

Core brief

Daily update
(25 September 2020, 1.25pm)

Topics in this Core Brief:

- Mental Health Check in
- Test & Protect in Retail Units
- New Physiotherapy self-management website
- East Dunbartonshire HSCP – starting solids video

Mental Health Check In

The mental health and wellbeing of all staff is very important to us and we appreciate that you may have lived experience over the past few months that could affect your personal health and wellbeing.

We want to make sure all staff have access to the correct levels of support and one of the ways in which we are trying to ensure this happens is via the [Mental Health Check-In](#).

The closing date is 5pm on Wednesday 30 September so you only have a few days left to give your feedback.

The check-in asks some questions about your mental health and psychological wellbeing, so that we can work with you to ensure that, should you need it, we can provide the correct level of support for you.

It is important to remember “It’s okay not to feel okay”, but many people find it helpful if someone reaches out and offers them support.

Test & Protect in Retail Units

To help us stop the spread of COVID-19 we will be introducing Test & Protect in each of our retail units.

This is in line with national hospitality guidance and for the health and safety of staff and visitors who purchase food and drink from our dining facilities and wish to sit in.

This will begin rolling out across all our sites week commencing Tuesday 29 September.

Everyone sitting in will be asked to fill out their contact details on a form including their name, contact details, date and time of their arrival and departure.

This information will be held privately and securely for up to 21 days and then destroyed. The information will only be used if requested for contact tracing purposes.

We want everyone to enjoy their visits to our dining rooms and help support the fight against COVID-19 by providing their details.

New Physiotherapy self-management website

A new website has been launched to assist patients and staff with their recovery.

The [Physiotherapy self-management site](#) aims to support patients recovering at home following a period of illness, including COVID-19.

While the information and advice contained in the site is ideal for those who have been discharged from hospital, it is also suitable for those who have not required hospital admission.

Developed by a group of physiotherapists and occupational therapists from across NHSGGC, the site contains a wealth of information, including advice on physical activity, managing fatigue and breathlessness. Information and guidance is also available on recovering from COVID-19 and life after intensive care.

Please pass on details of this new resource to patients.

East Dunbartonshire HSCP Health Visiting Team - Starting Solids Video

The Health Visiting team in East Dunbartonshire have been hard at work during lockdown, thinking of new, innovative ways of getting key messages and information to families.

One project, which has been successful, is the development of a Starting Solids Video aimed at families who have children aged between four and six months. The video will form part of a new two staged approach, offering support and advice to parents in relation to starting solid foods at a time when Starting Solids Weaning Sessions cannot be held locally.

[The video can be viewed here.](#)



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](#)