

# Core brief

## Daily update

(29 January 2025, 12.20pm)

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- Virtual Group Consultation for Menopause
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## Carer Peer Support Hub – Now Live!

We are excited to share a new initiative to enhance wellbeing and support within NHSGGC – the **Carer Peer Support Hub**.



A powerful wellbeing resource we have within NHGGC is peer support. When individuals feel supported and heard, it positively impacts their resilience and overall wellbeing. It provides a safe and understanding space where individuals can process their experiences, regain a sense of control, and build confidence in handling challenges. It's a flexible, empathetic approach that acknowledges stress and struggles as normal parts of life.

With the guidance and expertise of our Peer Support Team, the Carer Peer Support Hub aims to:

- Provide a supportive space to talk about carer-specific challenges
- Offer networking opportunities to connect with others who share similar experiences
- Be a supportive, listening ear whenever it's needed.

This initiative is designed to offer understanding and encouragement in a way that makes a real difference to our staff who have caring responsibilities beyond their role in NHSGGC.

If you would like to get in touch with a peer supporter in the Carer Hub, please email [ggc.peer.support@nhs.scot](mailto:ggc.peer.support@nhs.scot), ensuring you add 'Carers Hub' to the subject line.

If you are a carer (or have caring experience), who is currently a trained peer supporter and would like to be part of this hub, please get in touch with the peer support team.

Alternatively, if you would like to become a Peer Supporter and join this hub (or one of our other hubs), please check out the webpage, [Peer Support Network - NHSGGC](#), for more information and training dates.

### **Virtual Group Consultation for Menopause**

As part of the Staff Health Strategy 2023 – 2025 we are pleased to invite you to register for a virtual group consultation focused on menopause. These sessions are designed to provide a safe and supportive space to discuss experiences, concerns, and strategies related to menopause. Feedback from previous events has been very positive.

**Date:** 11 February 2025

**Time:** 6.00 – 7.00pm

**Platform:** Microsoft Teams

These consultations will be led by Dr Jenifer Sassarini, who is a gynaecologist and menopause specialist at GRI, and has extensive experience in women's health.

**To register, please visit** <https://www.eventbrite.co.uk/e/1144927812909>

We encourage you to participate in this valuable opportunity to connect with colleagues, share experiences, and learn strategies to navigate the menopause transition with confidence.

### **Launch of new app to help meet the needs of Black and Minority Ethnic patients**

A new NHSGGC app - Meeting the needs of Black and Minority Ethnic (BME) People - is now live on the Right Decision Service.

This mobile app provides easy access to information that will help staff identify and remove the barriers to health care that can be experienced by BME people.

The app includes positive changes that can be put in place throughout the patient journey. It also focuses on what it means to take an anti-racist approach and confirms the key expectations for all staff in ensuring our BME patients are treated fairly.

The app can be accessed quickly and easily by scanning the QR code below.



Alternatively, visit the [Apps Store](#) or [Google Play](#) to download the Right Decisions: health and care app. Select the option for health and social care staff and type 'bme' into the search function.

Information contained on the app is also available on the [Right Decision website](#) and the [NHSGGC website](#).

### **Band 5 nurses urged to apply for role re-evaluation**

Band 5 nursing staff who believe they are working at a higher level are encouraged to apply to have their pay banding re-evaluated now.

The review is open to Band 5 nurses across all fields of practice, specialties and settings, including those working in bank roles.

Successful applicants will see their role upgraded to Agenda for Change Band 6.

To ensure consistency of the application process, a National online digital portal/app has been developed, hosting an online application form. You can access the portal/app from any device, but you will need your NHS email address and sign-in details.

The application includes questions about all aspects of your job including the skills and knowledge required, your responsibilities and working environment. The application form is designed to gather information needed to evaluate your role.

Nurses are asked to discuss their applications with their manager before making the initial submission.

Full information on the process is available on the Scottish Terms and Conditions (STAC) website: [STAC Agenda for Change Review](#).

Further information is also available on [Staffnet](#).

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](#)