|  |  |  |  |
| --- | --- | --- | --- |
| Hanover_logo_med_rgb |  | | **STAFF BULLETIN**  **ISSUE 22**  **Tuesday 8 September 2020** |
| **Scottish Housing Day 16 September**   |  |  | | --- | --- | | New hard drive:Users:tomgorham:Desktop:Scottish Housing Day:2020:shd supporters pack cover.pdf**16 September 2020** | Next week we will be joining organisations across Scotland to celebrate Scottish Housing Day. Now into its fifth year, the theme for 2020 is the value of social housing.  We all know a safe, secure, warm, good quality, affordable home is vital to wellbeing. The current COVID pandemic has more than ever made it clear how important social housing is so we want you to help us take part in the day and share your thoughts and experiences around the value of social housing.  We will be sharing photos and stories from staff and residents throughout the day, so if you’d like to get involved contact [**communications@hanover.scot**](mailto:communications@hanover.scot).  There is even a virtual live event with Minister for Local Government, Housing and Planning, Kevin Stewart MSP, Alison Watson and Leonora Montgomery. You can find more details about that [**here**](http://cih.org/events/display/vpathDCR/templatedata/cih/events/data/Webinar_Scottish_Housing_Day_The_value_of_social_housing). | | | | |
| **Flu vaccine extended to Social Care Staff**  The Scottish Government has announced plans to extend this year’s free Flu jabs to certain social care staff in Scotland.  The jabs are available to care workers of any age who provide a direct hands-on service for the following:   * Residential care and secure care for children * Community care for persons at home (including housing support and care at home services) * Care homes for adults   The decision has already been welcomed by the Scottish Social Services Council (SSSC), Care Inspectorate, Scottish Care and the Coalition of Care & Support Providers.  If you are part of our Care team, then please [**click here** for more details.](https://news.sssc.uk.com/news/extension-of-influenza-flu-vaccination-programme-to-include-social-care-staff?gator_td=HwH3VHnMktJD2e14s%2bk1rGSKdoYw%2f7ss08FyisvU25P6TekI6pE1ZqNOB4GYkVNCgOf1xhbAQcQsxz2G7x%2fNo2luEbbWGZ2RNOEp9Dm%2f4CqO%2bpZRd5kKuqgRBQnHISqbRHV%2bqTzR8bIiUaHDml6E7t5cd1o9Lk9ua5I%2bALryRcd6da7JUYNQn%2fRsTesQFItIryiGKbrdfVch7IKbODJGHA%3d%3d) | **Are you feeling sleepy?**  Free access to sleep support for health and social care staff has been made available up until 31 December 2020.  For many of us, it can be hard to sleep at night with distractions and concerns often making it difficult to drift-off. The ongoing Covid-19 restrictions have caused much more uncertainty for the public and it’s understandable that many more of us will struggle to get quality rest.  Sleepio is a clinically-evidenced sleep improvement programme that is fully automated and highly personalised, using cognitive behavioural techniques to help improve poor sleep. It is an app that helps people to fall asleep, stay asleep and feel refreshed.  Free access to the app has been paired with access to Daylight, an app that provides help to people experiencing symptoms of worry and anxiety, using evidence-based cognitive behavioural techniques, voice, and animation.  For more information about Sleepio and Daylight and to get started, [**click here**](https://go.bighealth.com/en-gb/nhs-scotland-staff?hsCtaTracking=db84131f-8e7b-4afe-9779-fba85429b754%7C8cc4f9c8-37e7-453c-8510-2d577da8a3b8). | | **Staff Bulletin goes fortnightly**  As many of you may have noticed there was no staff bulletin last week. This was due a decision to move to fortnightly bulletins. We’ll still be sharing the same range of stories with you including tales from across the organisation, health and wellbeing advice and updates from our senior management.  Having started as a short term replacement for HanoverNow we’re now up to issue 22 and we’d like to thank staff for all the positive feedback we’ve received.  We also look forward to sharing a new updated version of this bulletin with you next month so watch this space.  We’re still looking for content from across the organisation and are always happy to hear feedback from staff, e-mail [**communications@hanover.scot**](mailto:communications@hanover.scot). |
| **National Hygiene Week**    14 – 20 September is National Hygiene Week in the UK. The campaign is organised by the Hygiene Bank, a charity that offers support to people who are experiencing hygiene poverty.  One in five people currently experience hygiene poverty in the UK; two thirds are working families and one in four are children. Higher living costs and lower wages can often mean that people are faced with the impossible decision whether to heat their home, pay rent, eat or stay clean.  While many of us take clean water and hygienic living conditions for granted, at a time when hygiene is more important than ever, some don’t have the option to choose. National Hygiene Week raises awareness of hygiene poverty in the UK and donates cleaning products and toiletries to people in need.  