

Core brief

Daily update

(9 May 2022, 4.10pm)

Topics in this Core Brief:

- Peer Support Framework and Mental Health Awareness Week 9-15 May
- Seasons of Change – An opportunity for staff to reflect on loss, grief and bereavement
- Active Staff – Guided health walk

Why i Matter?
Because your voice matters

If you work in the Chief Executive's Office, Acute SMT, HR & OD, Corporate Communications and Public Engagement, Public Health, Specialist Children's Services, Oral Health or East Dunbartonshire HSCP - the survey officially opens in...

7 days

The survey will be open for three weeks to allow everyone an opportunity to take part.

For further information, visit HR Connect or email us at: imatter@ggc.scot.nhs.uk

Peer Support Framework and Mental Health Awareness Week 9-15 May

The theme for Mental Health Awareness Week 2022 is Let's Connect, focussing on the power of conversations, community and being connected, on good mental health. Our Peer Support Framework provides an online module designed for all staff, structured on the following themes:

1. Understand what a normal response to stress is
2. Understand the basic elements of Psychological First Aid
3. Wellbeing - Learn how to care for ourselves
4. Peer Support - How to support our colleagues

This week we will highlight the sections of the module starting with:

Section 1: Understand what a normal response to stress is

- Different kinds of crises affect different people in different ways, and there is a wide range of responses that people can have.
- Most often we respond with resilience, and in ways that are designed to protect ourselves and our loved ones.
- Stress can actually improve our ability to manage a situation. Particularly when we see the source of that stress as a challenge that we are able to overcome



To find out more, you can access the full module on: Learnpro - GGC 277: Introduction to Psychological Safety [learnPro NHS - Login \(learnprouk.com\)](https://learnpro.nhs.uk/login) . The module is also available for NHSGGC HSCP social care staff on their Local Authority learning platforms.

Further resources for staff mental health and wellbeing can be found on HR Connect [NHSGGC : Mental Health & Wellbeing](#)

Seasons of Change – An opportunity for staff to reflect on loss, grief and bereavement

Loss, grief, and bereavement are universal emotions. Whilst death and dying is a natural part of life, during the past two years it is likely that many more people have been touched by experiences which may have triggered feelings associated with loss and change.

To give staff an opportunity to reflect on both our collective and individual experiences, new informal online events have been created. The intention is to create a space for staff to reflect and recharge. There is no active participation necessary, rather staff are encouraged to listen and reflect on the various contemplative pieces (sessions will also have subtitles).

Staff from across all parts of health and social care are encouraged to attend, including our colleagues in Care Homes, Primary Care and Third Sector.

Sessions will run on a loop, restarting every 30 minutes. **Sessions will be running every day on MS Teams between 16 and 20 May from 12pm to 2pm.** You can join at any point, and stay for as long as you would like.

To get access to the link please [click here to register](#).

Active Staff – Guided Health Walk

Our next Guided Health Walk is now available to book! Book [here](#) to join us on Inchcailloch Island on Loch Lomond on 28 May 2022.

We will visit Inchcailloch Island on Loch Lomond, from the boating yard at Balmaha. Inchcailloch is part of the Loch Lomond Natural Nature Reserve and is a wonderful place to visit due to its rich natural and cultural heritage. In the spring the island is carpeted in bluebells which creates a magical backdrop for the wildlife that lives there.

Access to the island is by boat which leaves from the Balmaha Boat yard. There is a cost per person of £7 return fare. We will meet at the Balmaha main car park at 9.30am and walk to the boat pier.

This is an easy/moderate walk and we will walk to the top of the island at 85 metres for spectacular views along Loch Lomond. We will stop at the beach picnic area for a break and also walk to many of the interesting parts of the island. There are also toilet facilities on the island.

We would expect to return to the mainland by 2.30pm. Click [here](#) to book your place!



Please keep up-to-date with the latest guidance on our dedicated web pages at: www.nhsggc.scot. If you have any questions about the current situation please check the FAQs first. If you have any further questions, please email: HR.Support@ggc.scot.nhs.uk.

Staff are reminded to make sure their [personal contact details are up to date on eESS](#).

Are your contact details up-to-date? [Click here](#) to check