



YOUR HEALTH AND WELLBEING

get active | health support | smoking |
mental health | alcohol and drugs | cancer
healthy eating and weight management



Health and Wellbeing Training February & March *** Places Left ***

Healthy Working Lives Sessions - MS Teams



Keeping people safe at work - effective risk assessments in a changing world

8 March
11am - 12 noon

This session will:

- outline the key responsibilities and requirements of completing risk assessments
- describe the five steps to risk assessments
- explain how to identify hazards and evaluate risks, including COVID-19
- signpost to further guidance and support
- Suitable for line managers, team leaders, supervisors and HR



Cancer Research UK Workplace Webinar

21 February
2pm - 3pm

This session will:

- explore how to reduce the risk of cancer and increase chances of detecting it early
- cover the cancer screening programmes available
- Answer any questions you may have
- Suitable for anyone with an interest in cancer prevention and support

22 March
2pm - 3pm



Returning to the workplace - supporting staff mental health

17 March
10am - 12 noon

This session includes:

- looking after mental health and wellbeing at work following the pandemic
- improve your knowledge and understanding of COVID-related anxiety and stress when returning to the workplace/or hybrid working
- practical tips and ideas to create healthy and sustainable working conditions.
- Suitable for line managers, team leaders, supervisors and HR



Glasgow Credit Union - good money management

24 February
10am - 11.30am

This session covers:

- Importance of budgeting
- Budgeting advice and tips
- How the credit scoring system works
- Pitfalls of debt and how to manage debt
- This session is for anyone with an interest and helps build confidence in taking control of finances.

24 March
10am - 11.30am



Keep active at work - combatting sedentary behaviour

17 February
11am - 12 noon

This session will:

- raise awareness of sedentary behaviour and how it can impact our health and wellbeing
- look at how our work environments and settings contribute to sedentary behaviour
- discuss some easy to implement solutions for being more active during our work days



Good sleep supports good health

2 March
10am to 11am

This session will:

- explain the importance of sleep to our physical health and immune system, as well as for our emotional and mental wellbeing
- focus on the challenges of sleeping well during these difficult times
- provide advice and guidance to help achieve good sleep during the pandemic



Towards a healthier workplace - reducing gambling harm

29 March
10am to 11.30am

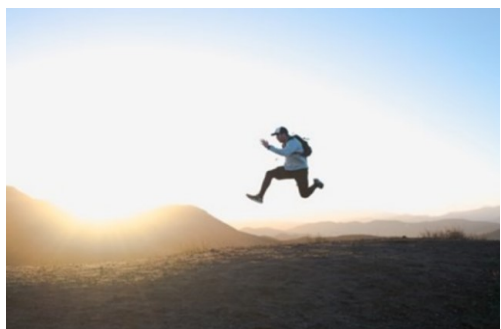
This session aims to:

- raise awareness of the impact of gambling harm in the workplace
- improve your knowledge and understanding of best practice in supporting staff and reducing the impact of gambling harm in the workplace

To sign up for the Healthy Working Lives sessions [Click here](#)

When asked if your organisation is signed up to the Healthy Working Lives programme, answer 'Yes' - the Council is a GOLD award member of the programme. You will also be asked to provide your name, service, line manager's name and email address, and the title/date of the course(s) you want to attend.

Lifelink Wellbeing Sessions - MS Teams



Building Confidence

21 March

2pm - 4pm

This session will help you to:

- Gain an understanding of what affects and drives our levels of self confidence
- Develop strategies to help build confidence
- Overcome barriers to building your confidence

Sign up now to secure your place on Eventbrite [here](#)

SAMH & NHS Online Sessions - MS Teams



Hybrid Working

This session covers:

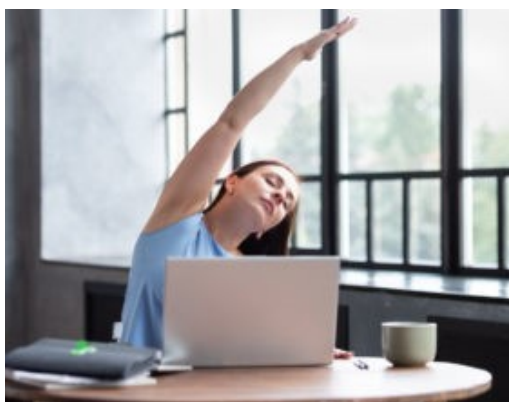
- Benefits and negatives of homeworking
- Consultation process between staff and management
- Managing anxieties with hybrid working
- Building resilience when hybrid working
- Planning and preparation, tips and support
- Group discussion on initiating conversations around hybrid working fears
- Suitable for all staff involved in Hybrid Working

9 March

2pm - 2.30pm

22 March

10am - 11.30am



Looking After Your Wellbeing

Course covers:

- Identifying your own responsibilities in creating a mentally healthy workplace
- Stress, what this looks like for you, and ways to manage it
- Impact of poor wellbeing on yourself, your workplace, and your community
- Utilising tools and understand signposting to look after your wellbeing
- Suitable for all staff

21 March

2pm - 2.30pm



Mental Health in the Workplace: A guide for Managers (3hr course)

22 February

For managers, team leaders and supervisors on supporting staff and managing positive mental health in the workplace. Course includes:

3, 9, 15 & 31 March

**(10 - 11.30am and
2 - 2.30pm)**

- Introduction to mental health and the impacts of poor mental health on staff, managers, and organisations
- Manager's role in supporting staff - remit and limitations/boundaries
- Legislation around mental health
- Having a conversation - and using Wellness Action Plans

****** To sign up for the above SAMH & NHS sessions ******

Email: training@samh.org.uk and provide the following information:

- Course you want to attend
- Your Name:
- Job Role:
- Organisation: [Glasgow City Council](#)
- HSCP Area: [Greater Glasgow & Clyde](#)
- Manager's Name & email address

****** New sessions added ******



Supporting Mental Health: Breathing Space

Covid-19 has had a huge impact on mental health. It's important that we know what support is available.

NHS 24 provides a suite of mental health services including Breathing Space.

Join this live webinar to learn about their latest campaign 'You matter, we care - for better mental health in Scotland', and useful advice and resources on how to look after your wellbeing.

Sign up by emailing us at:

YourHealthandWellbeing@glasgow.gov.uk with the date of the session you'd like to attend.

Places are limited and will be allocated on a first come first serve basis.

23 February
10 -11am

31 March
10 – 11am

If you have difficulty accessing or securing a place on any of the above courses, please contact us - Corporate Health and Wellbeing: YourHealthandWellbeing@glasgow.gov.uk