

Core brief

Daily update

(2 February 2021, 8.00am)

Topics in this Core Brief:

- Mental Health Check In
- Communication Difficulties in Dementia

Important Reminder – Stay Safe during COVID-19

When moving from the clinical area to other spaces e.g. offices, rest areas STAFF MUST

- Remove their PPE - gloves, aprons, FRSM
- Carry out hand hygiene
- Put on a clean Fluid Resistant Surgical Mask (FRSM)

Mental Health Check In

The mental health and wellbeing of all staff is hugely important. This is especially significant given some of the issues staff have experienced through the COVID pandemic. That is why we want to make sure that everyone has access to the correct levels of support.

Mental Health
Check In



One of the ways in which we are trying to ensure this happens is via the [Mental Health Check-In](#), which is now open for all staff to take part. You will also find [more information and FAQs](#).

As you will have seen in [Core Brief last week](#), the check-in will be open for four weeks, so if you would like to take part, please do so before the end of February.

The check-in will ask you some questions about your mental health and psychological wellbeing, so that we can work with you to ensure that, should you need it, we can provide the correct level of support for you. Please remember, taking part is voluntary, and we would urge you to take part even if you are feeling well. Any information you provide will be treated as strictly confidential and will not be shared with your manager.

It is important to remember **“It’s okay not to feel okay”, but many people find it helpful if someone reaches out and offers them support.**

Communication Difficulties in Dementia

A webinar has been created to help staff and the public to meet the communication needs of people with dementia.

The webinar includes information on loss of communication by stages of dementia, a look at effective tips and strategies for improving communication, and an overview of useful resources available including those from NHS Education for Scotland (NES).

Although this webinar explores communication difficulties in people living with dementia, the strategies discussed could equally apply to those who have communication difficulties as a consequence of stroke or other neurodegenerative conditions.

[Click here to access the webinar.](#)



Please keep up-to-date with the latest guidance on our dedicated web pages at: www.nhsggc.org.uk/covid19. If you have any questions about the current situation please check the [FAQs](#) first. If you have any further questions, please email: staff.covid19@ggc.scot.nhs.uk

Staff are reminded to make sure their [personal contact details are up to date on eESS](#).

**It is important to share Core Brief with colleagues who do not have access to a computer.
A full archive of printable PDFs are available on [StaffNet](#)**