

Core brief

Daily update
(5 May 2022, 2.40pm)

Topics in this Core Brief:

- International Day of the Midwife 2022
- Demystifying Death Week 2022
- ScotRail – Anderston Tunnel reopening
- Active Staff



International Day of the Midwife 2022

Today is International Day of the Midwife and we want to celebrate our midwives for the excellent person centred care they all provide to women and their families every day.

These past couple of years, midwives have met extraordinary circumstances and have put their patients first, continuing to provide excellent care to women and their families. Today is their day to celebrate!

Follow the celebrations and show your support for our midwives on Twitter @NHSGGC #IDM2022

As part of our celebrations we talked to Kirsty Johnstone, who embarked on a career as a midwife, after being inspired by her own experience of childbirth and the care she received.

Kirsty is juggling her first year midwifery studies at University of the West of Scotland, with being mum to Charlie and Ella.

Kirsty explained: “It was March 2020 and I was 20 weeks pregnant with my daughter when I was furloughed. While it gave me the chance to relax a bit and enjoy my pregnancy, it was also an uncertain time both from a job perspective and being pregnant in a world pandemic.



“I made the decision just after Ella was born to get myself a proper career. I had loved being pregnant both times and had been fascinated with the whole process.

“Holly was my community midwife with Charlie and all the way through with Ella, so we built up a very special bond. I had a water birth and it was perfect – I was even home after six hours!

Angela O'Neill, Deputy Nurse Director, said: “Across NHSGGC we have more than 550 midwives who provide a crucial service to thousands of woman every year, including delivering more than 12,000 babies. With the support of our midwives we aim to give our students the best possible learning

experience. Working closely with universities we enable current and future midwives to get the training they need to provide some of the best maternity care in the world and help ensure a flow of new midwives into the service.”

[Read Kirsty’s full story here.](#)

As part of our celebrations STV have also been in to the Maternity Unit at the RAH interviewing midwives and students on their experiences during the pandemic and how they responded. Watch STV news at 6pm tonight to see your colleagues in the limelight.



Demystifying Death Week 2022

Demystifying Death Week is continuing with more staff training, another opportunity to eat some cake at our Death Café and a session aiming to demystify the dying process with the Palliative Care Team! Register via the [Events Pages](#) of the [Anticipatory Care Planning webpages](#). All free, all online – we look forward to seeing you there!

demystifying death week 2-6 May 2022

Thursday 5th May

Topic: Anticipatory Care Planning Communication
 When: Thursday 5th May, 9.30-10.30am
 Who is it for: NHSSGC Health and Social Care Staff, Care Homes & 3rd Sector
 Delivered by: ACP Programme Fully Booked Limited to 10 Places only

Topic: ACP and TEPs
 When: Thursday 5th May, 4.00-5.00pm Online Teams
 Who is it for: NHSSGC Health and Social Care Staff, Care Homes & 3rd Sector
 Delivered by: Recorded from NHSSGC’s Realistic Medicine Week in March 2022

Topic: Having Conversations That Matter
 When: Thursday 5th May, 7.00-8.30pm Online Teams
 Who is it for: NHSSGC Health and Social Care Staff, Care Homes & 3rd Sector
 Delivered by: The Spiritual Care Team and the ACP Team Limited to 8 Places only

Friday 6th May

Topic: Death Cafe
 When: Friday 6th May, 10.00-11.00am
 Who is it for: Open to all - Members of the Public
 Delivered by: ACP Programme Fully Booked Limited to 8 Places only

Topic: What Happens When Someone is Dying
 When: Friday 6th May, 1.00-2.00pm Online Teams
 Who is it for: Open to all - Members of the Public and Staff
 Delivered by: ACP Programme and a Palliative Care Professional

ScotRail – Anderston Tunnel reopening

ScotRail have confirmed the work on Anderston Tunnel will be completed on schedule and services to and from Glasgow Central Station Low Level will return to normal from Monday 9 May. Please note Anderson station will remain closed until 6 June. More information is available from [ScotRail](#).

Active Staff

At Active Staff we're pleased to be bringing a new online class. From Saturday 14 May staff will be able to take advantage of our FREE Boxercise class.



What is Boxercise? What will a Boxercise session do for me?

- Raise your heart rate and cardiovascular fitness
- Improve your overall fitness levels
- Help release stress
- Improve mental agility, concentration and focus
- Help burn fat
- Tone muscles
- Improve hand-eye coordination, motor skills and reaction time
- Improve your balance and timing
- Boost self-esteem and mental health

When will the class run?

When: Saturdays 10:00
Where: Teams Video
Cost: FREE

How do I register?

You can register for all our classes by following the instructions at:
<https://link.webpolsurveys.com/S/3826EBBC828300CC>

Don't forget! – we also have lots of other classes online or outdoor! You can book these at the link above too.

If you have any questions get in touch at activestaff.legacy2014@ggc.scot.nhs.uk

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](#).

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](#)