

Staff News: Take 5

Thursday 19 November 2020

Welcome to this week's Take 5, our all new weekly staff update, designed to bring you our latest news summary in a five minute read.

Renfrewshire Level 4 Protection Measures from Friday 20 November

The Scottish Government has announced that from 6pm on Friday 20 November, Renfrewshire will move to Level Four of COVID protective measures and we want to ensure that you know what this means for you at work and at home.

This will last for three weeks, until Friday 11 December, and is aimed at bringing case numbers down to a lower level. We know this is tough for everyone, but we must keep working together to get through this pandemic.

The rules on meeting others remain the same and key changes will include:

- Non-essential travel out with your local authority area is not permitted and this will be enforceable by law. When traveling to and from work you must carry your council ID at all times.
- Hospitality and indoor leisure premises will close
- Non-essential indoor retail will close

For full details on what Level 4 restrictions will mean go the www.gov.scot where you can also use the postcode checker to find out what level of restrictions apply across other local authority areas.

Temporary closure of facilities

Keep fit and well during level four with Renfrewshire Leisure

Level four protection measures mean that all leisure venues including Renfrewshire Leisure (RL) gyms, swimming pools and libraries must close to the public from 6pm on Friday for three weeks.

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While these facilities will be closed, RL has worked hard to bring a vibrant and varied package of content to help support their members during this time.

Available content will cover everything from fitness and wellbeing to storytelling and nostalgia and will be available on the Renfrewshire Leisure website where you can also access the online REN TV channel.

A vast selection of library e-books is also available through the website by following the link to Renfrewshire Libraries.

Current members can expect to be contacted in the coming days with details of how direct debit payments will be adjusted in light of these latest restrictions.

Carers Connected - care for a cuppa?



Ahead of Carers Rights Day next week, we will be hosting another of our Care for a Cuppa sessions on Wednesday 25th November at 3.30pm.

You may already be a member of Carers Connected or you may be a working carer and want to find out more about the peer network. Either way, why not join us, with a tea or coffee, for our last virtual session of 2020?

At Care for a Cuppa you will have the opportunity to catch up with other working carers in the Council and help us build a new programme to support our working carers in 2021.

To book your space for Carers Connected - Care for a Cuppa scan the QR code below on your mobile device.

To request an email link and for any further information please contact principal HR & OD adviser Lenore Robson.

lenore.robson@renfrewshire.gov.uk
0141 618 7291



World Pancreatic Cancer Awareness Day 2020



Today (Thursday 19 November) is World Pancreatic Cancer Awareness Day. A chance to raise awareness of the seemingly harmless symptoms that could be indicators of something more serious.

After losing her dad to pancreatic cancer back in 2017, HR advisor Fiona Sinclair became a supporter of Pancreatic Cancer Action in the hope that by sharing vital information she could help save lives.

Fiona said, 'Pancreatic cancer symptoms can easily be confused with those of other non-life-threatening problems like back pain or Irritable Bowel Syndrome (IBS). If I can help just one person by sharing this information, then all our hard work will be worth it'.

Other symptoms include jaundice, fatigue, nausea, a loss of appetite and a new onset of diabetes not associated with weight gain. While it's important to note that these symptoms can all be caused by various conditions not linked to cancer, knowing the signs can make all the difference.

For more information on pancreatic cancer and what to look out for go to: <https://pancreaticcanceraction.org>

Being an adoptive parent is rewarding



From 16 to 20 November it is Adoption Week Scotland and to help highlight the many rewarding aspects of becoming an adoptive parent we are sharing the story of our own staff member Lynn Cook.

About five years ago, Lynn and her husband Barry celebrated one of the most special events in their lives when they spent their first Christmas with their newly adopted baby son.

While the journey to becoming an adoptive parent can take some time, Lynn and Barry both agree it is worth it in the end.

Barry said, 'We've had a lot of support from the social work team and that's still ongoing if we need it. There's a lifelong commitment from the team to you and your child'.

You can read Lynn and Barry's story on our website at www.renfrewshire.gov.uk/LynnandBarryCook

If you're interested in finding out what's involved in adopting, drop a line to childrenandfamilies@renfrewshire.gov.uk



Our Health, Safety and Wellbeing at Work webpage is there to provide you with information and contacts to help you keep well during this time.

Visit: www.renfrewshire.gov.uk/health-safety-wellbeing



Don't forget, we'd love to hear from you!

If you have a story to tell or something interesting to share, get in touch with us at: internal.communications@renfrewshire.gov.uk