

Core brief

Daily update

(6 November 2024, 2.40pm)

Topics in this Core Brief:

- Stress Awareness Week: 4 – 8 November 2024
- NHSGGC Protocol for managing visits

Stress Awareness Week: 4 – 8 November 2024

This week, 4 – 8 November, is Stress Awareness Week.

The Health and Safety Executive defines stress as 'the adverse reaction people have to excessive pressures or other types of demand placed on them.'

Stress affects people differently and it is important to recognise that what impacts one person may not impact another, factors such as skills, experience, age or ability can all have an affect on how an individual copes with stress levels. It is not an illness however it can affect how you feel, both physically and mentally.

Employers have the same legal duty to protect workers from stress at work as with other health and safety risks. Recognising the signs of stress allows managers to take steps to lower and manage stress in their service. There are six areas of work design that can affect these stress levels. These are:

- demands
- control
- support
- relationships
- role
- change.

The [Stress in the Workplace \(sharepoint.com\)](https://www.sharepoint.com) has a range of guidance and resources including the departmental stress process and stress conversation for individuals that can be utilised to assess work related stress.

Stress can come from a variety of sources which can all have an impact on staff wellbeing. In recognition of this a wide range of support is available to help manage stress positively. During Stress Awareness Week we wanted to take the opportunity to raise awareness of the resources and support that is available to all staff:

- Staff Mental Health & Wellbeing Support Card [Staff Mental Health & Wellbeing Support Z Card](#)
- 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 in the Workforce - 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).

NHSGGC Protocol for managing visits

NHS Greater Glasgow and Clyde regularly receives requests from individuals external to the organisation to visit our premises and services for publicity purposes and to mark official openings.

As a public sector organisation we engage with politicians on a regular basis. We receive regular requests to visit our services as we are accountable for activities undertaken within our organisation.

The purpose of the NHSGGC Protocol for Managing Visits is to provide clear guidance on the arrangements for managing and approving visits to NHSGGC premises.

If you wish to arrange a visit to your service or if you receive a request from a VIP visitor to visit NHSGGC premises, including via charity organisations, you must notify Corporate Communications as soon as the request is received, view our [Protocol for Managing Visits](#) for more information and contact details.

Remember, for all your latest news stories, visit the Staffnet Hub:
[GGC-Staffnet Hub - Home \(sharepoint.com\)](https://sharepoint.com)



Watch Your Waste!

NHS
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and Clyde

NHSGGC Green Avengers - Saving the planet, one bin bag at a time.
Read more at: www.nhsggc.scot/watchyourwaste



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](#)