

Employee Winter Health Week Programme 24–29 FEBRUARY 2020

BAN THE WINTER BLUES AND MAKE POSITIVE CHOICES TO STAY HEALTHY

The Winter Health Week provides free events, access to information and support

Please support these opportunities by getting involved and promoting wellbeing

HEALTH WEEK OPPORTUNITIES

HEALTH PROMOTION STANDS

Please look out for a wide range of health information available at St David House, West Lothian Civic Centre, Kirkton Service Centre, Whitehill Service Centre, Linlithgow, Strathbrock & Bathgate Partnership Centres.

Steps in Work Lunchtime Challenge

There is a new twist to this challenge. With support from the Trade Unions (GMB & EIS) there are now 3 shields to be won. Operational Services now have their own competition and shield to win as do schools. The original Steps in Work Shield will continue to be competed for by teams out with Operational Services and schools. Various other prizes will be available.

In all cases, the winning team is the one who does the most steps in the week during their normal lunch break. Deadline for registration **Friday 21st February 2020**. Starting **24th February to 28th February 2020** all steps for each team member should be counted during lunch break only. Weekly Team total to be sent by **Wednesday 4th March 2020**. **Contact is: Scott Jones (01506 283606)**

Register Teams of 4 employees indicating which competition you are entering by **emailing:**
hwl@westlothian.gov.uk

Get Active Selfie Draw

Take a photo of you being active from 24 February to 1 March and be entered into a prize draw. Send your photo to hwl@westlothian.gov.uk by Wednesday 3 March to enter.

Orienteering Challenge (Suitable for all ages – stroll round or run round your choice)

There are a number of different courses, with information available via [this link](#). Contact us if you would like a map for one of the courses and send us a selfie on completing the course, email box: hwl@westlothian.gov.uk. All pictures will be included in the selfie draw as above

Civic Centre Café

Look out for Healthy Eating promotions provided this week 'Healthy Eating, Happy Living'. During the week there will be variety of healthy eating options in the cafe including a salad bar, build your own wrap, soup and fruit deals etc.

Four Pillars of Wellbeing

West Lothian Council recognises that there is vast array of supports available within the Council, in the community and nationally and therefore has developed a Four Pillars of Wellbeing website to signpost staff to the various supports/interventions available. These supports have been subdivided into four supports mental, physical, financial and workplace wellbeing. Further information is available via the council's intranet or via [HRmytoolkit](#).

Macmillan @ West Lothian: <https://www.westlothian.gov.uk/macmillan>

Macmillan Cancer Support, our service offers anyone affected by cancer access to information and support.

CALENDAR OF EVENTS		VENUE	TIME
Mon 24 Feb	Assertive Behaviour at Work Develop your tools in articulating your points in a professional manner. To book a place e-mail: learn2develop@westlothian.gov.uk	Civic Centre – CR3	14:00-16:00
	Four Pillars of Wellbeing Promotion and awareness raising of the supports available for staff in the council, in the local community and nationally.	Civic Centre Whitehill Service Centre	12:00-14:00 14:00-16:00
Tues 25 Feb	Four Pillars of Wellbeing Promotion and awareness raising of the supports available for staff in the council, in the local community and nationally.	Linlithgow Partnership Centre	12:00-14:00
	Good Financial Health / Employee Financial Assistance Programme	Civic Centre – The Street	12:00-14:00
	Weekly Weigh 2 Go	Civic Centre – 1N4	12:30-13:30
Wed 26 Feb	Carers of West Lothian – Stall in street A local voluntary organisation supporting unpaid carers and people with disabilities living in West Lothian through their information, support and advice service.	Civic Centre	12:00-14:00
	Good Financial Health / Employee Financial Assistance Programme	Whitehill Service Centre - Atrium	14:00-16:00
	Men Matter/Ace Awareness Discussion Jay Haston from Men Matter group in West Lothian is coming along to talk about his journey living with Mental Health challenges.	Whitehill Service Centre	13:30 – 14:30 14:30 – 15:30 15:30 – 16:30
Thurs 27 Feb	Four Pillars of Wellbeing Promotion and awareness raising of the supports available for staff in the council, in the local community and nationally.	Linlithgow Partnership Centre	12:00–14:00
	Parkrun - Stall in street Parkrun organise free, weekly, 5km timed runs around the world. They are open to everyone, free, and are safe and easy to take part in.	Civic Centre	12:00-14:00
	Exercise Class To book please email: hwl@westlothian.gov.uk	St David House – Conference Room	12:15 – 13:15
	Weekly Weigh 2 Go	Whitehill Service Centre	12.00-13.00
Fri 28 Feb	Team Challenge - Giant Jenga/ Connect 4 Book a slot for your team: hwl@westlothian.gov.uk	Civic Centre – CR2	12:00 -14:00
	Dealing with Sensitive Conversations Develop your ability to hold sensitive conversations in the workplace. To book a place e-mail: learn2develop@westlothian.gov.uk	Civic Centre – CR3	13:30-15:15
Sat 29 Feb	Parkrun (5k) - Free but must register online at www.parkrun.co.uk	Civic Centre (Front Door)	9:30am