

Employee Summer Health Week Programme 13-17 June 2022

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

Reflective of the new working arrangements, the Council has elected to provide our Summer Health Week Programme on both a virtual basis and in-person basis. 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 **Monday 13 May 2022**. Starting **Monday 13 June to Friday 17 June 2021** all steps for each team member should be counted. Weekly Team total to be sent by **Wednesday 22 June 2021**.

Register teams of 4 employees indicating the competition you're entering to hw@westlothian.gov.uk

Get Active Selfie Draw

Take a photo of you being active from **Monday 13 June – Friday 17 June 2022** and be entered into a draw. To enter send your photo to hw@westlothian.gov.uk by **Wednesday 22 November 2022**

Men's Health Week : Time for your MOT #menshealthweek

This year's Men's Health week runs from 13-19 June 2022 aimed at raising awareness of the health issues that affect men disproportionately, with this year theme of "Time for your MOT". For the past few years the focus has been on the pandemic and therefore have taken our eyes of other serious conditions but now is the time to get all men, everywhere, to get checked out physically and mentally. For more information and access to some free self-reporting health checks, visit [Men's Health Forum](#).

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.

Are you based in the Civic Centre? If so look out for the healthy eating choices available throughout the week at the Civic Centre café. For this week only the café will also provide a salad bar on Tuesday & Thursday lunchtime.

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 EVENTS		Subject	TIME
Mon 13 June	<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 • Introduction to Pilates : https://youtu.be/egQQJHsNtZE <p>Remember 1-2-1 physiotherapy is available for all employees, contact your line manager to start a referral</p>	<p>Walking for Health</p> <p>Running Injury Free</p> <p>Mental Health & Exercise</p> <p>Introduction to Pilates</p>	<p>YouTube channel</p>
	<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>	<p>Make Money One Less Worry</p>	<p>website</p>
	<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 facebookpage Andys Man Club West Lothian</p>	<p>Peer Group Support</p>	<p>7pm every Monday</p>
Tues 14 June	<p>Financial Advice Drop-in Clinic The Council's Anti-Poverty Services are offering staff an opportunity to have 1-2-1 discussions with trained advisers on any financial matters that you may be experiencing, including advice on energy and fuel savings. The Adviser will be onsite in the main atrium at Whitehill Service Centre if you want to pop along and have a chat. No appointments necessary.</p>	<p>Drop-in Clinic. Whitehill Service Centre</p>	<p>1.30pm – 3.30pm</p>
	<p>Work Place Chaplaincy Scotland Are you looking for someone to chat freely and confidentially about any issues you are facing? If so a local Chaplain can offer Council employees confidential practical support. This service does not include any religious elements and is available to all denominations or none. No need to book to access this service, just approach the local Chaplain Doug Scott who will be based in The Street at the Civic Centre, every Tuesday.</p>	<p>Employee support</p>	<p>10am – 12 noon</p>
	<p>Meditation Join Zevo Health in meditation focusing on the present moment and taking power away from stressful events and helping you remain stable and grounded as you find your centre. To join log on to YouTube channel using this link</p>	<p>Zevo Meditation: Centering</p>	<p>YouTube channel</p>
Wed 15 June	<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</p>	<p>Carers Coffee Morning Group</p>	<p>10am - 11.30am</p>

	<p>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>		
	<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. Details of the jogging group and membership can be found on jogscotland along with information other local groups and programmes. Sessions are free for first month.</p>	<p>Craigswood Sport Centre. Livingston</p> <p>Mixed/beginners' class</p>	<p>7.30pm – 8.30pm</p>
	<p>Financial Wellbeing Workshop The Council's Anti-Poverty Services are offering an interactive online workshop which will cover the cost of livings rises, how that impacts you and what further advice, information and assistance is available. If you like to join this, email hwl@westlothian.gov.uk and a link to the MS Teams event will be sent to you for access.</p>	<p>Cost of Living Workshop</p>	<p>10.00am – 11.00am</p>
Thurs 16 June	<p>Exploring How to Enhance Men's Health & Wellbeing To continue highlighting the importance of Men's Health Week, Zero have created a video exploring ways in which men's health and wellbeing can be enhanced. To review the video, click on Zero's YouTube channel</p>	<p>Zero Health</p>	<p>Available from 9am on YouTube channel</p>
	<p>BBC Ask Martin Lewis Podcast As part of BBC Radio 5 series, personal finance expert Martin Lewis delivered a podcast on 25 May 2022 on whether now might be a good time to fix your energy tariff or not. For more details on this and other financial podcasts in the series go to the BBC webpage https://www.bbc.co.uk/programmes/p0c928ng</p>	<p>Is now the time to fix your energy bill?</p>	<p>Podcast</p>
Fri 17 June	<p>Access to Work Mental Health Support Services In partnership with the DWP, Able futures provides support to people working and living with mental health difficulties. As well as providing 1-2-1 support for staff, they are able to provide no cost advice and support on how to help staff with any issues playing on their mind. This interactive session is designed to give you an introduction to what services they provided and how you can access these services at no cost. If you wish to attend please email hwl@westlothian.gov.uk to receive the link to the MS Teams session.</p>	<p>Introductory Session</p>	<p>10.00am – 10.30am</p>
	<p>Live Exercise Session 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 13 June 2022, slots are limited and links will be provided in confirmation email.</p>	<p>Live Desk Exercise</p>	<p>12.30pm – 1pm</p>
	<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 email MacmillianWestLothian@westlothian.gov.uk</p>	<p>10 Top Tips for Line Managers Webinar</p>	<p>Website</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, energy and fuel advice the West Lothian Council Advice Shop are still able to provide free and confidential advice and support. 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>
---	--	--