To find out more about National Hygiene Week, [**click here**.](https://thehygienebank.com/national-hygiene-week/) | | **Get on your bike for Cycle September**  Cycle September is a global cycling challenge that promotes all ages and abilities to get on their bikes.  Whether you cycle on a daily basis, or you’re just starting your cycling journey, Cycle September is the perfect opportunity for you to practice your bike riding skills, with some friendly competition thrown in as well.  Individuals and groups can register for free and you just need to record your progress as you go.    Prizes are on offer from Love to Ride UK and the more cycling you do, or people you sign-up, the more points you score and points mean prizes!  So why not give Cycle September a try, it’s great for your fitness and your mental health. To find out more, [**click here**.](https://www.lovetoride.net/uk) | |
| **Staff Emoji Quiz finishes**  After 15 weeks of emojis and riddles, we have now closed the emoji quiz. A big thank you to the 12 teams from across the organisation that got involved during the course of the competition.  There could only be one winner…  **Congratulations to the G51s**, who finished top of the leader board with 123 points.  We would also like to congratulate our three runners-up:   * **Second Place:** Chandlers Chicks (116.5) * **Third Place:** Phenomenal Factoring Fantasists (114) * **Fourth Place:** Disney Princesses (107.5)   Once it is safe to do so, we will provide prizes to the winners and the runners-up and we will also provide rewards for each weekly winner.  We would like to thank every team that got involved with the competition. If you would like to see where your team finished, [**click here**.](http://thehub/Library/Publications/_layouts/15/WopiFrame.aspx?sourcedoc=/Library/Publications/Publications/Final%20Leaderboard.xlsx&action=default) | **Recycle Week 2020: Get involved**  21 September will mark Recycle Week in the UK.  Organised by the Waste and Resources Action Programme (WRAP), the initiative is now in to its 17th year.  This year’s theme is ‘Thanking the Nation: Together - We Recycle’ and is asking organisations and individuals to get behind local recycling initiatives in their local area.  The campaign will also help to raise awareness of recycling efforts during the Covid-19 outbreak and the ways in which the general public can do more to recycle and re-use items as much as possible.  To find out more about Recycle Week and how you can get involved, [**click here**.](https://wrap.org.uk/content/recycle-week-2020) | | **Oddfellows Friendship Month**    September marks the Oddfellows Friendship Month, a campaign which is aimed at reducing loneliness and promoting friendship to people of all ages and backgrounds.  The Oddfellows Friendly Society has been in operation since 1810 and continues to raise awareness for social issues such as loneliness, isolation and care demands.  The annual Friendship Month is designed to raise awareness nationally and help people to connect with others in their local community.  This year’s campaign also highlights the work of charities and community groups during the Covid-19 outbreak who have been helping isolated or vulnerable people to find support and improve their wellbeing.  To find out more about the work of the Oddfellows Friendly Society and how you can get involved, [**click here.**](https://www.oddfellows.co.uk/about/friendship-month/) |
| **Good News Corner**   |  |  | | --- | --- | | **Vicky Williamson Completes Marathon challenge**    We would like to congratulate Vicky Williamson who successfully completed a socially distant marathon to raise money for Cancer Research UK earlier this year.  Although a traditional marathon event could not take place, Vicky, who is part of the team at Hanover’s East Area Office, ran a marathon distance over a period of two weeks in July, whilst adhering to social distancing rules.  The challenge was part of Cancer Research UK’s marathon month, which asked the public to run a marathon distance (26.2 miles) within a 30-day period to raise money for the cancer charity.  Marathon Month is open to any member of the public and you can complete the marathon distance at your own pace, whether all in one-go or over a period of weeks. If you would like to take part in Marathon Month and raise money, [**click here**](https://www.cancerresearchuk.org/get-involved/find-an-event/personal-challenges/marathon-month-challenge) for more information. | **Hanover couple celebrate 60 years together**  A couple from Montgomerie Court in Ardrossan celebrated their 60th Wedding Anniversary in August.  Jack & Janie Tyre marked their Diamond Wedding Anniversary at the development on the 27 August with a small group of family members.  The couple were also given a commemorative card from the Queen to mark their momentous occasion.  We would like to congratulate Jack and Janie for achieving their landmark anniversary. |   If you have a good news story, then let us know by contacting [**communications@hanover.scot**](mailto:communications@hanover.scot) | | | |