

# Core brief

## Daily update

(30 January 2024, 11.00am)

Topics in this Core Brief:

- Staff Health Strategy update

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

## 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 25 January.

## Staff Health Strategy

Staff health and 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 was approved by the NHS Greater Glasgow and Clyde Board on the 19 December 2023. 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 has been drafted in partnership with the Area Partnership Forum and the Staff Health Strategy Group to support delivery of the Staff Health Strategy. The action plan will now go through the governance process for approval.

A range of exciting activities are already being progressed to support the programme of work. This includes initiatives related to staff mental wellbeing, menopause, Fair Work, Peer Support, the Active Staff Programme, Staff Witness Support and a forthcoming full schedule of wellbeing resources and activity via the Wellbeing Bus.

### **Support for staff affected by conflict in the Middle East**

We know this continues to be a difficult time for all those affected by the conflict in the Middle East. [The message recently shared by Caroline Lamb](#), Chief Executive of NHS Scotland, provides a range of wellbeing and support resources all staff can access.

As well as the national support in place, we encourage any staff affected by the crisis to seek support through our [psychological support services](#), our [peer support network](#), or, to access the wellbeing webinars highlighted in this bulletin. These include 'Looking after yourself and others'.

As highlighted by Caroline Lamb, we know that these situations can lead to increases in harassment related to race, ethnicity or religious belief. Abuse, bullying or harassment are unacceptable and will not be tolerated. You can find out more about how to raise issues relating to bullying and harassment on our [speak up page](#), including getting anonymous and confidential advice via our bullying and harassment helpline on 0141 201 8545.

### **Supporting Staff Wellbeing – Staff Webinars**

The Let's Talk About...Staff Wellbeing Webinar series has been available to all staff members across NHS GGC, including our HSCPs, since its launch in September 2022.

These 20-minute webinars are proving to be very popular and have focused on various topics considered important to overall mental health and wellbeing. Staff can book onto these Webinars via [GGC - Let's talk about... Staff Wellbeing Webinars](#).

Upcoming webinars include:

Date	Time	Webinar
<b>29 February 2024</b>	10.00am – 10.20am	Let's talk about... Physical Activity
<b>20 March 2024</b>	2.30pm – 2.50pm	Let's talk about... Peer Support
<b>25 April 2024</b>	12.00pm – 12.20pm	Let's talk about... Alcohol and Drugs

Further topic suggestions, can be made directly to Asia Nicoletti:  
[asia.nicoletti@ggc.scot.nhs.uk](mailto:asia.nicoletti@ggc.scot.nhs.uk).



## Getting the right care this winter is as easy as ABC

<h3>A</h3> <h4>Ask yourself</h4> <p>Do I need to go out? For information on treating minor illnesses and injuries from home, go to <b>NHS inform</b> or download the <b>NHS 24 App</b>.</p>	<h3>B</h3> <h4>Be aware</h4> <p>There is help on your doorstep. Your local <b>GP, pharmacy</b> or <b>optician</b> offer a range of services.</p>	<h3>C</h3> <h4>Call 111</h4> <p>If it's urgent, or you're unsure, call <b>NHS 24</b> on <b>111</b>. They'll get you the care you need.</p>
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Unless it's an emergency think ABC before visiting A&E.  
For more information: [www.nhsggc.scot/rcrp](http://www.nhsggc.scot/rcrp)



\*\*\*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](#)