

GLA Christian Staff Network Newsletter

APRIL 2020



SUPPORTING WELLBEING

DID YOU KNOW? AN ACT OF KINDNESS CAN:

- ✓ DECREASE STRESS
- ✓ BOOST HAPPINESS
- ✓ LOWER BLOOD PRESSURE
- ✓ RELEASE FEEL-GOOD CHEMICALS (serotonin & oxytocin)
- ✓ INSPIRE MORE KINDNESS!



randomactsofkindness.org



**NEVER STOP
LEARNING,
BECAUSE LIFE
NEVER STOPS
TEACHING**

WWW.LIVELIFEHAPPY.COM

Make an Im


**We're
Searching for
Volunteers**



ACTS OF KINDNESS CHALLENGE

We are challenging all staff to display an act of kindness to a colleague. Get talking, instead of sending an email call someone to provide some positive feedback or words of encouragement. Working from home can be isolating for some.

Welcome to the GLA Christian staff network wellbeing newsletter.

We have been working at home for a few weeks now but we have continued to use technology to have virtual meetings and share information via Teams that we can access on our surface pros and phones.

Gradually we are discovering a whole new way of working during this unprecedented time. The Coronavirus outbreak is having an impact on our daily working and personal lives.

Our challenge is to consider different ways to connect to encourage and support one another but also keep safe. Keep in touch with colleagues and friends, and remember that your own and your family's wellbeing take priority.

In London, our NHS and staff in the care sector are experiencing the highest levels of demand for their services, however, during this there are so many examples of people volunteering in their communities to provide wrap around services. For example, church congregations and other faith organizations are finding ways to support those self-isolating with food & care packages and regular telephone contact.

During this challenging time, we encourage you to reach out to your colleagues, family, friends and neighbor's during this time to show acts of kindness and share words of encouragement. You can also volunteer to share your skills and even learn new skills.

To help maintain a work life balance we have gathered a variety of free online sources of information to help with your mental, physical, educational and spiritual wellbeing.

Sources of information

Public Health England NHS <https://www.nhs.uk/conditions/coronavirus-covid-19/>

GLA Employee Assistance Programme <https://my-eap.com/>

Frequent Answered Questions <https://intranet.london.gov.uk/coronavirusFAQs>

NHS Volunteering Call



Support the #clap for our carers UK campaign every Thursday at 8pm to show our appreciation. There are many volunteer roles you can perform in your spare time to support the NHS and care sector. Check the link below for further information and to sign up.

Link - <https://www.goodsamapp.org/NHS>

Easter Virtual Fellowship Lunch Time Meeting

WEDNESDAY 8TH APRIL

Open invitation to all staff to join the GLA Christian Staff Network Easter virtual celebration from 1pm to 2pm. If you would like to join us send us an email and we will send you a Teams invite. GLAChristianGroup@london.gov.uk

Prayer Link - [John Piper's daily devotional](#)

UCB Word for Today [LINK](#) and UCB Word for You [LINK](#)

2 Thessalonian 3:16 - May the Lord himself, who is our source of peace, give you peace at all times and in every way. The Lord be with you all.



TEAM LONDON VOLUNTEERING

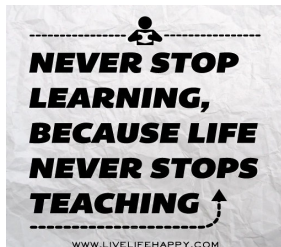
There are many volunteering opportunities to provide support in your local community such as using your knowledge and skills to be a trustee for a local charity or during the COVID-19 pandemic provide practical support following the Public Health England guidance on safe distancing etc. you can volunteer to help call someone at home shielding or who is self-isolating. You can also check on your local authority website.

[Team London Volunteering Link](#)

Introducing the GLA Christian Staff Network Executive Members

Chair	Vice Chair	Comms Leads	SLT Champion	
				
Lola Akinrodeye	Pat Muotto	Junior Lagranha	Tamsin Addison	Heather Jarman

We are a staff network of different Christian denominations. Further information is available on the intranet where you can find information on the other staff networks see [LINK](#)



LEARNING NEW SKILLS

There are many freebies available online both for kids and grown-ups.

FOR KIDS

1. Audiobooks, incl *Winnie the Pooh*, *Alice in Wonderland* and, *The Secret Garden*. Handy for home-schooling or entertaining the kids. Available for as long as schools are closed. See [Audible Stories](#)
2. Free daily workouts for kids with Joe Wicks - see [Joe Wicks Kids Exercise](#)
3. Carol Vorderman's maths school for 4 -12. See [The Maths Factor](#)
4. Free daily audio story read by David Walliams. [David Walliams Audio Book](#)

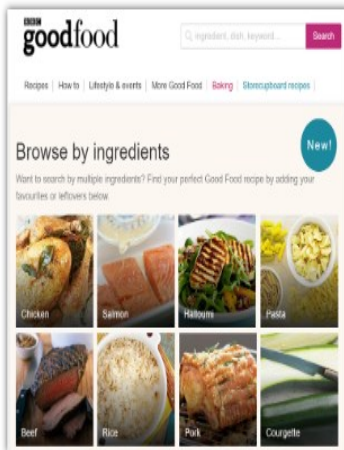
FAMILY ENTERTAINMENT

5. Box sets on iPlayer. The iPlayer service is free for those with a TV licence and the BBC has added more box sets because of the demand. [BBC iplayer](#)

FOR ADULTS

6. **Free online learning:** you can learn computer coding, Open University courses, languages, cooking and more. Adults can gain industry-recognised certificates and qualifications for free online. see [Future Learn Courses](#)

7. **Google Analytics Academy - search skills, website, blogs.** See [LINK](#) also marketing focus with Link to - [Google Garage](#).



HOBBIES & INSPIRATIONAL

8. **Cooking and baking skills**

For cooking and baking inspiration. See [BBC Good Food](#)

9. **Londoner Jack Munro has a wide range of recipes to try whilst in lockdown.** See link [Cooking on some bootstrap recipes](#)

[Skill Share free classes](#) - online community with thousands of free classes,

mainly creative topics but also covering analytics, management, and lifestyle topics.

[TED Talks](#) - TED is a non-profit community where people share their ideas and knowledge

a short talk watch online across a wide range of topics.

[EdX](#) - website that hosts lots of free courses by prestigious institutions such as Harvard, etc.