

# STAFF NEWS



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Monday 24 August 2020

Do you live with or provide unpaid care for a person with dementia?

## Carers of people living with dementia

If so then researchers at the University of Sheffield Innovation Centre would like to hear from you.

They are currently developing a Technology Self-help toolkit for working carers of people living with dementia and are looking for participants to take part in the research. Their toolkit will enable carers to understand what technological solutions are available and which might help in their caring situations.



**Take part** – read the [recruitment flyer](#) which contains more information about who is eligible to take part, what the research involves and how to sign up. **More information on the research is available [here](#).**

**Council support** - If you are a carer and would like to be kept involved in what the council are doing and/or share your experiences please get in touch with us by emailing [equalityanddiversity@glasgow.gov.uk](mailto:equalityanddiversity@glasgow.gov.uk)

PPE equipment supports safe return of our schools

Getting our schools and nurseries ready for opening on 10 August, after the lockdown and the school holidays, has been a huge task.

An essential element of the work to support the safety of staff and pupils was to make sure that every establishment had supplies of PPE equipment including 10 000 masks, 478,000 aprons, 5,000 visors, 460, 000 gloves, approx. 40,000 hand sanitizers bottles.

To progress the initiative, a cross service team was assembled comprising of: **Michelle Smith, N&S Client Procurement Officer; Susan Molloy, Education Support Manager; David Ward, Sports Quality Infrastructure and Project Officer, Glasgow Life; Ingrid Bain, Gemma Frazer, Josie Robertson and Paul Smyth - all from the Chief Executive Department's Job Evaluation team.**

The team were challenged to co-ordinate and distribute this huge initiative in less than two weeks, to education establishments. They were located at the NS Polmadie Depot, and supported by **Jack Aikman, Plant Workshop Supervisor.**

**Alasdair Henderson, Support Services Manager, Education Services** said: "This was a real team effort involving staff from across the council family including Education Services, NS and Glasgow Life.

"I'd like to thank all the staff involved in sorting and distributing the equipment from our warehouse in Polmadie. I'd like to thank all the team for doing such a great job to make sure we were ready for the beginning of term after the summer holidays."

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## Roads, Lighting and Traffcom teams – keeping the city moving



The Neighbourhoods and Sustainability (NS) Roads, Lighting and Traffcom teams have been working hard to help keep the city moving in these unprecedented times.

Squads working out of **Gartcraig Depot** have continued providing essential services through the lockdown, 24 hours a day, seven days a week.

Work undertaken by the squads includes: pothole and street lighting repairs, providing emergency response such as flood clearing, assisting emergency services with traffic management support, resurfacing programmes and work to create 'Spaces for People.' All these services require support from NS teams of engineers, technicians and inspectors.

As we're all making more use of roads across the city, you will notice new 'pop up' cycle lanes

and additional road space for pedestrians – introduced throughout the city by the 'Spaces for People' initiative. NS squads are providing the road repairs, lining barriers and signs to support this initiative to support the government's guidelines around social distancing.



Maintaining the city's lighting network needs constant attention. **John Bonner, Street Lighting Inspector** said: "The work that we do allows the city and its people to operate, travel, commute and to function in relative safety. It's something that happens in the background so subtly that we often take it for granted.

"Everyone expects their streetlights to work; it makes them feel safe. I'm proud to be a small cog in the very big wheel that helps keep the city safe."

The Traffcom team at the Glasgow Operations Centre, Eastgate have been working day and night throughout the pandemic to help to keep our city's road network up and running. Traffcom manage the city's CCTV and traffic signals –

helping to minimise delays caused by road accidents. They also provide information about road maintenance works, road closures and emergencies – and help us to prepare for difficult weather conditions.

**Brendan Frankgate, Group Manager (Roads Maintenance)** said: "The Road and Lighting squads, engineers, technicians and inspectors have all worked very hard to support front line emergency services throughout the pandemic, maintaining a safe road network. Their dedication and commitment has been very much appreciated during these unprecedented times.

"Essential work is now continuing in the recovery phase as the NS Roads and Lighting services return to more business and usual activities. I'd like to thank them all for their professionalism in the delivery of key services for the people of Glasgow."

**Kevin Hamilton, Head of Roads** said: "The Roads teams are used to delivering in challenging circumstances but the past few months have been exceptional.

"I'd like to thank everyone for their effort and commitment through this time. The work on Spaces for People, which has involved several teams across Roads and Technical Services, has required changes to the way we think and work due to the pace of the programme and the challenges of remote working. The staff involved have delivered beyond expectations and can be proud of what they have achieved in such a short timescale."

#### More information

You can find out more about the work that Neighbourhoods and Sustainability do [here](#)

### Free Cycle Hire Offer Extended until Spring 2021



Cycling for those every day journeys just got easier, with the news that our free cycle hire offer through the nextbike scheme will continue to be available until next spring.

Since the end of June and for an initial two month period, the first 30 minutes of standard nextbike cycle hire has been at no cost to the hirer. For casual users of the scheme, every rental under 30 minutes duration has been free of charge, and for existing subscribers, this has been extended to the first 60 minutes of any hire. There is no limit on the number of times this offer can be used by a person.

Funded by Smarter Choices Smarter Places, which is Paths for All's programme to increase active and sustainable travel

throughout Scotland (grant-funded by Transport Scotland), our free standard cycle hire offer will be extended **until March 2021**.

