

# Core brief

## Daily update

(2 December 2024, 2.50pm)

Topics in this Core Brief:

- GGC Medicines Update
- Let's talk about... Winter worries and wellbeing
- Medical Peer Support Hub Training Day – 11 December

## GGC Medicines Update



GGC Medicines Update is a series of blogs with important medicines related messages relevant to all healthcare professionals across NHSGGC. Please see below for new blogs and relevant updates.

### New blogs

Click on the following link to access the recently published Medicines Update blog.

- [What's new in migraine? Oral Calcitonin Gene-Related Peptide Antagonists](#)

### Updated blogs

Click on the following link to access the recently updated Medicines Update blog.

- [NHS Prescribing at request of private healthcare provider](#)

### Updates

- [Guideline News October 2024](#)
- [MHRA Drug Safety Update November 2024](#)

### Previously published

Click on the following links to access the previously published Medicines Update blogs.

- [Yellow Card Reporting – An update for healthcare professionals](#)
- [Lidocaine Plasters – Reducing Inappropriate Prescribing](#)

## **Medicines Safety Sharepoint site [NHSGGC network access required]**

A [sharepoint site on medicines safety](#) is available for NHSGGC staff. The site includes the [Acute Division Safer Use of Medicines Bulletins](#) in addition to learning summaries, memos and the safe and secure handling of medicines policy. Please see October bulletin on time critical medicines:

- [Safer Use of Medicines Bulletin Edition 5 \(Oct 2024\).pdf](#)

## **Medicines Update Survey**

We would like your feedback on Medicines Update blogs to inform future development. Please take five minutes to complete the following anonymous [survey](#).

All of our blogs can be found on [www.ggcmedicines.org.uk](http://www.ggcmedicines.org.uk) and anyone can join our mailing list by contacting us at: [ggc.medicines.update@nhs.scot](mailto:ggc.medicines.update@nhs.scot)

We're also on social media, follow us on: X/Twitter [@NHSGGCMeds](#)

## **Let's talk about... Winter worries and wellbeing**

Our *Let's talk about... Staff Wellbeing* webinar series continues!



A Healthier Place to Work

Every month, we work really hard to pack these short **20-minute** wellbeing sessions full with helpful tips and hacks to improve staff wellbeing.

This month we will talk about winter worries and wellbeing. We will think about what could help you thrive in the winter, and what little things you could realistically do to boost your energy and lift your mood in those cold, dark days.

If you would like to do something to support your wellbeing this winter season, join us for the webinar!

**Wednesday 4 December, 9.30am, MS Teams**

[Book your spot now](#)


All pre-recorded webinars can be watched on SharePoint:  
[GGC - Let's talk about... Staff Wellbeing Webinars - Home \(sharepoint.com\)](#)

## **Medical Peer Support Hub Training Day – 11 December**

Medical Peer Support is about making sure all doctors have access to support from their medical family when they need it. Facilitating the confidential conversations with a trusted peer that get us all through hard times. Changes to work and training

make it harder for this vital support to happen organically, the Hub means it's always available for everyone.

We still have some availability for our upcoming Medical Hub Training Day, delivered in person by our psychologists, at the GRI site on Wednesday 11 December. This is for all medics working in NHSGGC. We are also continuing to expand our Staff and Associate Specialist and our International Medical Graduate Peer Support sub hubs, so a particular invitation to these doctors.

Wednesday 11 December 2024	9.30am - 4.30pm	Medics Hub - Level 2 Peer Support training	Glasgow Royal Infirmary, David Livingston Lecture Theatre (Old Building, Surgical Block)		<a href="#">Book here</a>
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If you would like to access peer support be reassured the process is completely confidential. Email: [peer.support@ggc.scot.nhs.uk](mailto:peer.support@ggc.scot.nhs.uk) with Medical Peer Support as the title and you will be matched with a peer, the hub will contact you to confirm suitability before passing to them. Contact: [Hazel.Miller2@ggc.scot.nhs.uk](mailto:Hazel.Miller2@ggc.scot.nhs.uk) with any queries around peer support or becoming a peer supporter.

To find out more about the Medical Peer Support Hub, visit [Staffnet](#).

[Click here](#) for more information on NHSGGC Peer Support which is available for all in the organisation.

**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](#)**