

# Core brief

## Daily update

(3 June 2021, 2.15pm)

Topics in this Core Brief:

- AHP Post Graduate Development opportunity
- What Matters to You Day? Website launch
- World Bike Day
- Your Posture Matters

## Message from Fiona Smith, Director of Allied Health Professionals

### AHP Post Graduate Development Opportunity

As the Director for Allied Health Professions I have identified post graduate development to support career pathways and transforming roles, a priority for our professional governance.

As a component of this work, I am delighted to advise that the application process for the AHP Education Fund is open until 13 June 2021. This offers registered AHPs the opportunity to apply from a suite of funded modules, delivered by GCU, to support professional practice and development portfolios of Advanced Practice AHPs, or those aspiring to be in an AHP Advanced Practice role.

Details of the application process are available from the AHP Senior Team and Practice Education Leads.

### WMTY website launch

This year, the international 'What Matters To You?' (WMTY) Day will be hosted on Wednesday 9 June 2021.

The WMTY approach builds on the principles of person centred care by asking, listening and doing what matters.

Flipping the question from 'what's the matter?' to 'what matters to you?' is about changing perspectives, expectations and creating a meaningful collaboration between people providing care and people requiring it. We celebrate and promote this approach every year on WMTY day.

On Wednesday 9 June, we're encouraging everyone to have a meaningful conversation with the people they care for, their families, and colleagues, about what matters most to them.

To support this, the WMTY pages on the NHSGGC website have been refreshed in advance of the day. They include:

- [Information for patients](#)
- [Information for staff](#)
- [Examples of activity from last year](#)
- [Links to further information.](#)

As a reminder;

- to order resources (stickers, posters and templates) to support these conversations, please complete [this form](#)
- on the day, please share any WMTY activity on social media by using #WMTY21 and @nhsggc
- if you plan on taking photos, please ensure you get appropriate consent by using this [form](#)
- Please share your plans for the day with us by emailing [person.centred@ggc.scot.nhs.uk](mailto:person.centred@ggc.scot.nhs.uk), so we can gather examples of good practice to help inform wider learning so we can all focus on what people value – in the care they receive, and the wider context of their lives.

## **Get on your bike – NHSGGC welcomes World Bike Day**

For many, it's one of life's big rites of passage – that first time you fly down the street on your bike with the stabilisers off without falling and grazing your knee. During the last year, cycling has seen a huge resurgence, with lots of people working from home or reclaiming streets free from the usual traffic.

NHSGGC's Cycle to Work scheme helps staff to spread the cost of paying for a brand new bike – and with savings of between 25-39% - this has led to demand increasing by over 150% in the last year.

The news of so many more people getting on their bike comes on this World Bike Day (3 June 2021).

Other initiatives saw funding from Cycling Scotland providing two new shelters at Glasgow Royal Infirmary (for 30 bikes) and three new shelters at Stobhill Hospital (30 bikes), each helping to keep cycles secure.

Bike hire schemes such as Next Bike in Glasgow are also available at a number of our sites allowing those who are able the opportunity to travel to hospital or their local health centre by bike.

Denis Sweeney, Travel Planning and Systems Manager, said: "Cycling is not only good for your health, but it saves you time and money, is much better for the environment and can really impact positively on your mental health.

"Walking and cycling maps are available for all our acute sites. The maps can help you identify walking and cycling routes, public transport options and access points surrounding our acute sites. They also have information on staff changing facilities and secure cycle storage options."

The Cycle to Work scheme means you can buy a new bike and accessories and spread the cost over 6 or 12 months with salary deduction. With an upper limit of £4,000 even more staff can become regular cyclists and afford higher-priced items like e-bikes and have the opportunity to explore cycling as an option for their commute.

Or if you don't quite fancy cycling to work just yet, perhaps it's time to dust off the bike and remember that feeling of flying free without the stabilisers.

For more information on the Cycle to Work scheme, please click here or contact Travel Plan Office at [travelpo@ggc.scot.nhs.uk](mailto:travelpo@ggc.scot.nhs.uk)

Not sure where to start? Have a look here: <https://www.sustrans.org.uk/our-blog/get-active/2019/everyday-walking-and-cycling/how-to-start-cycling-to-work/>

## Your Posture Matters

Today is the launch of Your Posture Matters. The national postural care group, supported by NHS Education Scotland and [Promoting A More Inclusive Scotland \(PAMIS\)](#), have developed resources to provide practical help and guidance to those with postural difficulties.

This national strategy puts posture at the heart of care for people with movement difficulties. Your Posture Matters is a suite of resources including a strategy with guiding ambitions and recommendations, a learning framework to support educational development and promotional booklets and posters to support greater understanding of protecting people's posture.

Your Posture Matters aims to inspire service provision across Scotland to work together to minimise body shape distortion for all individuals with a movement difficulty. A number of teams from across NHSGGC have been instrumental in the creation of Your Posture Matters, and videos of some of their work are also available.

Your Posture Matters can be found on the Turas learning site. To find out more, click [here](#).

Please keep up-to-date with the latest guidance on our dedicated web pages at: [www.nhsggc.org.uk/covid19](http://www.nhsggc.org.uk/covid19). If you have any questions about the current situation please check the [FAQs](#) first. If you have any further questions, please email: [staff.covid19@ggc.scot.nhs.uk](mailto:staff.covid19@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**