING WEDNESDAY



Throughout July, we are revisiting the [five ways to wellbeing](#) - the benefits of these, and ways we can all incorporate them into our daily lives to improve our mental health and wellbeing. Today our focus is on:

BE ACTIVE

Being active can help to enhance your mood and wellbeing by reducing stress, anxiety and increasing energy levels.

- Walks, jogs or cycles are a great way to clear your head and stay active. Glasgow walkit.com shows walking routes across the city. Bikemap.net shows bike routes through Glasgow. Remember to observe social distancing guidance.
- You can also stay active at home, by walking up and down stairs, dancing, gardening or taking part in a virtual fitness class.

Glasgow Club

The Glasgow Club has plenty of ideas to keep you active both indoors and out with classes and activities that can be adapted for all levels of fitness.

You don't have to be a member - just download the free [Glasgow Club App](#) or visit their [Working \(out\) from home website](#) for home workout videos and live classes and more!



It doesn't matter what you do, as long as you do something that you enjoy and keep moving.

Find more helpful tips and resources at:

OFFICIAL

[NHS Inform Scotland - How to keep active](#)

[NHS – Fitness Videos](#)

[Mind - Physical activity and your mental health](#)

[Glasgow Cycling information and advice](#)

[Paths for All - Home based exercises](#)

[Paths for All - Walking tips during periods of social distancing](#)

[Clear your head Scotland - keep moving](#)



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



Brighten your charity's
day with **Payroll Giving**

Donate through StC Payroll Giving during July & August 2020 you will
be entered into a prize draw to win a £50 donation for the charity of your choice

[Click here to donate](#)

Small acts of kindness can make all the difference. Show your charity some sunshine with a regular **tax-free** Payroll Giving donation to your favourite charity will help them continue the vital services they provide. Sign up during July or August and be in with a chance to WIN an additional **£50** for your charity and brighten their day.

Sign up [here](#)



Shout out to our staff who are supporting us through the current pandemic



Thank You!



#StaySafe

OFFICIAL



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:

- 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.



What we're hearing on Twitter



Simone
@cee4cat

Just back from Polmadie Recycling Centre. The [@GlasgowCC](#) lads have done a good job. It's well organised & efficient.

1:06 PM · Jul 2, 2020 · [Twitter for Android](#)

4 Likes



Susan Donnelly @SusanDo97707453 · 11m
Replying to [@cee4cat](#) and [@GlasgowCC](#)
Likewise Shieldhall



1



Thank you for making a difference.

OFFICIAL

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



**KEEP UPDATED
AT ALL TIMES ON THE WEBSITE**
<https://www.glasgow.gov.uk/staffupdates>

OFFICIAL