

Core brief

Daily update
(13 October 2022, 2.30pm)

Topics in this Core Brief:

- Statutory Mandatory Training – Sharps
- Allied Health Professions Day 2022
- Managing your Money Better online sessions
- Ensuring eligible pensioners receive second Cost of Living Payment
- Free anxiety and insomnia therapy apps for staff

Statutory Mandatory Training – Sharps

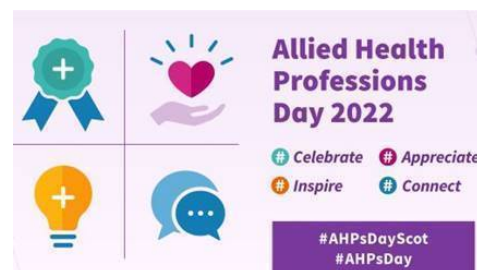
Did you know there have been 283 accidents related to sharps since April 2022 to the end of September this year? One of the ways to avoid accidents is for everyone to complete their sharps training, however our recent figures show 36% of staff still need to complete the training.

Everyone is responsible to comply and complete their statutory and mandatory training and less than 100% compliance leaves us vulnerable to enforcement action from the Health and Safety Executive (HSE). Please remember that it is your responsibility under our Health and Safety Policy to complete the training plus the Health and Safety at Work Act 1974, section 7 – which places duties upon employees to take reasonable care for the health and safety of themselves and others. By completing your training it is a step towards meeting that duty.

If you have yet to do so, please discuss with your manager and make arrangements to complete your training and thank you to everyone who has completed their training so far.

Allied Health Professions Day 2022

Allied Health Professions include: art therapists, drama therapists, music therapists, podiatrists, dietitians, occupational therapists, prosthetists and orthotists, paramedics, orthoptists, physiotherapists, diagnostic radiographers, therapeutic radiographers, speech and language therapists.



Every year we celebrate National AHP Day on the 14 October, acknowledging the considerable contribution all AHPs provide to patient care and individual outcomes. This year, an area of focus in these celebrations is the anticipated launch of the NHSGGC AHP Learning and Development Strategic Framework next month. This is a key milestone in supporting the ambition and quality assurance for all AHP roles within Greater Glasgow and Clyde.

The Framework has been developed collaboratively with staff under three themes: pillars of practice, future focus and effective leadership.

Learning and Development is fundamental in the delivery of high-quality person-centred care and the launch of the Framework will provide a foundation for all AHP staff to reach their individual potential,

including our Health Care Support Workers, Newly Qualified Practitioners and Advanced and Consultant AHPs. [AHP L&D Strategic Framework video](#).

Specialist Children's Services have been keen to celebrate the importance and value of AHPs in our workforce. Recently, within our Child and Adolescent Mental Health Service, we have been excited to be able to develop additional AHP roles due to new funding.

In recognition of AHP day 2022, our AHPs within the National Children's Inpatient Unit at Ward 4, RHC, have arranged a celebratory coffee and cake morning with colleagues, patients, and families, where everyone will be invited to share their appreciation of the roles of the Ward 4 AHP Team and their impact on patient care.

Our Ward 4 AHP Team is made up of Specialist Occupational Therapist Nikki Low, Speech and Language Therapist Jessica Lane, Physiotherapist Katrina McGurk and Dietitian Kim Miller, who said: "We know and understand the value that each profession brings to the AHP team. We work well together to identify and achieve patient-centred outcomes on the ward, with a view to improving quality of life for the young person in their own community.

"We find it particularly beneficial to design and deliver joint interventions, where we can incorporate our individual therapeutic goals into successful collaborative sessions. We actively seek to complement one another's unique skill set via CPD events and are well-supported by our Specialist Children's Services colleagues to facilitate a holistic approach to assessment and treatment for our young patients."

Managing your Money Better online sessions

None of us will be unaffected financially due to the current rise in the cost of living, however some staff will be harder hit than others during this crisis.

