Daily update
(11 March 2026, 3.15pm)

Topics in this Core Brief include:
- Let's talk about... Tired? Understanding and improving your sleep
- Invitation: Virtual Group Consultation for Menopause
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- World Delirium Awareness Day 2026 is here!
- Support for staff who smoke

Let's talk about.... Tired? Understanding and improving your sleep

Struggling to get a good night's sleep? You're not alone many of us find it hard to rest well, especially with work and life pressures.

This March, in recognition of **World Sleep Day on 13 March**, we're encouraging everyone to prioritise sleep health because better sleep helps us feel better, think clearer and live healthier.

Our **20-minute wellbeing webinar** will give you practical, achievable ways to improve your sleep and boost your energy.

You'll learn:
- How sleep affects your physical and mental wellbeing
- Simple techniques to improve your sleep quality
- Guidance on useful resources and support available

Webinar Details:
Thursday 26 March 1.00pm – 1.20pm, MS Teams
Book your space here!

Can't make it? Recordings and slides are available on webinars SharePoint.

Over **90% of participants say they would recommend these webinars to colleagues**, making them a trusted, practical way to support your wellbeing.

Investing just **20 minutes** could help you sleep better tonight.

You can also sign up for upcoming webinars:

- **Monday 27 April, 2.00pm** Lets talk about... Psychological Safety: What is it and how can I get it?
- **Wednesday 27 May, 10.00am** Lets Talk about...Trauma in the Workplace: Protecting your wellbeing while supporting others
- **Monday 29 June, 10.00am** Managing Your Health: Understanding diabetes

Invitation: Virtual Group Consultation for Menopause

As part of the Staff Wellbeing support provided via the 2025-2030 Workforce Strategy, we are pleased to invite you to register for a virtual group consultation focused on menopause. These sessions are designed to provide a safe and supportive space to discuss experiences, concerns, and strategies related to menopause. Feedback from previous events has been very positive and the sessions are highly recommended.

Upcoming dates: 28 April, 26 May, 23 June
Time: 10.00am to 11.30am
Platform: Microsoft Teams

These consultations will be led by Dr Jenifer Sassarini, who is a gynaecologist and menopause specialist at GRI, and has extensive experience in women's health. The sessions are free for staff to attend.

For more information and to register, please visit https://www.eventbrite.co.uk/e/nhs-ggc-staff-menopause-virtual-group-consultation-tickets-1977262959739?aff=oddtdtcreator

We encourage you to participate in this valuable opportunity to connect with colleagues, share experiences, and learn strategies to navigate the menopause transition with confidence.

Training opportunity - Introduction to Health Literacy - 27 April 2026

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 is it important and what you can do about it, we are running a number of **short 45min sessions** covering easy-to-learn Health Literacy techniques to improve patient care.

Course: **Introduction to Health Literacy**
Date: **Monday 27 April 2026**
Time: **11.30am – 12.15pm**
Booking Link: book a place

World Delirium Awareness Day 2026 is here!

Today we join colleagues across NHSGGC – and around the world – in shining a light on delirium by taking part in **World Delirium Awareness Day 2026 (WDAD26).**

WDAD is our annual opportunity to highlight delirium, promote prevention, share good practice and empower staff, patients and families with knowledge that can make a real difference.

Look out on social media
Check Instagram and Facebook for updates throughout the day – and don't forget to **tag NHSGGC** in any posts about your WDAD26 activities!

Get involved across NHSGGC
There's so much going on: information stalls, 'Great Delirium Bake Off' competitions, "delirium detectives," "delirium traitors" and even a chance to 'Spill the Tea' on delirium.

Find all the details on the SharePoint site and be ready to learn something new.

Join in from your desk
No need to travel – explore our new covert medication training video and the latest pharmacy blog on SharePoint from the comfort of your own computer or device.

Find TIME for delirium
As we move to Digital Clinical Notes on TrakCare, our purple 4AT/TIME sheets are being phased out – but **4AT and TIME remain essential** for delirium risk reduction, identification and management.

So… can you find TIME today?

Help shape WDAD27
Take a moment to complete the Webropol survey which aims to establish a baseline of knowledge and confidence around delirium care. Your responses will help us understand current perspectives and inform future plans for WDAD Let's see just how much impact we can make together this WDAD26.

Support for staff who smoke

It's No Smoking Day today (11 March) and it's the perfect time for anyone who smokes to start their new, smoke-free life.

Stopping smoking is one of the best ways to improve your health and save money, and the Quit Your Way team is here to help in a way that works for you.

All it takes is:

- A call: 0141 451 6112
- A click: ggc.quityourway.smokefreestaff@nhs.scot
- Or a scan the QR code right.

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 website**