

# Core brief

## Daily update

(11 May 2022, 2pm)

Topics in this Core Brief:

- iMatter – only 5 days till the survey officially opens for cohort one
- Peer Support Framework and Mental Health Awareness Week – Learn How to Care for Ourselves
- KSF PDP&R reviewers – Live 60 minute webinar dates
- Webinar series on management of frail, older adults
- International Nurses Day – 12 May 2022

The graphic features the text 'Why iMatter? Because your voice matters' in a blue and white color scheme. Below this, it lists the departments where the survey is open: Chief Executive's Office, Acute SMT, HR & OD, Corporate Communications and Public Engagement, Public Health, Specialist Children's Services, Oral Health or East Dunbartonshire HSCP. A large blue box highlights '5 days' in white text. At the bottom, it states 'The survey will be open for three weeks to allow everyone an opportunity to take part.' and provides contact information: 'For further information, visit HR Connect or email us at: [imatter@ggc.scot.nhs.uk](mailto:imatter@ggc.scot.nhs.uk)'. The graphic is decorated with several circular icons of diverse healthcare professionals.

## Message from Anne MacPherson, Director of HR and Organisational Development - iMatter

Thank you to everyone who has been working hard to prepare information and teams for iMatter 2022. As we launch the iMatter questionnaire for Cohort 1 teams from 16 May 2022, I encourage everyone to take the opportunity to complete the questionnaire and feedback on their experience.

The outcomes we received from our 2021 questionnaire has been invaluable in shaping the actions in our local Workforce Strategy and helping continuous development in local teams. This is a great opportunity to input and help shape our actions beyond 2022.

We recognise it is still a challenging time for you and appreciate the time taken to complete the questionnaire, your feedback is invaluable in driving forward continuous improvement and building our Better Workplace in NHS Greater Glasgow and Clyde.

## Peer Support Framework and Mental Health Awareness Week

## Section 3 Wellbeing - Learn how to care for ourselves



- It might be our instinct to always help others first, but this can lead to burnout over the long term
- To provide good care for others we must first be in a good position to do this
- This means we must look after ourselves so we can care for others
- If we don't look after ourselves we won't have the resources to care for others
- How the ABC of self-care can help – Awareness, Balance, Connections

To find out more, you can access the full module on: Learnpro - GGC 277: Introduction to Psychological Safety [learnPro NHS - Login \(learnprouk.com\)](https://learnpro.nhs.uk/login) . The module is also available for NHSGGC HSCP social care staff on their Local Authority learning platforms.

Further resources for staff mental health and wellbeing can be found on HR Connect [NHSGGC : Mental Health & Wellbeing](#)

### KSF PDP&R Reviewers - Live 60 minute Webinar dates May and June 2022

New May and June dates are available for 60 minute live webinars supporting KSF Reviewers/Managers. The purpose of the session is to refresh tools and techniques for powerful PDP&R conversations that can support wellbeing and development. Topics include:

1. Planning for a high quality conversation to make the experience meaningful and effective
2. Building discussion around wellbeing and development
3. Practical ways to ensure the conversation is captured and complete

To book click the links below:

Wednesday 18 May 3.30 pm [Click here to book](#)

Tuesday 7 June 8.30 am [Click here to book](#)

Wednesday 29 June 3.30 pm [Click here to book](#)

Further resources and support are available on HR Connect here - [NHSGGC : Personal Development Planning and Review](#)

## Webinar series on management of frail, older adults

The next webinar is on Tuesday 17 May at 7.30pm: Tips for management of heart failure in older adults living with frailty.

Dr Hill (consultant in older people's services) and Yvonne Millerick (heart failure specialist nurse) will discuss heart failure management in older, frailer adults with a focus on Heart Failure with preserved Ejection Fraction (HFpEF).

Please register using this link:

[https://us02web.zoom.us/meeting/register/tZ0rcOqoqjsqHda-EcbadMno5PthM\\_YZb-l-](https://us02web.zoom.us/meeting/register/tZ0rcOqoqjsqHda-EcbadMno5PthM_YZb-l-)



## International Nurses Day – 12 May 2022

Tomorrow is International Nurses Day and we want to join in the celebrations with you. Share your stories on social media about a colleague or an example of care you provided, or care provided to yourself or a loved one. Nurses' Day is your opportunity to share that story and say thank you.

Don't forget to tag us @NHSGGC and hashtag #BestOfNursing #NursesDay



Please keep up-to-date with the latest guidance on our dedicated web pages at: [www.nhsggc.scot](http://www.nhsggc.scot). If you have any questions about the current situation please check the FAQs first. If you have any further questions, please email: [HR.Support@ggc.scot.nhs.uk](mailto:HR.Support@ggc.scot.nhs.uk)

\*\*\*Staff are reminded to make sure their [personal contact details are up to date on eESS](#).\*\*\*

**Are your contact details up-to-date? [Click here](#) to check**