

NHSGGC

Core Brief



Daily update
(10 October 2025, 12.10pm)

Topics in this Core Brief include:

- Data Security Spotlight – Suspicious Communications
- Help us boost Realistic Medicine training
- Keep medicines secure at all times
- Let's talk about... webinar: Your Mental Health Toolkit
- Menopause Peer Support Drop-in

Data Security Spotlight – Suspicious Communications

It is important to remember never to click on any links or open any emails or other messages which look even remotely suspicious. If you suspect you have received anything to your work email address containing malicious content you must report it to:

spam@ggc.scot.nhs.uk

Help us boost Realistic Medicine training

Realistic Medicine is about putting people at the centre of care. It's about personalised care and shared decision-making with patients and their families. It empowers patients to understand risks and encourages clinicians to adopt practices that reduce waste and harm while tackling unwarranted variation through innovation and improvement.

This year, the Scottish Government set an ambition for all health and care staff to increase their awareness and understanding of Realistic Medicine. While some staff have already completed the training available on Turas, we know there's still many more members of staff who would get so much from this training – especially with the *Shared Decision Making* module.

All staff play a vital role in shaping how Realistic Medicine is embedded in our culture, so we are asking you complete the training by **31 October 2025**.

The module can be accessed here: <https://learn.nes.nhs.scot/63069>

You can also help by encouraging your colleagues to undertake the training as well!

That's where the Power of 10 comes in.

We're asking each of you to encourage at least 10 colleagues in your service to complete the training by 31 October 2025. And if each of them can then inspire 10 more, we'll create a ripple effect that reaches right across NHSGGC.

Together, we can strengthen our collective understanding of Realistic Medicine and make it an everyday part of how we work.



Keep medicines secure at all times

It is important for all staff to know how to escalate any concerns over suspicious activities or breaches in medication security.



Remember, medication security is everyone's responsibility, and your vigilance is key to maintaining a safe environment for our staff and patients.

If you notice a potential medication security concern, please **speak up** and report it to your line manager immediately.

Local controlled drug governance escalation protocols should be followed where appropriate. We understand that in some situations raising a concern may be difficult – support can be sought from Confidential Contacts. All discussions will be handled with discretion and support.

For more information, please click the following link: [Confidential Contacts - NHSGGC](#) or scan the QR code above.

Let's talk about... webinar: Your Mental Health Toolkit



Special Wellbeing Webinar – In the lead-up to International Stress Awareness Week (3–7 November).

To mark International Stress Awareness Week, we're running an extended 40-minute wellbeing webinar focused on simple, practical ways to look after your mental health especially during busy or challenging times.

We'll explore small steps that can make a big difference, like spotting early signs of stress, calming techniques, and ideas for building healthy habits. You'll also hear about support and resources available to you.

Come along and take time for yourself, as we keep building a workplace where looking after mental health is supported, encouraged, and never something you have to manage alone.

Thursday 23 October, 2.00pm – 2.40pm, MS Teams

[Book your space here](#)

Sign up for our other upcoming webinars:
[Let's talk about... Addressing men's health](#)
[Let's talk about... Changing habits for the better](#)

Recordings of past webinars can be watched on the [webinars SharePoint](#)

Menopause Peer Support Drop-in

Let's chat about menopause and support each other!

**Wednesday 22 October 2025, 12.30pm, MS Teams,
please scan the QR code or link below to register:**



[Menopause Peer Support Drop In Session - 22 October 2025: Registration Powered by Webropol](#)

12.30pm – 12.35pm: Welcome and signposting
12.35pm – 1.15pm: Menopause conversations



We will chat about our experiences and thoughts about menopause and support each other in a group. The Peer Supporters will be there to help facilitate, guide and support.

Please join us, whether you're going through menopause, thinking about what it might be like in the future or supporting others through it!

We just ask that you keep the discussions respectful and confidential, and only share what you're comfortable with.

More details available on the [Menopause Peer Support Hub Sharepoint](#).

Please get in touch for any questions: ggc.peer.support@nhs.scot

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

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





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](#)