

Core brief

Daily update

(13 January 2025, 12.15pm)

Topics in this Core Brief:

- Looking After Yourself and Others – session 20 January
- Quality Strategy Newsletter

Looking After Yourself and Others – session 20 January

We all know that we should be looking after ourselves and our wellbeing, but on the other hand we often forget about actually doing it. Attending a 'Looking After Yourself and Others' session can remind you about self-care and stress management and provide simple, yet effective techniques to boost yours and others wellbeing.



By becoming a person who looks after themselves you can set a good example for your colleagues, patients, friends and family to do the same.

The Peer Support team are delivering an interactive 45-minute live online session on **Monday 20 January** at **11.00am** on MS Teams, so sign up and learn about good self-care!

[Book your spot now](#)

Other dates and sessions are available and can be booked under the section *Level 1: Looking after yourself and others* on the [Peer Support webpage](#)

For any questions or queries please contact: ggc.peer.support@nhs.scot or visit [Peer Support Network - NHSGGC](#)

Quality Strategy Newsletter

We are pleased to share the third issue of our [newsletter](#) for the implementation planning phase of **Quality Everyone Everywhere**. This edition will focus on:

- Spotlight on two of the key priorities of **Quality Everyone Everywhere** with case studies to show success in action
- Key milestones
- Planning for launch.



[NHS Greater Glasgow and Clyde Quality Strategy Newsletter](#)

Welcome to the third issue of our newsletter for the implementation planning phase of Quality Everyone Everywhere.

[Go to this Sway](#)

Remember, for all your latest news stories, visit the 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](#)