



YOUR HEALTH AND WELLBEING

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



April to June 2023 - Health and Wellbeing Training

Healthy Working Lives



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

3 May & 20 June

9:30am-12:30pm

Buchanan Street,
Glasgow

[Register here](#)



Menopause and Mental Health

This workshop raises awareness of menopause in the workplace and support for employees. It highlights issues women face when they go through this change, and how symptoms can impact their home and working life as well as their mental health and wellbeing. Discuss the stigma, myths and learn how to have positive conversations in the workplace.

20 April

10am-12 noon

[Register here](#)



Addressing Poverty Stigma in the Workplace

As the cost-of-living crisis continues, many more working people are dealing with the challenges of living in poverty. This 90-minute online workshop, delivered by Poverty Alliance, is suitable for employers and managers, and aims to deepen participants' understanding of: the impact of stigma; How to tackle poverty stigma at work; and why poverty happens.

25 April

10-11.30am

Register below



Supporting Working Families

This webinar is for managers, on helping working families with children through the cost-of-living crisis. It provides information and sources of support on issues that particularly affect working families. Consideration will also be given to the cost of the working day and the role that managers can have in reducing this.

4 May & 13 June

10-11.30am

Register below

Making the Most of your Money

This webinar is aimed at anyone who wants to take control of their money and build confidence with money management. The session will be delivered by Glasgow Credit Union and includes budgeting tips, how the credit scoring system works, debt, borrowing and 'buy now, pay later'.

11 May

10-11.30am

Register below

Managing Staff with Long Term Health Conditions

Delivered by HR specialists, this webinar is suitable for employers and managers. This is designed to raise awareness of long-term health conditions and understand the potential impact of these in the workplace. Covers legislation and best practice in supporting employees.

18 May & 21 Jun

10-11.30am

Register below

Mentally Healthy Workplaces Webinar

An introduction to workplace mental health for managers and managers role in creating a mentally healthy workplace including legal principles, protected characteristics under the Equality Act, common mental health problems, having a conversation with our staff, what is within the remit of our roles and our limitations, (boundaries, duty of care).

10 May & 15 Jun

9.30-11.30am

[Register here](#)

Supporting Mental Health

NHS 24 provides a suite of mental health services, including Breathing Space. Find out about their latest campaign 'You Matter, We Care – for better mental health in Scotland' and also resources including 'The Little Book of Caring Ways'.

25 May

10 - 11am

Register below



This workshop is delivered by Home Energy Scotland and is suitable for anyone with an interest. Introduces the domestic renewable technologies available, and how they work and benefit our homes. The session will also highlight what Scottish Government funding is available to install domestic renewable technologies and help to reduce our impact on the environment too.

8 Jun

10 - 11am

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'

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.

For health and wellbeing information, resources and support, visit our workforce wellbeing support webpages at:

For more learning opportunities and ways to get involved including Equality and Diversity training, visit:

<https://www.glasgow.gov.uk/workforcewellbeing>

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
