

Core brief

Daily update

(2 November 2022, 12.05pm)

Topics in this Core Brief:

- Let's talk about... Staff Wellbeing Webinars (20 minutes)
- Active Staff - Morning Mobility
- Withdrawal of Royal Mail Strike Action

Let's talk about ... Staff Wellbeing Webinars (20 minutes)

Colleagues attending the September webinar series of *Let's talk about... staff wellbeing* provided fantastic feedback which we have used to build the next selection of 20 minute webinars throughout November and December. The webinars continue to focus on various topics which we know are important to personal health and wellbeing and are delivered in a format that allows colleagues to take away top tips and share with others.

- "Great session - really valuable and appreciated"
- "Will put the information shared to good use for a better night's sleep"
- "A nice way to start the day thinking about your own wellbeing"
- "This was really interesting. I have found these sessions great and enjoy how short they are so easy to fit in to the day"

All are welcome to come and join our NHSGGC Health Psychologist, Heather Connolly and Peer Support & Wellbeing Project Support Officer, Asia Nicoletti. Webinars are open to all staff with easy booking access for the sessions you are interested in.

Thursday 10 November 09:00 Let's talk about: Winter Worries and Wellbeing	Book here
Tuesday 15 November 16:00 Let's talk about: ABCs of Self Care	Book here
Friday 25 November 09:00 Let's talk about: The Going Home Check List	Book here
Thursday 1 December 16:00 REPEAT: Let's talk about: Winter Worries and Wellbeing	Book here



Morning Mobility

We are offering another new and exciting accessible session on a **Wednesday morning at 7:00am starting on the 9 November.**

Morning mobility will be a gentle movement class going through different postures and positions to loosen and stretch your whole body.

This has been designed to support participation at all levels. What better way to loosen up your body and stretch yourself awake.

Why not give our new Morning Mobility a try and set yourself up for the day ahead.

To find out more and book a session [click here](#).

Withdrawal of Royal Mail Strike Action

The Communication Workers Union (CWU) has announced it has withdrawn planned strike action in the next two weeks (2, 3, 4, 8, 9 and 10 November). Royal Mail and CWU continue to have talks at ACAS.

The two days of national strike action, Saturday 12 November and Monday 14 November, are still planned to take place at this stage.



Please keep up-to-date with the latest guidance on our dedicated web pages at: www.nhsqgc.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](#)