

Core brief

Daily update

(10 January 2024, 11.30am)

Topics in this Core Brief:

- A new year, a new you!

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As another year begins, we have brought together some of our most popular activities we have in place to help you make 2024 your best year yet!



A Healthier Place to Work

Whether you want to focus more on your mental health or are looking to improve your physical health, we are offering our staff a wide range of activities.

Our Active Staff programme was set up to protect and promote health in the workplace by providing a range of free opportunities for all NHSGGC/HSCP staff to engage in physical activity.

The classes range from guided walking challenges, pilates, yoga, chair exercises and more.

We also offer discounted gym membership and wellbeing webinars to help you focus on your health and wellbeing.

Active Staff – New Year classes

After a well-earned festive break, our range of classes have resumed this week.

Debbie Nelson, Health Improvement Senior, who oversees the Staff Health programme, [talks through the physical activities](#) we have on offer.



Class dates for the start of the year have now been added to the booking system (link below), so get your bookings sorted!

Please note, bootcamps at the QEUH won't resume until Monday 5 February.

Please use the registration link below to book your free classes:

<https://link.webropol.com/s/ActivestaffregformJan24>

We have also included a QR code to scan if you prefer to access using your smart phone:



If you have any questions please email us at:

activestaff.legacy2014@ggc.scot.nhs.uk or visit: www.nhsggc.scot/activestaff.

Looking after yourself and others

As we enter 2024, it is important to keep reminding ourselves of the importance of looking after ourselves and our colleagues. The Peer Support Team are delivering a 45-minute live online version



of the eLearning module *Looking after Yourself and Others*, which has received fantastic feedback from staff.

Looking after Yourself and Others is a brief intervention rooted in evidence-based techniques to support stress management, providing information on healthy behaviours to support your wellbeing and the wellbeing of others. It is also packed with helpful resources for NHSGGC/HSCP staff to support your health and wellbeing.

Topics covered:

1. Understanding what a normal response to stress is
2. Understanding the basic elements of Psychological First Aid (PFA)
3. Learning how look after ourselves
4. Peer Support: Learning how to look after our colleagues/others.

Date	Time	Join here
Monday 15 January 2024	11.00am – 11.45am	Book here
Friday 26 January 2024	2.00pm – 2.45pm	Book here
Tuesday 6 February 2024	10.00am – 10.45am	Book here
Wednesday 28 February 2024	1.00pm – 1.45pm	Book here

For any questions or queries, please contact: peer.support@ggc.scot.nhs.uk

Are you interested in learning more about the menopause?

Please join our online staff engagement event - register to claim your ticket.

Dr Jenifer Sassarini, Gynaecologist and Menopause Specialist at Glasgow Royal Infirmary, is providing a session on what to expect from the menopause and how to manage it - followed by a Q&A session. You may currently be experiencing the menopause or perimenopause, or it may seem a long way off - either way, this event will help you feel prepared.

After the event, you can register for one of our smaller virtual group consultations with Dr Sassarini, if you would like more time to discuss your specific concerns.

Here is the link to the registration page:

<https://www.eventbrite.com/e/779330878637>

Promotional Video: <https://vimeo.com/886624558>

Or use QR code below:



Let's talk about ... Staff Wellbeing Webinars

In 2024, the *Let's talk about... Staff Wellbeing* webinar series continues to focus on various topics which we know are important to personal health and wellbeing and are delivered in a format that allows colleagues to take away top tips and share with others.

We would like to thank colleagues for your very positive feedback. All NHSGGC and HSCP staff are welcome to come along. Webinars are open to all staff with easy booking access for the sessions you are interested in.

Date	Time	Webinar	Booking
25 January 2024	2.00pm	Let's talk about... Mindfulness	Book here
29 February 2024	10.00am	Let's talk about... Physical Activity	Book here
20 March 2024	2.30pm	Let's talk about... Peer Support	Book here
25 April 2024	12.00pm	Let's talk about... Alcohol & Drugs	Book here

Please share this information with your colleagues/teams/services to support all staff wellbeing.

Remember, for all your latest news stories, visit our new Staffnet Hub:
[GGC-Staffnet Hub - Home \(sharepoint.com\)](#)

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](#)