

Employee Summer Health Week Programme 10-14 May 2021

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 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. Deadline for registration **Friday 7 May 2021**. Starting **Monday 10 May to Friday 14 May 2021** all steps for each team member should be counted. Weekly Team total to be sent by **Wednesday 19 May 2021**.

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 **Monday 10 May – Friday 14 May 2021** and be entered into a prize draw. Send your photo to hw1@westlothian.gov.uk by **Wednesday 19 May 2021** to enter.

Mental Health Awareness Week

This year's MHAW runs from 10-16 May 2021 with the theme "Nature" which has been known to be an effective way of tackling mental health problems and protecting our wellbeing. Throughout the month of May, the Mental Health Foundation are asking you to get involved in their "Take Action, Get Active" challenge designed to encourage you to take part in half an hour of exercise a day, outdoors. For more information including how to sign up for the fundraising activities, click [here](#).

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 categories 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 Information and Support Service – Still Here for You. View the recorded information services available to people affected by cancer in West Lothian <https://youtu.be/zTtXzi8ut5E> For further information or any questions, please contact macmillianwestlothian@westlothian.gov.uk

CALENDAR OF VIRTUAL EVENTS		Subject	TIME
Mon 10 May	<p>Mental Health Awareness Week Hosted by the Mental Health Foundation, today marks the start of Mental Health Awareness Week with this year theme being Nature. During this week they are asking you to do three things: Experience nature: take time to recognise and grow your connection with nature Share nature: take a photo, video or sound recording and share to inspire others Talk about nature: use MHF's research etc to discuss with your family, in the workplace or community to help encourage people to find new ways to connect with nature in your local areas. For more information visit https://www.mentalhealth.org.uk/mhaw</p>		
	<p>Parks, Gardens and Woodland To kick start you into nature, why not visit the Council's Parks, Gardens and Woodland for the nearest parks, country park and open spaces https://www.westlothian.gov.uk/parks-and-woodland</p>	Parks Gardens and Woodland	website
	<p>Exercise Sessions Connect Health our physiotherapy providers are providing a 30-minute introduction to Pilates and back strengthening exercises by trained physiotherapist in which you can view/perform in the comfort of your home. To access the pre-recorded click on youtube link https://www.youtube.com/watch?v=egQQJHsNtZE Remember, physiotherapy services are still available if you require support for musculoskeletal issues, discuss further with your line manager for a referral</p>	Pilates	Website
Tues 11 May	<p>Money Matters Financial worries are a top concern for many employees, impacting job performance, relationships and even sickness absence. This webinar is aimed at managers, to equip them with the tools, techniques and resources to speak openly with staff who may be experiencing financial difficulties. To book click on link below: https://www.eventbrite.co.uk/e/managers-guide-to-money-worries-tickets-152705583511</p>	A Manager's Guide to Money Worries webinar	12pm – 1pm
	<p>Live Exercise Session How are your muscles and joints finding working from home? Are you finding that your shoulders, neck or back are hurting after long days spent sitting down? Good news, Connect Health our physio provider, is delivering three half hour live Desk Exercises to help stretch and ease these aches and pains. To secure your space, email hwl@westlothian.gov.uk by 7 May 2021 slots are limited therefore allocated times and links will be provided in confirmation email.</p>	Desk Exercise	1.30pm – 3pm
	<p>Mentally Healthy Workplace Organisational Development is running a free training event on how to identify the key factors and our responsibilities that contribute to a mentally healthy workplace. If you wish to attend this email learn2develop@westlothian.gov.uk</p>	Mentally Healthy Workplace	2pm – 4pm
	<p>Men Matter West Lothian Local peer support group for anyone who feels that connecting with other men could help their emotional wellbeing and health. If you are struggling to attend the first meeting, talk to one of the facilitator team who are ready to support. Further details can be found on their Facebook page menmatterandwomenmatter</p>	Men Matter	7pm every Tuesday

Wed 12 May	<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 - 11.30am
	<p>Stress-less Organisational Development are running a free training event on understanding what stress is and discussing different techniques and coping strategies on how to deal with stress. If you wish to attend this email learn2develop@westlothian.gov.uk</p>	Stress-less	10.15am – 12pm
	<p>Money Matters Money worries can impact more than just your bank balance. There are some simple steps you can take to feel more in control of your finances to help relieve some of the worry and stress about money. To learn some practical tips and techniques to make the most of your budget join this hour long webinar. To book click below https://www.eventbrite.co.uk/e/your-money-your-way-tickets-152706891423</p>	Your Money Your Way	12pm – 1pm
Thurs 13 May	<p>Women Matter West Lothian Local peer support group for anyone who feels that connecting with other women could help their emotional wellbeing and health. If you are struggling to attend the first meeting, talk to one of the facilitator team who are ready to support. Further details can be found on their Facebook page menmatterandwomenmatter</p>	Women Matter	6.30pm every Thursday
	<p>Support Wellbeing Webinar Organisational Development is running a free training event on supporting wellbeing in challenging times webinar which looks to understand why it's okay not to be okay, discuss ways on how to strengthen our own wellbeing. If you wish to attend this email learn2develop@westlothian.gov.uk</p>	Supporting Wellbeing in Challenging Times	2.30pm – 4pm
Fri 14 May	<p>Exercise Webinars Connect Health our physiotherapy providers have recorded webinars on a focusing on specific musculoskeletal topics:</p> <ul style="list-style-type: none"> • Walking for Health : https://bit.ly/32mIpdu • Running Injury Free : https://bit.ly/2EDMVKP • Mental Health & Exercises: https://bit.ly/30EWzUI <p>As these are pre-recorded they can be accessed at any time, just click on the links above.</p>	Walking for Health Running Injury Free Mental Health & Exercise	Website
	<p>Food for Thought Did you know that what you eat directly impacts your energy levels, mood, memory recall, problem solving ability, mental health and overall performance in life? In this webinar, you will learn which foods help and which foods hinder your levels of success in life. There will also be time for Q&A. To book, click on link below: https://www.eventbrite.co.uk/e/food-for-thought-tickets-152701019861</p>	Food for Thought	12pm – 1pm

	<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>	<p>10 Top Tips for Line Managers Webinar</p>	<p>Pre-recorded – available at anytime or day</p>
<p>Ongoing events / support groups</p>	<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>If you can’t attend any of the webinars during the week and are looking for guidance on money matters, including debt advice the 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>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>Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope, are anxious, stressed, depressed, suicidal or overwhelmed and who need immediate support. To access simply text SHOUT to 85258 and within 5 minutes you can be communicating with a trained volunteer. The service is completely free and confidential.</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>Help EAP</p> <p>Shout 85258</p>	