Glasgow's cycle hire scheme was launched in 2014, with nextbike currently making available for hire, 800 bikes across 78 city locations. This level of provision, in addition to the creation of temporary pop-up cycle lanes as part of our [Spaces for People](#) programme; combine to increase the accessibility and attractiveness of cycling for everyday journeys, particularly for those new or returning to cycling who may not own a bike.

Cycle hire is proving increasingly popular in the city, with last month's nextbike rental numbers up 12%, compared with July 2019. It is anticipated that extending the free offer for standard bike hire especially as lockdown eases, will contribute further towards an uptake in active travel.

#### How to access a nextbike

- You can hire a nextbike on a Pay As You Go basis or by subscription. Registration is via app, website or hotline, with full details available on the nextbike [website](#) and at docking stations across the city.

#### More information

- Find out more [here](#) about how to hire a nextbike, and for more information about cycling in Glasgow, visit our [cycling webpages](#).

### Helping you to plan for the future. Have your say





Our NHS colleagues at the Glasgow City Health and Social Care Partnership are conducting a short survey to find out how people feel about Anticipatory Care Planning (ACP) and the challenges they come across when encouraging others to plan for their future.

If this is relevant to your job, please help by completing the survey [here](#).

**Deadline for submissions is 31 August 2020.**

If you're not sure what an Anticipatory Care Plan (ACP) is, you can find out more here [www.nhs.org.uk/planningcare](http://www.nhs.org.uk/planningcare)

### Is an ACP part of your job?

- If your job involves working with the GCHSCP to help devise an ACP – you can now share ACP information via Clinical Portal? Watch [this video](#)
- A new online module has also been created to give staff a general overview of ACP and how important information can be shared with our colleagues in different departments and organisations. You can access the module [here](#).
- If you'd like to be more involved in future developments you can join the [Clinical Advisory Network](#), become an [ACP Champion](#), sign up to our [mailing list](#) or follow us on [twitter](#) to keep up to date with all the [latest news](#). Find more [here](#).

### More information

If you have any questions or would like to know more then please email [ACPSupport@ggc.scot.nhs.uk](mailto:ACPSupport@ggc.scot.nhs.uk)

## New £60 Million Health and Social Care Hub at Parkhead – online consultation, 27 August



NHS Greater Glasgow and Clyde is working with Glasgow City Health and Social Care Partnership (GCHSCP) to develop a new £60 million state-of-the-art Health and Social Care Hub planned for Parkhead.

The new facility will be built on the site of the former Parkhead Hospital - and current Sandyford, Anvil and Health Centres at Salamanca Street.

The new Hub will bring together a number of public facing community health and social care services which are currently located at nine different sites. The facility will provide services over 11,200 square meters of accommodation covering services to children, adult community care groups, mental

health services, addictions, criminal justice, homelessness and health improvement including General Practitioner services, community pharmacy and dental. The facility will also provide community spaces including bookable rooms, library and café facilities.

### Consultation events - online

- Consultation is underway to allow local residents to voice their opinions and ask questions about the Hub. The first event was held on 23 July.
- A second consultation event will take place on **Thursday, 27 August 2020 between 3pm and 8pm**. Anyone can take part – online - by visiting <https://parkheadhub.scot/>
- The event will offer the chance take part in a real-time live chat where they can come to the website and speak to members of the team through a chat box – where they can ask questions to individual team members.

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### More information

You can find out more about the project at [www.parkheadhub.scot](http://www.parkheadhub.scot)

### Sleep Well - help your mental and physical wellbeing



Getting a good sleep is crucial for feeling mentally and physically healthy. We all feel better after a good night's sleep.

However, the Covid-19 pandemic has disrupted many aspects of our lives, including how well we sleep at night.

If your sleep has been affected during these difficult times - we have some tips, information and resources to help.

### Sleep well tips

- Have a good bedtime routine - going to bed at the same time and waking at the same time.
- Make sure your bedroom is quiet, dark, and a relaxing environment to sleep in.
- Allow yourself to wind down before bedtime, and to do things that help you to feel calm and relaxed - this could include not using social media or your phone an hour before bed, taking a bath, or reading.
- Avoid coffee, tea and other caffeinated drinks before bed.

### Useful information and resources

- Bedtime Meditation - access a session from the NHS Fitness Studio [here](#).
- Clear Your Head - for expert advice on [how to have a good sleep](#).
- NHS Inform - access an online interactive self help guide for [sleep problems and insomnia](#).
- Mental Health Foundation - guidance on [how to sleep better](#).



Access free online support

**Sleepio** is a clinically evidenced and personalised digital sleep improvement programme that uses cognitive behavioural techniques to help improve poor sleep.

**Sleepio** users interact with 'The Professor' their virtual sleep expert, who teaches them evidence-based skills over six weekly video sessions.

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You can access **Sleepio** for free from your laptop or desktop computer through the [National Wellbeing Hub](#) or the Big Health website [here](#).

### Learn with GOLD

The following e-learning courses may be helpful to you if you are looking for ways to prepare your body and mind for a restful sleep:

- [Everyday Energy](#)
- [Relaxation](#)

▶ **Got a story to share, a colleague to thank or a photograph to publish?**

We'd like to hear **from you!**

**Insider@glasgow.gov.uk**



▶ **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](#)

▶ **We're still recruiting**

**Current vacancies**

- Internal vacancies are on [myjobscotland](#).
- For vacancies in home care, facilities management and catering click [here](#).

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Covid-19 Renewal Programme

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