

# Core brief

## Daily update

(9 February 2023, 12.45pm)

Topics in this Core Brief:

- Podcast - The impact of smoking on mental and physical health during a cost-of-living crisis
- Excellence Awards
- Informal drop-in meeting Staff Disability Forum: 14 February 2023
- Reporting Salaries Correctly
- Update – cancelled Royal Mail Industrial Action

### Podcast - The impact of smoking on mental and physical health during a cost-of-living crisis

The Quit Your Way (QYW) team recently launched their latest campaign – ‘Smoking burns your money as well as your cigarettes’, which focuses on the money that could be saved by stopping smoking, as well as the physical and mental health benefits.

As part of this campaign, we worked closely with the Poverty Alliance and ASH Scotland to examine the link between smoking and poverty, particularly during a cost-of-living crisis. Together with representatives from NHS Lanarkshire and ASH Scotland, we have developed a short podcast aimed at Health Professionals which explores these key themes. You can listen to the podcast via Spotify or Anchor:



[Listen on Spotify](#)

[Listen on Anchor](#)

### 12 weeks free access to the Smoke Free App for NHSGGC employees

As highlighted in the Core Brief on 12 January, the QYW team have free 12-week licences available for the Smoke Free App. This app helps with stopping smoking, cravings, getting through difficult situations, being around smokers and recovering from lapse.

If you're interested in using the app, fill in the form below and the QYW team will get in touch on how to access the app along with details of the additional support available through QYW.

[Access to the Smoke Free App for NHSGGC Employees](#)

### Excellence Awards

There are just four days left to get your entries in to this year's NHSGGC Excellence Awards.



You can nominate any member or team of staff that you feel have made a special difference to their patients, colleagues or improved our ways of working.

Each and every day our staff deliver outstanding patient care and go that extra mile to ensure our patients and their families receive the optimum in patient care - and we really want you to tell us about them!

Remember, we are not just looking to celebrate the tremendous efforts of our staff, we are also looking for services that staff have moulded to patients' needs or projects that have transformed the way they work.

This year's categories are: Better Care; Better Health; Better Value; Better Workplace: Global Citizenship; Nursing; and Volunteer.

To nominate visit, [www.nhsggc.scot/excellenceawards](http://www.nhsggc.scot/excellenceawards). The closing date for entries is Sunday 12 February 2023.

### Informal drop-in meeting Staff Disability Forum: 14 February 2023

The Staff Disability Forum is holding the regular open meeting on Teams on Tuesday 14 February between 6.30pm and 7.30pm.

This is a regular feature to allow for networking, general support and raising any matters people are finding interesting or challenging.

[Click here to join the meeting](#)

For further information about the Staff Disability Forum, please contact [ggc.staffdisabilityforum@ggc.scot.nhs.uk](mailto:ggc.staffdisabilityforum@ggc.scot.nhs.uk) or check the website [Staff Disability Forum - NHSGGC](#).

### Reporting salaries correctly

If you complete SSTS or eESS, or are a manager responsible for staff salaries, then we want your help in ensuring that staff are paid correctly and on time.

A simple way to do this is by making sure that all leave, absence, overtime and changes to pay are recorded and authorised on time and accurately through the appropriate systems in advance of payroll deadlines.

For payroll deadlines and FAQ's visit [StaffNet](#). For information or support on particular transactions or queries you can contact the relevant teams at:

Team or Service	Example of Queries or Support	Contact Details
eESS	Recording changes to location, band, hours, termination of employment, etc.	<a href="#">HR Portal - NHS GGC HR (service-now.com)</a>
HR Support & Advice Unit	Annual leave, maternity leave, terms & conditions of service, etc.	<a href="#">HR Portal - NHS GGC HR (service-now.com)</a>
SSTS	Recording shifts, absence, overtime etc.	<a href="mailto:ssts.team@ggc.scot.nhs.uk">ssts.team@ggc.scot.nhs.uk</a>
Central Bank	Shifts worked, annual leave requests etc.	<a href="mailto:staff.bank@ggc.scot.nhs.uk">staff.bank@ggc.scot.nhs.uk</a>
Payroll	Other payments, payroll guidance, etc.	<a href="mailto:GGCPayrollQueries@ggc.scot.nhs.uk">GGCPayrollQueries@ggc.scot.nhs.uk</a>
Expenses	New claimants, insurance certificates, etc.	<a href="mailto:eExpenses@ggc.scot.nhs.uk">eExpenses@ggc.scot.nhs.uk</a>

## Update – cancelled Royal Mail Industrial Action

The Commercial Workers Union (CWU) has cancelled their planned strike action, which was due to take place on the 16 February 2023.

Please use this link for the latest industrial action updates: [royalmail.com/latest-news](https://royalmail.com/latest-news).



\*\*\*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 [StaffNet](#)