

Employee Autumn Health Week Programme 7-11 September 2020

MAKE POSITIVE CHOICES TO STAY HEALTHY

The Summer Week provides free events, access to information and support. Please support these opportunities by getting involved and promoting wellbeing

HEALTH WEEK OPPORTUNITIES

HEALTH PROMOTION

Due to the ongoing restrictions of COVID19, the Council has elected to provide our Summer Health Week Programme on a virtual basis. This allows staff to remain safe but allow all to join in the activities whilst we navigate through these challenging times. Please see click [here](#) for more details.

Steps in Work Lunchtime 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.

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 4 September 2020**. Starting **7 September to 11 September 2020** all steps for each team member should be counted during lunch break only. Weekly Team total to be sent by **Wednesday 16 September 2020**. **Contact is: Scott Jones (01506 283606)**

Register Teams of 4 employees indicating which competition you are entering by **emailing:**
hw1@westlothian.gov.uk

Get Active Selfie Draw

Take a photo of you being active from 7 September to 11 September 2020 and be entered into a prize draw. Send your photo to hw1@westlothian.gov.uk by Wednesday 16 September 2020 to enter.

Cycle September – Love to Ride

Love to Ride, West Lothian are encouraging staff to take part in Cycle September, a fun global competition to help more people realise the benefits of riding a bike – even a 10-minute spin around your local park earns points and enters you into their weekly prize draw. Further details can be found on this [link](#) as well as details on local cycle routes. Why don't you also send us a selfie of you cycling to hw1@westlothian.gov.uk to be included in our selfie draw as above.

Healthy Eating

Are you looking for healthy takeaway alternatives or healthy BBQ recipes? [Good to Know](#) website has a whole host of easy to follow recipes which you can filter by ingredient's dietary requirements as well as courses. Why not send us a picture of your culinary efforts or even share your own healthy lockdown recipes to hw1@westlothian.gov.uk so we can feature them on our webpage?

Four Pillars of Wellbeing

West Lothian Council has developed a **Four Pillars of Wellbeing** webpage to signpost staff to trusted various supports/interventions and self-help tools available. These supports have been subdivided into four supports Mental, Physical, Financial and Workplace wellbeing. If you are looking for support on either of these or just require further information click on this [link](#). Please note our physiotherapy and counselling services (via Help EAP) are still available for access, click [here](#) for more details

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 VIRTUAL EVENTS		Subject	TIME
Mon 7 Sept	<p>Ace Awareness & Mental Health Support Group A local support group run by local people who offer a space to share experiences and offer moral support through their meetings, these meetings are currently being conducted by Zoom. To access the group or find out further information on what they do, contact them via their Facebook page</p>	Everyone Matters	7pm every Monday
	<p>Live Exercise Sessions Connect Health our physiotherapy providers are running free live exercise sessions focusing on specific musculoskeletal conditions.</p> <p>If you wish to join you will need to book a slot by emailing liveexercisessions@connecthealth.co.uk. You can sign up to a session up to 30 mins prior to the session starting</p>	Lower Limb Rehab/Strengthening	2pm – 3pm
Tues 8 Sept	<p>Mindfulness Session 30-minute mindfulness sessions hosted by talentlab a UK based learning and development partnership. Registration is free and available via Eventbrite.</p>	30 Minute Mindfulness Session	2pm – 2.30pm 2.30pm – 3pm
	<p>Support Wellbeing Webinar Organisational Development is running a webinar on supporting wellbeing in challenging times webinar which looks to understand why its okay not to be okay, discuss ways to create kinder, caring supportive culture and how to strengthen our own wellbeing. If you wish to attend these email learn2develop@westlothian.gov.uk</p>	Supporting Wellbeing in Challenging Times	10.30am – 12pm
	<p>Ace Awareness & Mental Health Support Group A local support group run by local people who offer a space to share experiences and offer moral support through their meetings, these meetings are currently being conducted by Zoom. To access the group or find out further information on what they do, contact them via their Facebook page</p>	Men Matter	7pm every Tuesday
Wed 9 Sept	<p>Carers of West Lothian A local voluntary organisation supporting unpaid carers and people with disabilities living in West Lothian through their information, support and advice service are offering weekly groups on zoom. If you like to join, contact them on 01506 448000 or email office@carers-westlothian.com For a list of all other weekly and monthly events they host, click on this link.</p>	Carers Coffee Morning Group	10am -11am
	<p>The Money Advice Service A government run free and impartial money advice service to help improve your finances and provide support over the phone and online including webchat and WhatsApp. Their Money Navigation Tool gives you instant help based on your circumstances. Further information is available on via their webpage.</p>	Money Navigation Tool	8am – 6pm daily
Thurs 10 Sept	<p>Ace Awareness & Mental Health Support Group Are a local support group run by local people who offer a space to share experiences and offer moral support through their meetings, these meetings are currently being conducted by Zoom. To access the group or find out further information on what they do, contact them via their Facebook page</p>	Women Matter	6.30pm every Thursday

