

# Core brief

## Daily update

(15 January 2025, 14:15pm)

Topics in this Core Brief:

- Let's talk about... Overcoming low mood
- Band 5 nurses urged to apply for role re-evaluation
- The NHSGGC Clinical Nutrition Event is back in 2025!

### Let's talk about... Overcoming low mood

Our *Let's talk about... Staff Wellbeing* webinar series continues! Every month, we work really hard to pack these short 20-minute wellbeing sessions full of helpful tips and hacks to improve staff wellbeing.



A Healthier Place to Work

In January we will talk about low mood – trying to understand some of the reasons why we might be feeling blue and thinking of ways to manage it. We will talk about practical tools and strategies that can help you boost your mood and navigate your way out of a rut.

Whether you tend to withdraw and feel low in the face of stress, or would like to support someone who does, join us for the webinar!

**Monday 27 January, 2.00pm, MS Teams**

[Book your spot now](#)

All pre-recorded webinars can be watched on SharePoint:

[GGC - Let's talk about... Staff Wellbeing Webinars - Home \(sharepoint.com\)](#)

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### Band 5 nurses urged to apply for role re-evaluation

Band 5 nursing staff who believe they are working at a higher level are encouraged to apply to have their pay banding re-evaluated now.

The review is open to Band 5 nurses across all fields of practice, specialities, and settings, including those working in bank roles.

Successful applicants will see their role upgraded to Agenda for Change Band 6. To ensure consistency of the application process, a national online digital portal/app has been developed, hosting an online application form. You can access the portal/app from any device, but you will need your NHS email address and sign-in details.

The application includes questions about all aspects of your job including the skills and knowledge required, your responsibilities, and working environment. The application form is designed to gather information needed to evaluate your role.

Nurses are asked to discuss their applications with their manager before making the initial submission.

Full information on the process is available on the Scottish Terms and Conditions (STAC) website: [STAC Agenda for Change Review](#).

Further information is also available on [Staffnet](#).

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## **The NHSGGC Clinical Nutrition Event is back in 2025!**

Registration is now open for this year's NHSGGC Clinical Nutrition Event held at Queen Elizabeth University Hospital, Teaching and Learning Centre on 6 February 2025, from 1.00pm – 5.00pm.



This study afternoon is aimed at all staff that care for patients with clinical nutrition needs in both Acute, Mental Health and Community settings and features speakers from a variety of these areas.

For more information click [here](#) and to register click [here](#).

**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](#)**