

NHSGGC

Core Brief



Daily update
(10 April 2026, 12.00pm)

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Digital Type 2 Diabetes Remission Programme - Information for Staff

The digital programme aims to:

- Support adults living with Type 2 Diabetes (T2D) to achieve clinically significant weight loss and, for many, remission
- Reduce long-term risks of diabetes-related conditions
- Provide digital support tools and virtual coaching
- Reduce demand on diabetes and long term conditions services.

The programme lasts 12 months and support is entirely online. It includes three stages:

1. Total Diet Replacement (TDR) – 12 weeks

- Nutritionally complete soups and shakes
- Approx. 800–900 kcal per day

2. Food Reintroduction – 6 weeks

- Gradual reintroduction of everyday foods

3. Maintenance Phase

- Ongoing support to maintain a healthy weight and embed sustainable lifestyle habits

Find out more about the programme, eligibility criteria, and links to resources [on Staffnet](#).

New Starts Collaborative Conversations

We are always looking for ways to improve the experience of new people joining NHSGGC.

We regularly run Collaborative Conversations which provide an opportunity for us to hear about new staff's experience of joining the organisation - what went well during recruitment, the onboarding experience and impressions during the first few months in post. We are always keen to understand what went well and use feedback to identify any areas we can improve.

The next round of Collaborative Conversations for new starts is scheduled for May 2026. The sessions are for staff who started with NHSGGC between November 2025 and March 2026.

Details of the conversations are below, so please use the links to sign up to either session. If you have a new colleague, please share this opportunity with them. The more staff we hear from, the more we can learn.

- (In-person) Monday 11 May 2026 from 3.00pm to 4.30pm, Teaching and Learning Centre on the Queen Elizabeth University Hospital Campus, Room L2-006

<https://link.webpolsurveys.com/EP/ED571EF2298066FB>

- (TEAMS) Tuesday 12 May 2026 from 1.00pm to 2.30pm

<https://link.webpolsurveys.com/EP/236459BF5D835D5C>

Please contact Staff Experience Team at: ggc.staffexperience@nhs.scot if you would like more information, or you have any questions.

Use of AI Tools

NHSGGC continues to develop AI Tools for use within both admin and healthcare settings. All staff are reminded that only approved AI tools may be used by NHSGGC staff and with NHSGGC data. This includes the use of any 'off the shelf' AI Tools or developing the use of existing AI tools that have not been evaluated or approved. Information on AI tools approved for use is available from Digital Services [on Staffnet](#).

Guidance on the approval of further AI tools is available in the [NHSGGC AI Guidance](#) which should be followed by staff who wish to suggest or explore a use for AI tools. This guidance is part of the NHSGGC IT Security Acceptable Use Policy.

Approved NHSGGC eHealth and Research & Innovation projects are currently evaluating and advancing the implementation of future AI solutions and contributing to the development of AI use policy in health and social care at

both NHSGGC and national levels. Further guidance will be issued as this work progresses.

Lets Talk about.... Psychological Safety: What is it and how can I get it?

In recognition of **Stress Awareness Month**, this 20-minute wellbeing webinar explores what it really means to feel psychologically safe at work: to speak up, share ideas, ask questions and admit when things aren't going well, without fear of blame or judgement.

Psychological safety is at the heart of healthy teams, supportive leadership and a workplace culture where people feel connected, confident and supported.

Whether you manage a team and are looking for small, practical actions to set the tone for a psychologically safe culture, or are part of a team, this session shows how everyone can play a part in shaping a supportive workplace.

The session will include:

- How psychological safety shows up in everyday work
- Why it matters for wellbeing, teamwork and organisational culture
- Practical actions managers and team members can take
- Where to find guidance and resources.

Be the Change: taking a few minutes to explore this could help you lead or be part of a team that feels safer, more supported and more connected.

Webinar Details:

Monday 27 April 2.00pm- 2.20pm, MS Teams

[Book your space here!](#)

Can't make it? Recordings and slides will be available on the [webinars SharePoint](#).

Over **90% of participants say they would recommend these webinars to colleagues**, making these sessions a trusted, practical way to support wellbeing and positive workplace culture.



You can also sign up for upcoming webinars:

- **Wednesday 27 May, 10.00am** [Let's Talk about...Trauma in the Workplace: Protecting your wellbeing while supporting others](#)
- **Monday 29 June, 10.00am** [Managing Your Health: Understanding diabetes](#)
- **Thursday 30 July, 11.00am** [Move More, Feel Better: simple strategies for busy staff](#)

Care Home Collaborative – April newsletter

The April edition of the Care Home Collaborative newsletter is out now.

In this issue we feature:

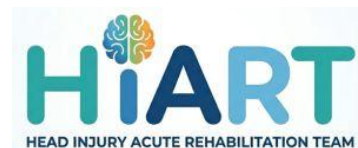
- Golfhill - Chef of the Year Competition
- SPAR Launch at Renfrew Care Home
- World Hand Hygiene Day 2026
- WestMARC
- Meet the Team - Leanne
- Reflection Corner
- Wound Care Study Day
- Resources and Learning Resources.



And much more! Click [here](#) to view the newsletter.

Meet the Head Injury Acute Rehab Team

We are delighted to introduce the new Head Injury Acute Rehabilitation Team (HiART), which was previously called the Hyperacute Major Trauma in reach team.



Across the Queen Elizabeth University Hospital, patients with traumatic head injuries are being managed across a range of specialities and wards out with the major trauma service. HiART will enhance our major trauma service helping realise the Scottish Trauma Networks aim of Saving Lives. Giving Life back.

HiART will ensure that patients with head injuries have access to early, specialist assessment and rehabilitation, irrespective of their ward location or complexity of rehabilitation needs. Evidence shows that providing early and intensive multi-disciplinary rehabilitation for head injury patients can significantly improve their outcomes.

The team is composed of experienced and enthusiastic rehab co-ordinators, occupational therapists, speech and language therapists, dietitians, physiotherapists, psychologists, and rehabilitation medicine colleagues. They are keen to improve outcomes, raise awareness and build relationships with colleagues across the QEUH.

The team will work with existing services to identify and follow up on patients. They welcome any contact from staff who want to discuss any patients they feel would benefit from the service. If in doubt, please:

'Think Head injury? Think HiART'

For further details on the team, referral pathway and any questions please contact: tel: 0141 452 3906 or email: ggc.headinjuryacuterehabteam@nhs.scot



Remember, for all your latest news stories, visit the Staffnet Hub:
[GGC-Staffnet Hub - Home \(sharepoint.com\)](https://sharepoint.com)



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 the [website](#)**