

Core brief

Daily update (1 September 2025, 9.45am)

Topics in this Core Brief include:

- Kindness and civility at work – have your say in two minutes
- It's National Wellbeing Week!
- Book your space in September's free Active Staff classes - including yoga and Pilates
- Training opportunity – Introduction to Health Literacy (16 September)

Kindness and civility at work – have your say in two minutes

To support our work to promote civility across NHSGGC sites, we invite staff to complete a quick, anonymous survey on kindness, support, and appreciation at work.



The survey takes under two minutes to complete and contains 8 quick questions, with an optional section to share your personal positive or negative experiences at work.

Complete the survey and help us in our efforts to promote civility at NHSGGC: <https://forms.office.com/e/AzvGuUZRZc>

It's National Wellbeing Week!

National Wellbeing Week 2025 takes place from Monday 1st to Sunday 7th September, offering a week-long programme of free online sessions designed for professionals across health, social care, social work, local government and the third sector.

This year's theme, 'Supporting Workplace Culture', invites individuals and teams to come together to explore, discuss and learn about building positive work environments. With more than 35 diverse sessions led by inspiring speakers from across Scotland, there's something for everyone. Share this

opportunity with your colleagues and networks, to help foster meaningful conversations that promote wellbeing in the workplace.

The week is being coordinated by the National Wellbeing Champions, a network of leaders in wellbeing representing health, social work, and social care organisations across Scotland, with support from the Scottish Government.

Head to their website for more information and to register for sessions:
[National Wellbeing Week 2025 - National Wellbeing Hub](#)

Book your space in September's free Active Staff classes - including yoga and Pilates

September classes are available to book now! The Active Staff team are offering free online and in-person classes including:

- Pilates
- Strength & Mobility
- Let's Get Moving
- Stretch & Tone
- Yoga
- Bootcamps

An additional date has also been added for yoga at the GRI on 30th September.

Visit the [Active Staff webpage](#) to find out more about all the free classes/events we run.

To book any of these free activities, please use the [Active Staff Booking Form](#) or scan the QR code.



Training Opportunity - Introduction to Health Literacy (16 September)

What is Health Literacy?

Health literacy is the ability of people to act on health information to make appropriate decisions and live healthier lives. For NHSGGC staff, it's about ensuring we communicate with our patients and their carers in the right way so they can make informed choices and enable shared decision making about their treatment and care.

To find out why it is important and what you can do about it we are running a number of short 45-minute sessions covering easy-to-learn Health Literacy techniques to improve patient care.

Course: Introduction to Health Literacy

Date: Tuesday 16 September 2025

Time: 11.30am – 12.15pm

Booking link: [book a place](#)

Remember, for all your latest news stories, visit the Staffnet Hub:

[GGC-Staffnet Hub - Home \(sharepoint.com\)](#)

The poster features a dark blue header with the NHS logo and the text 'Getting the right care is as easy as ABC'. Below the header are three columns, each with a large letter and a corresponding instruction: 'A Ask yourself', 'B Be aware', and 'C Call 111'. The 'A' column includes a house icon and text about NHS Inform and the NHS 24 App. The 'B' column includes text about local services like GPs, pharmacies, and opticians. The 'C' column includes a '24' icon and text about calling NHS 24 on 111. At the bottom, there is a dark blue footer with the text 'Unless it's an emergency - think ABC before visiting A&E. For more information: www.nhsggc.scot/rcrp' and a QR code.

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](#)