



YOUR HEALTH AND WELLBEING

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



February and March 2023 - Health and Wellbeing Training

Healthy Working Lives



Supporting mental health: Breathing Space

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

At this webinar you will find out about their latest campaign 'You Matter, We Care - for better mental health in Scotland' and resources including 'The Little Book of Caring Ways'. This webinar lasts approximately 45 minutes and is aimed at anyone with an interest.

1 March

10am - 11.00am

Register below



Making the most of your money: Glasgow Credit Union

This session is aimed at anyone who wants to take control of their money and helps to build confidence in managing money.

The session includes:

- Budgeting advice and tips
- How the credit scoring system works
- Pitfalls of debt and how to manage debt
- How the Credit Union can help

2 March

10am - 11.30am

Register below



Saving energy at home: Home Energy Scotland

Worried about the rising cost of energy or climate change? Home Energy Scotland is funded by the Scottish Government to provide free, impartial energy advice and support.

Suitable for anyone who wants to save energy and reduce fuel bills, enabling you to save money and be kinder to the planet.

8 March

10am - 11am

Register below



Alcohol Focus Scotland: Managing Alcohol and Drugs in the Workplace

Classroom Session

Alcohol Focus Scotland will provide an introduction to the impact of alcohol and drugs on Scottish society. The webinar will also provide specific guidance on how to address alcohol and drug-related issues in the workplace

16 March

9:30am to 12:30
noon

**Register on
Eventbrite**

[CLICK HERE](#)



Cancer Research UK Workplace Webinar/Q&A

This session aims to raise awareness of how people can make lifestyle choices to reduce the risk of cancer and increase the chances of detecting cancer early.

It will also cover which cancer screening programmes that are available in Scotland.

At the end there will be time for questions and answers.

21 March

9:30am to 12:30
noon

Register below

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.

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