

Employee Autumn Health Week Programme 8-12 November 2021

MAKE POSITIVE CHOICES TO STAY HEALTHY

The Autumn 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 Autumn 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 5 November 2021**. Starting **Monday 8 November to Friday 12 November 2021** all steps for each team member should be counted. Weekly Team total to be sent by **Wednesday 17 November 2021**. **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 **Monday 8 November – Friday 12 November 2021** and be entered into a prize draw. Send your photo to hwl@westlothian.gov.uk by **Wednesday 17 November 2021** to enter.

Talk Money Week

This year's Talk Money week runs from 8-12 November 2021 designed to increase people's sense of financial wellbeing by encouraging them to open up about personal finance from pocket money to pensions. It's an opportunity for everyone to get involved with events and activities across the UK which will help people to have more open conversations about money. For more information visit the [Money and Pensions Service](#) website or review our [Financial Wellbeing](#) webpage .

Healthy Eating on a Budget

Can you eat healthily and save money? Visit the [NHS, 20 tips to eat well for less](#) webpage for some hints and tips. Alternatively, visit the British Heart Foundations, [7 Days of Healthy Meals on a Budget](#) webpage which provides a dietician based weekly meal plan for healthy meals and snacks for under £50 for two people. Why not send us a picture of your culinary efforts or even share your own healthy lockdown recipes to hwl@westlothian.gov.uk so we can feature them on our webpage?

Four Pillars of Wellbeing

Looking for supports and self-help tools/guides on Mental, Physical, Financial or Workplace wellbeing, then visit the Council's [Four Pillars of Wellbeing toolkit](#). 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 8 November	<p>Xcite In partnership with Xcite WLL, we have secured the following promotions exclusive to WLC employees.</p> <p>WLC Corporate membership fee reduced to £15 for all new members signing up during November. Normal direct debit value of £24.95 will apply from 1 December.</p> <p>Or if you don't want to leave the house to attend the gym, you can have access to over 50 online demand classes for free for the full month of November, to access click West Lothian Council - Healthy Working Lives Xcite (westlothianleisure.com) If you wish to keep enjoying the benefits there is an online membership of £7.99 payable from 1 December 2021.</p>	Free classes & discounted membership	Website- November Only
	<p>Mindfulness Mindfulness can be a powerful way to reduce your feelings of day to day stress and help us stay centred. Join Zoe Pither, an online coach, mindfulness and yoga teacher for a free 20 min gentle mindfulness meditation. To book a slot https://www.eventbrite.co.uk/e/mindful-mondays-tickets-130231384577?aff=ebdssbonlinesearch</p>	Mindful Mondays	6.30pm – 7pm
	<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</p> <p>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
	<p>Andy's Man Club Local talking group for men who have either been through a storm, are currently going through a storm or have a storm brewing. The West Lothian Branch meets every Monday at Broxburn Old Town Centre, East main Street, Broxburn, EH54 5AE. For more details check out their facebook page Andys Man Club West Lothian</p>	Peer Group Support	7pm every Monday
Tues 9 November	<p>West Lothian Cancer Information & Support Services Macmillan understands that cancer impacts more than your health. If you are affected by cancer or are supporting someone who is and you are worried about money, contact Macmillan who can help you access financial and benefits advice. For information, support or just someone to talk to, call 01506 283053 or email macmillianwestlothian@westlothian.gov.uk</p>	Make Money One Less Worry	website
	<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? Connect Health our physio provider, is delivering a half hour live desk based exercise class to help stretch and ease these ache and pains. To secure your space, email hwl@westlothian.gov.uk by 5 November 2021, slots are limited and links will be provided in confirmation email.</p>	Desk Exercise	2.00pm – 2.30pm

Wed 10 November	<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, visit Carers of West Lothian</p>	Carers Coffee Morning Group	10am - 11.30am
	<p>Jog Scotland For people who want to get active for the first time or the more experienced runners who want to exercise in a social, supportive environment, why not join your local group at Stoneyburn Community Education Centre every Wednesday. You must have an up-to-date jobscotland membership to participate, but it is free. Details of the event and membership can be found on jogscotland.</p>	Mixed Abilities Run, Jog or Walk	6.30pm - 7.30pm
	<p>Anti-poverty Webinar Run by WLC Anti-poverty Services Learn more about poverty in West Lothian, who is affected and how we can work together to take action for change To book click https://www.eventbrite.co.uk/e/poverty-awareness-training-tickets-201624583557</p>	Poverty Awareness Training	10.30am – 11.30am
Thurs 11 November	<p>West Lothian Chamber of Commerce An interactive webinar focusing on the gender gap in financial wellbeing. The aim of the session is to provide you with some key considerations and practical takeaways to support your financial planning. For further details and to book a place, visit The Chamber webpage</p>	Women & Finance	10am – 11am
	<p>Interactive workshop The Anti-poverty Service are running a free interactive workshop on how to spot the signs of illegal money lending and on where to access help if you come across it as well as signpost to alternative assistance options. These are being held in Howden Park Centre. To book click here https://www.eventbrite.co.uk/e/illegal-money-lending-in-west-lothian-tickets-198827487367</p>	Illegal Money Lending Awareness	10am – 11.30am (Howden Park Centre)
Fri 12 November	<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/32mlpdu • 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>Project Launch The Advice shop are delivering a new financial capability project which offers a non-judgemental, confidential advice and support to people across West Lothian who are struggling with money worries. To learn more about this project, book here https://www.eventbrite.co.uk/e/financial-capability-project-launch-tickets-201642326627</p>	Advice Shop Financial Capability Project Launch	9.00am – 10.30am
	<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</p>	10 Top Tips for Line Managers Webinar	Pre-recorded – available at anytime or day

	<p>they have been diagnosed, and through treatment and living with cancer.</p> <p>You can contact Macmillan on 01506 283053 or email MacmillianWestLothian@westlothian.gov.uk</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 Advice Shop 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>Access to Work Mental Health Support is run by Able Futures for the Department of Works and Pension. They provide mental health support from a qualified mental health professional. There is no waiting lists and access if eligible, is free, confidential and immediate. You can also access this support in conjunction with any other talk therapy you are receiving. To access this support, apply online or call freephone number 0800 321 3137.</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> <p>Mental Health Support Services - Able Futures</p>	