

Core brief

Daily update

(11 June 2024, 11.20am)

Topics in this Core Brief:

- Staff Health Strategy update

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[GGC-Staffnet Hub - Home \(sharepoint.com\)](https://sharepoint.com)

Staff Health Strategy update

In this edition of Core Brief, we will be covering the highlights from recent Staff Health Strategy meeting, held on Thursday 23 May.

Information was provided on overall progress with the 2023 – 2025 Staff Health Strategy and delivery of the Action Plan. This includes initiatives related to staff mental wellbeing, menopause, Fair Work, peer support, the Active Staff programme, staff witness support and a forthcoming full schedule of wellbeing resources and activity via the Wellbeing Bus.

One of the actions highlighted as part of the update was menopause support for staff. We know from the 2022 Staff Health Survey that the menopause is a concern to some of our staff.

The SHS group were delighted to be advised that 707 staff attended two virtual engagement events in January and April. The sessions were provided by gynaecologist Dr Jennifer Sassarini and Dr Alison Macbeth. There was also a Q&A at the event as well as an opportunity to register for the smaller virtual group consultations. The feedback from these events has been extremely positive and a further session will be planned.

In addition to the virtual engagement events there have been smaller monthly



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group consultations running. The Group Consultations are provided by Dr Jennifer Sassarini and are running at capacity which demonstrates the value staff have in this initiative. Since commencing in January 2024, 52 staff have registered and benefited from the group consultation.

Occupational Health Psychology and Wellbeing Update

A paper was presented on the support available through the Occupational Health Psychology and Wellbeing Team. There was a particular focus at the meeting on the 'Compassionate Mindset Group' that the team has introduced. This is an evidenced based group that comprises of seven sessions (with each session lasting two hours). Feedback and clinical outcomes have been very encouraging.

SHS group members were reminded that in addition a wide variety of options are available to support staff. This ranges from guided self-help, group work and individual assessment and support.

The Occupational Health Psychological Wellbeing Team can be contacted on 0141 277 7623 or email at MHCIG@ggc.scot.nhs.uk.

Staff Wellbeing Webinars

The group were pleased to hear about the success of our bitesize 'Let's talk about...staff wellbeing webinar' series and a paper was presented to the SHS group sharing the positive feedback from staff. The series has proven popular and the webinars are available to all NHS Greater Glasgow and Clyde staff.

Forthcoming staff wellbeing webinars are listed below and can be booked via this link [GGC - Let's talk about... Staff Wellbeing Webinars](#):

Date	Webinar
20.06.2024	Let's talk about... Smoking
18.07.2024	Let's talk about... Healthy weight management
25.09.2024	Let's talk about... Anxiety
31.10.2024	Let's talk about... Menopause/ Women's Health
21.11.2024	Let's talk about... Bereavement
04.12.2024	Let's talk about... Winter Worries and Wellbeing

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

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