

Core brief

Daily update

(10 April 2025, 3.10pm)

Topics in this Core Brief:

- April is Stress Awareness Month
- Celebrating National Staff Networks Day (14 May 2025) in NHSGGC
- Professional Administration Transformation Conference
- Update on national launch of Pension Age Disability Payment

April is Stress Awareness Month

What is stress - the Health and Safety Executive defines stress as 'the adverse reaction people have to excessive pressures or other types of demand placed on them.'

Stress affects people differently and it is important to recognise that what impacts one person may not impact another, factors such as skills, experience, age or ability can all have an affect on how an individual copes with stress levels. It is not an illness however it can affect how you feel, both physically and mentally.

Make Stress Awareness Month the month you make it routine to prevent stress and support mental health at work by completing the 5 steps of [HSE's Working Minds campaign](#):

1. reach out and have conversations
2. recognise the signs and causes of stress
3. respond to any risks identified by agreeing action points
4. reflect on the actions taken – have things improved?
5. make it routine to check back in on how things are going

[Stress in the Workplace \(sharepoint.com\)](#) has a range of guidance and resources including the departmental stress process and stress conversation for individuals that can be utilised to assess work related stress.

Stress can come from a variety of sources which can all have an impact on staff wellbeing. In recognition of this a wide range of support is available to help manage stress positively. During Stress Awareness Week we wanted to take the

opportunity to raise awareness of the resources and support that is available to all staff:

- Staff Mental Health & Wellbeing Support Card [Staff Mental Health & Wellbeing Support Z Card](#)
- Peer Support [Peer Support Network - NHSGGC](#)
- Occupational Health [Occupational Health - NHSGGC](#)
- Spiritual Care [Spiritual Care Service - NHSGGC](#)
- Financial Worries [All About Money - NHSGGC](#)
- Staff Hardship Fund and wraparound support available to all staff contact the [Support and Information Service](#)
- Active Staff Programme [Active Staff - NHSGGC](#)
- Staff Wellbeing Webinars [Let's talk about... Staff Wellbeing Webinars](#)
- Support for staff who are carers – [Carers in the Workforce - NHSGGC](#)
- Self-care for mental wellbeing [Mental Health and Stress Awareness \(People Management Module\) - NHSGGC](#)
- Looking after yourself and others ([NHSGGC LearnPro](#) and search GGC 277).

Celebrating National Staff Networks Day (14 May 2025) in NHSGGC

National Staff Networks Day on 14 May 2025 celebrates the essential role of NHSGGC's staff networks, including the NHSGGC BME Staff Network, NHSGGC LGBTQ+ Staff Forum and the NHSGGC Staff Disability Forum.

Our networks promote inclusivity, wellbeing and a positive workplace culture, benefiting both individual staff and NHSGGC as a whole. They provide you with an opportunity to share your experiences, provide and seek support from your colleagues and influence change in the organisation.

For more information please click here: [Staff Forums and Network - NHSGGC](#) or contact the groups directly.

	Join Up or Contact	Date of Next Meeting
BME Staff Network	Email: ggc.bmestaffnetwork@nhs.scot	28 May 2025
Staff Disability Forum	Email: ggc.staffdisabilityforum@nhs.scot Facebook: NHSGGC - Staff Disability Forum Facebook Neurodiversity sub-group: ggc.staffndgroup@nhs.scot	12 May 2025 28 May 2025
LGBTQ+ Staff Forum	Email: ggc.lgbtstaff.forum@nhs.scot	31 July 2025



More information: [Staff Forums and Network - NHSGGC](#)

Professional Administration Transformation Conference



The PAT (Professional Administration Transformation) Team are thrilled to invite you to our PAT Conference Event on the 9 May 2025.

For more information, including key highlights, the programme summary, and to RSVP, please click [HERE](#).

We look forward to seeing you all there!

Update on national launch of Pension Age Disability Payment

Pension Age Disability Payment, the Scottish replacement for Attendance Allowance, will be open for new applications across all areas of Scotland from **22 April 2025**.

This means that **from 22 April 2025** a [BASRiS](#) form (instead of an SR1/DS1500 form) should be completed and sent to **Social Security Scotland** for all adults of state pension age, living in Scotland, who are terminally ill and applying for Pension Age Disability Payment. The same should be done for adults of state pension age already in receipt of Pension Age Disability Payment and later reporting a terminal illness diagnosis to Social Security Scotland.

For those who are already in receipt of Attendance Allowance and become terminally ill, please complete a [BASRiS](#) form and send it to the **Department for Work and Pensions (DWP)**. DWP will also accept an SR1 or DS1500 form.

Please see the [attachment](#) for further information on:

- the Scottish terminal illness definition
- relevant Chief Medical Officer's guidance
- BASRiS process in Scotland
- national launch date
- where to access additional support.

Remember, for all your latest news stories, visit the Staffnet Hub:
[GGC-Staffnet Hub - Home \(sharepoint.com\)](https://sharepoint.com/GGC-Staffnet-Hub-Home)



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 [website](#)