

Core brief

Daily update

(17 March 2025, 11.30am)

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- Why is kindness so important? Hear from Michael Murray, Civility Medical Lead
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Why is kindness so important? Hear from Michael Murray, Civility Medical Lead

Dr Michael Murray, a consultant anaesthetist at the Institute for Neurological Sciences, is a core part of NHSGGC's Civility Saves Lives campaign. This initiative highlights how creating a positive environment at work can have a direct impact on job satisfaction and patient care.

By adapting our behaviours, looking after our own wellbeing, and treating colleagues with kindness, we can create a more caring and supportive working environment.

In this [short video](#), Dr Michael Murray talks about how creating a respectful atmosphere and using simple, everyday gestures - such as greeting colleagues and expressing gratitude - are key factors in improving teamwork, reducing stress, and boosting staff retention.

Want to learn more about Civility Saves Lives or want to get involved? Head to the [Civility Saves Lives hub](#) on Staffnet for essential resources, posters, and support.



Confidential Contacts

Thank you to those who have expressed an interest in the role of Confidential Contact. Brian Auld, Whistleblowing Champion, Kim Donald, Corporate Services Manager – Governance, and Kelly-Anne McKendrick, HRSAU Lead, are hosting a drop-in session on 21 March 2025 at 12.00pm via MS Teams, which all staff can join, where they will take you through the whistleblowing process, why it is so important and the role of Confidential Contacts.

Please join:

[Join the meeting now](#)

Meeting ID: 390 690 807 159

Passcode: ej9D3Wx6

Tell us about how you and your team have involved and engaged patients and carers

The Patient Experience Public Involvement (PEPI) Team are bringing together examples of the great work undertaken across NHSGGC and Health and Social Care Partnerships (HSCPs) to involve patients, service users, families, carers and the public in our work. These examples will form the basis of the NHSGGC Engagement and Involvement Overview Report for 2024/25.

Examples can demonstrate the great work carried out in listening to people who use our services and learning from their experiences to help deliver services more effectively, develop strategies or implement policies.

If you would like some inspiration, you can look through last year's report. The report has a mix of examples from board wide services, locally delivered specific examples of engagement and larger corporate and strategic pieces of work.

[Overview Report 2023-24](#)

If you have examples from your services that you would like to share, please share your example or contact information through the survey link below.

[Share your examples with us here](#)

We are producing this report during April, so if you could please share examples by **Friday 4 April 2025** that would be appreciated, though if your project is just wrapping up let us know about it as well and we can pick up the conversation once you are finished.

If you have any issues, need to discuss examples, or have a report or document you would like to share directly, contact the PEPI team at public.involvement@ggc.scot.nhs.uk.

Looking after yourself and others – special Saturday session

Many of our staff have already participated in our 'Looking after yourself and others' sessions and learned valuable tips on self-care, stress management and simple, yet effective techniques to boost yours and others wellbeing.



Our recent attendees have said: "it was very good and helped me to alleviate my stress", "it was really effective session and my tension levels really went down".

This 45-minute live online session will be delivered specially for our staff who work on Saturdays and are unable to attend throughout the week.

Join us on MS Teams on **Saturday 29 March at 2.00pm** 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 question or queries please contact: peer.support@ggc.scot.nhs.uk or visit [Peer Support Network - NHSGGC](#)

Nutrition and Hydration Week 2025!

To recognise Nutrition and Hydration Week 2025 which takes place on 17 – 23 March, there will be various events across NHSGGC.



Wednesday 19 March is the Global Tea Party, on this day we invite all our clinical teams to take part and hold tea parties in their clinical areas.

Not only does this show your commitment to nutritional care and help improve nutritional intake for your patients, it is also a great way to bring people together and create some joy and fun.

We would love it if you could let us know if you are holding a Global Tea Party in your area. Perhaps you are organising a staff bake off or having an afternoon tea, if so, we would love to hear about it by emailing ggc.foodfluidandnutrition.practicedevelopment@nhs.scot or visit [Acute Food Fluid and Nutrition](#) for more information.

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, specialties 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](#).

Remember, for all your latest news stories, visit the Staffnet Hub:
[GGC-Staffnet Hub - Home \(sharepoint.com\)](https://sharepoint.com)

Getting the right care is as easy as ABC



A
Ask yourself
Do I need to go out?
For information on treating minor illnesses and injuries from home, go to **NHS inform** or download the **NHS 24 App**.

B
Be aware
There is help on your doorstep.
Your local **GP, pharmacy, dental practice and optician** offer a range of services.

C
Call 111
If it's urgent, or you're unsure, call **NHS 24** on **111**.
They'll get you the care you need.

Unless it's an emergency - think ABC before visiting A&E.
For more information: www.nhsggc.scot/rcrp



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](#)