For sources of information and support on money advice, please signpost staff to our 'All About Money' webpage: [All About Money - NHSGGC](#)

To further support staff we are hosting two short information sessions in partnership with NHS Credit Union that are designed to discuss the challenges we are all facing in managing our money, what avenues are available to staff to manage their money better and where NHS Credit Union can support staff during these challenging times.

Please consider attending one of these sessions and encourage your colleagues to come along too.

Sessions are taking place on Tuesday 25 October 2022:

- Morning: Session: 10:30-11:00am, [register here](#) for morning session
- Afternoon session: 15:00-15:30, [register here](#) for afternoon session

NHS Credit Union exists to financially empower NHS employees and their families, by offering savings and affordable lending products to meet our members' needs

This is brought to by the Staff Health Strategy.

Ensuring eligible pensioners receive second Cost of Living Payment

Do you work with patients or clients who have reached state pension age, or have friends or family members who have reached state pension age? If so, please be aware they could be eligible for Pension Credit, and a Cost of Living Payment.

Pension Credit is separate from the State Pension. It provides extra money to help with living costs for those who are over state pension age and on a low income.



Take-up of Pension Credit has been low historically and it is estimated that 123,000 eligible households in Scotland are not claiming the payment.

It is important that those who may be eligible apply soon in order to be entitled to the UK Government's Cost of Living Payment.

Households receiving Department of Work and Pensions (DWP) benefits will receive the second part of the £650 Cost of Living Payment from 8 November. For a pensioner to qualify for this, they must have been entitled to a payment of Pension Credit on or before the qualifying date of 25 September 2022. It is possible to backdate the claim for a maximum of three months, which means a person will still qualify for the second Cost of Living Payment.

The last date for those who can successfully backdate their claim is **19 December**, though DWP are urging people to get their applications in as soon as possible.

People do not have to do anything extra to backdate their claim. If they make their application online, they will automatically be asked about backdating, and if they make their application over the phone the adviser will talk them through this.

To check eligibility for Pension Credit, please visit: [Pension Credit calculator - GOV.UK \(www.gov.uk\)](https://www.gov.uk/pension-credit-calculator)

Free anxiety and insomnia therapy apps for staff

NHSGGC have made two digital Cognitive Behavioural Therapy (CBT) apps available free-of-charge to all staff.

Sleepio (for insomnia) and Daylight (for anxiety) are clinically approved digital therapeutics which deliver bite-size sessions to get in control of worry and sleeplessness.

Sleepio

Sleepio offers you a personalised programme for your insomnia, featuring sessions with step-by-step guidance using evidence-based techniques. In about 20 minutes per week, you'll be able to quiet a racing mind, reshape behaviours, and get better sleep.

In a clinical trial, 76% of people experienced clinically significant improvement in insomnia including:

- 54% reduction in time to fall asleep
- 62% less time awake at night
- 45% better functioning the next day.

Sign up to try Sleepio at www.sleepio.com/nhs or watch the video [here](#).

Daylight

Daylight is our clinically proven digital therapeutic that helps you to gain control over your anxiety. After a two-minute quiz to discover your Anxiety Type, you receive personalized techniques to help manage it.

In a peer-reviewed clinical trial, patients experienced lasting recovery from anxiety:

- 71% achieved clinical improvement in anxiety
- 57% reported improvement in overall mood
- 47% experienced improvement in insomnia.

Sign up to try Daylight at www.trydaylight.com/nhs or watch the video [here](#).

If something isn't right, talk to us.



If you have concerns about issues affecting your working life, the quality of service we offer or the care provided to our patients, we're here to listen. There are a number of ways you can raise your concerns:

Management and Peer Support



- Managers and Leaders
- Confidential Contacts
- HR helpline
- Report via Datix

Health, Wellbeing and Spiritual Support



- Chaplaincy Service
- Occupational Health

Whistleblowing



- Formally raise a concern about an issue in the public interest.

For further information visit: www.nhsggc.scot/speakup



Please keep up-to-date with the latest guidance on our dedicated web pages at: www.nhsggc.scot. If you have any questions about the current situation please check the FAQs first. If you have any further questions, please visit the [HR Self Service Portal](#).

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](#)