



Daily update
(10 December 2025, 12.10pm)

Topics in this Core Brief include:

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Looking after yourself and others – New sessions for 2026

At the end of 2025 we are pleased to share that over 6,000 colleagues have now taken part in our 'Looking after yourself and others sessions', - a practical and supportive 45-minute session designed to help staff reflect on stress and improve overall wellbeing.



These sessions focus on stress management, self-care and simple techniques such as breathing and relaxation – giving you space to consider your own needs and take meaningful action.

Here's what colleagues have said:

- "Very practical in approach and made me feel positive about how changes could be made."
- "After a tough week mentally, it really helped me unwind."
- "The session focused on you the person and was not generic."
- "The de-stressing exercise was great – it really showed how to get rid of pent-up frustration by tensing and relaxing again."

If you haven't participated yet we encourage you to come along and gain practical strategies to support your wellbeing. Many colleagues tell us they didn't realise how much they needed a short pause until they attended and most leave with at least one technique they use for future.

These sessions are delivered online via Teams, open to all staff across our organisation and HSCPs, and you will leave with your own personalised wellbeing plan. They are simple to join, require no preparation and offer a small wellbeing reset in the middle of your week.

2026 Upcoming Sessions:

- 19 January 2.00pm - [Book here](#)
- 17 February 10.00am - [Book here](#)

- 23 March 12.00pm - [Book here](#)
- 22 April 3.00pm - [Book here](#)
- 15 May 1.00pm - [Book here](#)
- 17 June 4.00pm - [Book here](#)

Please feel free to share with colleagues who may also benefit. You can also visit our website for future dates [Peer Support Network - NHSGGC](#) or information on how to access the LearnPro e-learning module.

Are you a member of staff who is Deaf or a BSL user?

NHSGGC has developed a range of actions to improve recruitment and retention of staff who are Deaf or BSL users. This includes working with schools and colleges to raise awareness of NHS careers and reasonable adjustments available.

We need you to get involved! Staff will have protected time to do awareness sessions in schools and colleges. A training and support programme will be available for Deaf / BSL using staff who wish to be involved. Please contact paul.hull@nhs.scot if you would like to be involved.

Even if you don't fancy doing outreach, would you like your details about being Deaf / BSL user on your EEES record? Generally, recording of staff disability status is low in NHSGGC. If any member of staff wishes their disability recorded on EEES, just email steven.munce@nhs.scot and this will be arranged. This would help NHSGGC immensely in tracking increases in recruiting Deaf and BSL users and staff with other disabilities and may help you if you change jobs.

Staff Spotlight: Maria Flynn's Journey with Access to Work

Throughout Disability History Month, we aim to share experiences that help illuminate the support available across NHSGGC. Today, we hear from **Maria Flynn**, a Business Support Assistant, who shares her recent experience with the **Access to Work** programme – a vital service for disabled colleagues.

Getting the Right Support

Maria has been living with **Psoriatic Arthritis** for over 27 years. After seven years of working full-time, her consultant advised her that the strain was taking its toll and recommended a reduction in hours, alongside reaching out to Access to Work and Occupational Health.

Maria's line manager was incredibly supportive, granting the adjustment to a four-day working week. This flexibility, coupled with Maria's existing Occupational Health (OH) adjustments – including a riser desk and tracker ball mouse – provided a foundation of support.

The Access to Work Review

Seeking further bespoke assistance, Maria applied for the government's **Access to Work (ATW)** scheme.

Maria said: "I recently went through the Access to Work programme, which I hope helps

others with disabilities.

"The ATW advisor conducted an extensive virtual workplace review last month. I was so impressed; the advisor was extremely knowledgeable, recommending several pieces of equipment."

Maria needed equipment tailored to her specific needs, particularly given her height. As she explains: "I chose an ergonomic keyboard and an Occupational Health chair tailored to fit my specific needs and measurements. My existing OH chair does not adjust enough to fit someone so short and therefore does not provide much support."

A Highly Recommended Service

Maria highly recommends the service, praising the breadth of knowledge and understanding shown for specific needs. ATW offers a 30-day equipment trial period, meaning items can be returned if they don't suit.

Maria adds: "I would highly recommended this service, though I do want to mention that there was an eight-month waiting time, which is something to be aware of if you are considering applying."

Maria's experience demonstrates that while the process can take time, the tailored, specialist support provided by Access to Work can be transformative for a disabled colleague's work life.

Need to Know More? Support and Resources

Maria's story highlights the importance of using the support systems available. If you have a disability or long-term health condition, or if you are a manager supporting a colleague, please utilise the resources below:

- **Occupational Health** - Contact your local NHSGGC Occupational Health service for confidential advice and support. (Email: occhealth@ggc.scot.nhs.uk, Call: [0141 201 0600](tel:01412010600))
- **Reasonable Adjustments** – Guidance on how NHSGGC can best support staff who need [reasonable adjustments](#) can be found on our intranet
- **Workplace Adjustment Passport** – Any member of staff who has a disability has a right to complete a [Workplace Adjustment Passport](#), to document all agreed adjustments.
- **Neurodiversity Support Resources** – Working with our Staff Disability Forum and Neurodiversity sub-group we have developed specific guidance and [resources to support our neurodivergent colleagues](#).
- **Access to Work** - A government scheme providing practical support to help people with a disability or health condition start or stay in work. Find out more: [Access to Work: get support if you have a disability or health condition](#)

Join the Forum

If you are passionate about promoting disability equality, or would like to learn more about the forum's work, please join our mailing list:

ggc.staffdisabilityforum@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 [website](#)