	<p>Eating and Wellbeing Hosted by Your Space Leeds, this online free event explores the links between what we eat and how we feel and offers suggestions to help improve our wellbeing. Registration is free and available through Eventbrite</p>	Eating and Wellbeing	10am – 12pm
	<p>Support Wellbeing Webinar Organisational Development is running a webinar on supporting wellbeing in challenging times webinar which looks to understand why its okay not to be okay, discuss ways to create kinder, caring supportive culture and how to strengthen our own wellbeing. If you wish to attend these email learn2develop@westlothian.gov.uk</p>	Supporting Wellbeing in Challenging Times	2.30pm – 4pm
Fri 11 Sept	<p>Live Exercise Sessions Connect Health our physiotherapy providers are running free live exercise sessions focusing on specific musculoskeletal conditions.</p> <p>If you wish to join you will need to book a slot by emailing liveexercisessions@connecthealth.co.uk. You can sign up to a session up to 30 mins prior to the session starting</p>	Upper Limb Rehab/Strengthening	10am – 11am
		Pilates for Back Pain	2pm – 3pm
	<p>Macmillan @ West Lothian When an employee has cancer or is caring for someone with cancer, they will need your support. They may be dealing with physical, emotional and financial issues. These tips will help you support your employee when they have been diagnosed, and through treatment and living with cancer. You can contact Macmillan on 01506 283053 or Macmillan@WestLothian.gov.uk</p>	10 Top Tips for Line Managers Webinar	Pre-recorded – available at anytime or day
Ongoing events / support groups	<p>Livingston Health Walk – looking for a walking buddy? Contact the group via their Facebook Page for more info.</p> <p>West Lothian 50+ Network – friendly supportive group for over fifties residing in West Lothian. View their upcoming events via their Facebook Page.</p> <p>Men’s Health Forum is a charity supporting men’s health. They have a wealth of health information specific to men but also provide an online health community.</p> <p>Looking for guidance on money matters, including debt advice? West Lothian Council Anti-poverty service are still able to provide free and confidential advice and support during COVID19. Details on how to contact are available via their webpage</p> <p>Feeling worried or stressed about how COVID19 could affect you and your family. For general guidance on coronavirus check with NHS and Government however for how to look after your mental health SAMH have a series of resources including self help & wellbeing tools.</p> <p>Do you know your COVID-age? Scottish Government have introduced an occupational individual risk assessment for the workplace which assesses your vulnerability levels by placing you in a category. If this assessment highlights any concerns, arrange to discuss these with your line manager who will be able to provide advice and support at work.</p> <p>Help EAP is the council’s employee assistance provider. They offer a free-phone professional telephone helpline 24/7 on a variety of topics including health, stress, legal and finances. If you wish to access this service contact 0800 0285 148 or if you are looking for some information, access their website.</p>	<p>Livingston Health Walk</p> <p>West Lothian 50 Plus Network</p> <p>Men’s Health Forum</p> <p>WLC Money and Debt Advice</p> <p>SAMH – Coronavirus Mental Health Information Hub</p> <p>Scottish Government: Individual Risk Assessment for the Workplace</p> <p>Help EAP</p>	