

# Core brief

## Daily update

(22 March 2023, 11.20am)

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### **CISCO-21 Clinical Trial in Long COVID**

Have you or someone you know been diagnosed with COVID-19 in the past 12 months?

Do you have symptoms of Long COVID?

We are a research team in the University of Glasgow and NHSGGC running a study in people who have had COVID-19, led by Professor Colin Berry.

We have developed a lifestyle health therapy that may be helpful to patients with persisting symptoms in the convalescence period after COVID-19. The therapy involves a personalised approach to simple exercises that can be done 'in your own time' at home and/or at work. The exercise programme lasts three months and there are only two visits to the Clinical Research Facilities, once at the start of the study and then again at the end. You have the choice of attending Glasgow Royal Infirmary or QEUH. We provide a guideline on the types of exercise and some YouTube videos.

If you would like to take part please contact us by email [cisco-21-study@glasgow.ac.uk](mailto:cisco-21-study@glasgow.ac.uk) or call 0141 201 3770 (GRI) or 0141 232 7600 (QEUH), and we will get back to you.

### **Stress Awareness Month**

In challenging times, it is important that each of us take care of our own physical and mental health, our emotional wellbeing and support our colleagues.

NHSGGC provides a range of wellbeing services and support for staff. As part of Stress Awareness Month, taking place throughout April 2023, our services will be out and about across NHSGGC sites to let you know about the support available to you and your colleagues.

Please come along or encourage your team to visit our stalls. We'll have loads of information, leaflets and friendly people to talk to about the support that's in place.

You can also find out more on [our website](#), where you can read more and download or order our really helpful [z-card](#) with loads of useful tips.

Site		Date	Time
Stobhill	Stobhill Atrium	Tues 4 April	10am to 2pm
RAH	By the front entrance	Wed 5 April	10am to 2pm
Gartnavel General	By the front entrance	Thurs 13 April	10am to 2pm
Glasgow Royal Infirmary	In centre block by front entrance and front atrium of the QEB	Tues 18 April	10am to 2pm
RHC	Atrium Area	Thurs 20 April	10am to 2pm
Victoria	Staff dining area	Thurs 20 April	10am to 2pm
IRH	By the front entrance	Tues 25 April	10am to 2pm
Vale of Leven	Staff Canteen	Fri 28 April	10am to 2pm

## Ramadan

We are approaching Ramadan, where a number of our colleagues and patients across our organisation will fast during daylight hours. As well as fasting, Muslims observing Ramadan may also increase spiritual devotional acts such as prayer.

Ramadan is expected to begin on or around 23 March and last until on or around Thursday 20 April.

It is important that colleagues are aware of this religious obligation and that, where required, we consider what support or adjustments our colleagues and patients might require.

There is more information contained in the [Ramadan Health Factsheet 2023](#). You can also find out more from the Faith and Belief Manual, which is [available here](#).

If you would like any support, access to quiet spaces or materials for yourself, members of your team or patients in your care and their relatives please contact your site chaplain. You can use this link to find details of the [Spiritual Care and Chaplaincy Service – NHSGGC](#).

### World Down Syndrome Day Winner!

Thank you to everyone who took part in the day yesterday. We had some truly inspiring efforts, and it looks like people had a lot of fun along the way.

The Staff Disability Forum sponsored prize was drawn at random this morning by Elaine Fraser. This goes to Brenda Kirk, Panda Children's Centre, part of a real group effort.

Down's Syndrome is a genetic condition caused by the presence of a full or partial third copy of chromosome 21 in the body's cells.



Down's Syndrome is the most frequently recognised form of learning disability. While a learning disability affects a person's ability to learn, it does not mean they cannot learn. Children with Down's Syndrome follow the same developmental path as all children and individuals have the same range of feelings and emotions as we all do. Most importantly, everyone who has Down Syndrome is a unique individual, who is full of potential!

[What is Down's Syndrome? | Downs Syndrome Scotland \(dsscotland.org.uk\)](#)

A graphic for the NHS Greater Glasgow and Clyde 'Speak Up! We're Listening' campaign. On the left, a close-up of a person's ear is shown next to their hand, which is cupped behind it. A white speech bubble with a black outline contains the text 'We're listening' in a handwritten font. In the top right corner is the NHS Greater Glasgow and Clyde logo. At the bottom, a dark blue banner contains the text 'If something isn't right, talk to us. For further information, visit [www.nhsggc.scot/speakup](http://www.nhsggc.scot/speakup)'. In the bottom right corner of the banner is a circular logo with a microphone and the text 'Speak Up! We're Listening'.

\*\*\*Staff are reminded to make sure their [personal contact details are up to date on eESS](#).\*\*\*

Are your contact details up-to-date? [Click here](#) to check