

Core brief

Daily update

(28 November 2023, 10.15am)

Topics in this Core Brief:

- Staff Health Strategy update

Staff Health Strategy update

In this edition of Core Brief, we will be covering the highlights from recent Staff Health Strategy meeting, held on Thursday 23 November.



A Healthier Place to Work

Staff Health Strategy

Staff wellbeing is a top priority for NHS Greater Glasgow and Clyde. The 2023-2025 Staff Health Strategy provides the strategic framework in which to ensure this priority is delivered. The Strategy has been developed in Partnership and approved by the Corporate Management Team, Area Partnership Forum and Staff Governance Committee. The Strategy will be submitted to the December 2023 Board meeting for final approval. The four strategic areas of priority within the Strategy are:

1. Strengthening support for mental health and wellbeing including stress
2. Promote NHS Greater Glasgow and Clyde as a fair and healthy workplace in line with Fair Work Nation principles
3. Address in-work poverty and promote holistic wellbeing to mitigate inequalities in health
4. Support for managing attendance.

An Action Plan is being finalised in partnership with the Area Partnership Forum and the Staff Health Strategy Group to support delivery of the Staff Health Strategy. Governance will be provided through the Corporate Management Team.

A range of exciting activities will be progressed to support the programme of work. This will include initiatives such as a full schedule of wellbeing resources and activity via the Wellbeing Bus as well as tailored activities in response to the findings from the Staff Wellbeing Survey in 2022 e.g. in relation to menopause deliver a group consultation activity which may also be useful in informing a model

that can be adapted more widely; support for staff attending as witnesses in formal settings; and a full programme of Active Staff activities.

Wellbeing Bus

The Staff Health Strategy Group was provided with an update on the Wellbeing Bus which was donated by Stagecoach Group and launched in August 2023.

The wellbeing bus was designed following feedback from community staff about the need for better access to wellbeing resources, ranging from a space for quiet relaxation and a refreshment break, through to providing a facility where resources to support mental, physical and financial wellbeing are available.

The bus has been kitted out to provide tea/coffee, quiet zones to relax and enjoy a short break from service delivery and is full of information relating to managing your mental health, support areas for financial wellbeing and links to activity around physical wellbeing.

Visits for the rest of this year (through to 31 March 2024) will be advertised shortly.

Feedback from visits undertaken so far have been very positive and we look forward to a full programme of visits in the near future.

Supporting Staff Wellbeing

A range of support is available to all staff to help maintain and support all aspects of staff health and wellbeing and updates were included in various papers tabled at the Staff Health Strategy Group. This includes:

- Peer Support [Peer Support Network - NHSGGC](#)
- Occupational Health [Occupational Health - NHSGGC](#)
- Spiritual Care [Spiritual Care Service - NHSGGC](#)
- Financial Worries [All About Money - NHSGGC](#)
- Staff Hardship Fund and wraparound support available to all staff contact the [Support and Information Service](#)
- Active Staff Programme [Active Staff - NHSGGC](#)
- Staff Wellbeing Webinars [Let's talk about... Staff Wellbeing Webinars](#)
- Support for staff who are carers [Carers - NHSGGC](#)
- Self-care for mental wellbeing [Mental Health and Stress Awareness \(People Management Module\) - NHSGGC](#)
- Looking after yourself and others ([NHSGGC LearnPro](#) and search GGC 277)

Remember, for all your latest news stories, visit our new Staffnet Hub:
[GGC-Staffnet Hub - Home \(sharepoint.com\)](#)

Getting the right care this winter 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** or **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



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