

Managers' Briefing

Workforce wellbeing - supporting your staff



8 September 2021

Background

Over the past 18 months, throughout the most challenging of times, our dedicated workforce continue to deliver for our city – working hard to support the diverse needs of our citizens and keep services moving.

We have all felt the impact of the pandemic since the start of last year in one way or another and as an organisation we are so proud of the resilience and dedication our staff have shown. They have kept our city serviced and helped to protect the most vulnerable in our communities whilst we navigate this global pandemic – which is not over yet.

The health, safety and wellbeing of our staff has been of paramount importance during this difficult time and as we move forward, we want to continue to support them.

Over the next few months we are launching some amazing resources to help you support your teams – to help create a happy and healthy workforce, which in turn can help to reduce absenteeism and can lead to increased motivation and productivity.

This month our focus is on wellbeing online learning sessions. Sessions aim to help staff learn practical tools to deal with different scenarios or feelings they may be experiencing.



Your role

- Please share and encourage your staff to sign up for these key sessions.
- Please share the key information below with your teams **as soon as possible and before 15 September** so that they have time to register for the first online event – if of interest to them.
- Please make sure that all staff without access to a device at work know where to find **health and wellbeing support** on our staff website, which can be accessed from home at www.glasgow.gov.uk/staffupdates.
- Please provide your team with the time and facilities to register for events as required.

1. Free online mental wellbeing sessions

This month we are bringing you some fantastic free online mental wellbeing sessions. These sessions are run in partnership with Lifelink, a Glasgow based mental health and counselling service. The diverse topics can provide you with the tools to help you feel confident in balancing work commitments alongside your personal life - to help you to flourish.

These sessions are available to all staff. Please speak to your manager if you need access to a device and time to attend during the working day.

Previous popular sessions have included **'The Art of Relaxing'** and **'Re-assessing your Stress.'** Hear from staff who attended previous sessions online [here](#).

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2. Next series of sessions

For our next series we are pleased to include a brand-new session on **'Returning to the workplace post Covid'**. This will offer practical tactics on how to cope with any anxiety and concerns you may have and how best to support one another.

There are lots of different online session slots available from now until next March 2022.

View our timetable of sessions in our health and wellbeing 'Get Involved this Month' September section [here](#) which include:

- The art of relaxing
- Improving motivation
- Returning to the workplace post Covid
- Re-assess your stress
- Boosting self esteem.

3. Limited places available.

Places are available on a first come first served basis

- To book your place view our timetable of sessions [here](#) – select your preferred session and date.
- Click the event link to register your attendance and reserve your place.
- For the return to the workplace sessions – please email YourHealthandWellbeing@glasgow.gov.uk stating the session you wish to attend.

4. More information

- [Workforce wellbeing support](#) available on our dedicated staff page.
- Timetable of Lifelink sessions can be viewed on our [Health and Wellbeing Get Involved page](#) under the September section.

5. Get in touch

We are keen to hear feedback from staff who attend these events – they help us to shape future content that meets your needs. Please email the team at YourHealthandWellbeing@glasgow.gov.uk

KEEP UPDATED

at all times on the website

www.glasgow.gov.uk/staffupdates

