

NHSGGC

# Core Brief



## Message from the Chief Executive, Professor Jann Gardner (12 January 2026, 10:50am)

**In such busy times for us all, supporting each other is more important than ever.**

Following feedback from our latest Hackathon where we focused on culture, we want to shout about some of the great initiatives we have at NHSGGC to support our colleagues.



Our Peer Support Programme is a great example of this, with **more than 1,000** Peer Supporters now trained across NHS Greater Glasgow and Clyde and our wider Health and Social Care Partnerships. That's around **1 in 45 of us** trained up and ready to help our colleagues!

Now, the Peer Support Programme has become far more than a wellbeing initiative. It reflects a shared commitment to building a kinder, more connected and more psychologically safe culture, enabling our colleagues to look after themselves and each other.

But what does the Peer Support Programme look like? And how can you get involved?

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### Level 1 – Looking After Yourself and Others sessions

The programme is grounded in Health Psychology and begins with the Looking After Yourself and Others sessions. These short, practical 45-minute sessions help you to understand stress, strengthen coping strategies, and recognise when colleagues may need additional support. These sessions are open to all staff and focus primarily on supporting your own wellbeing, while also helping you notice when colleagues may need extra support. Staff also leave with a simple, personalised self-care plan to use in their day to day lives.

This early, preventative approach helps to normalise conversations about

wellbeing and take small but meaningful actions to support yourself. More than 6,200 staff have now taken part, and you can [sign up for these sessions here](https://www.nhsggc.scot/staff-recruitment/hrconnect/occupational-health/peer-support-network/).

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## Level 2 – Peer Support Training

Building on this, our Peer Support Training is for staff who are able and willing to become Peer Supporters, offering a compassionate listening ear to colleagues. The training equips you with the confidence and skills to provide informal support grounded in psychological first aid.

This means colleagues can access support from trained Peer Supporters, not just those they already know.

## Colleagues who have benefitted

*My conversations with Peer Support made me realise that simple methods of talking about how I was feeling can have such an impact.*

*It helps me feel safe to come into work knowing someone is there to support me.*

*Their reassurance reminded me that small things can make a difference.*

Peer Supporters also describe how being part of the network has changed them, increasing their understanding, deepening empathy, and helping shift the wider culture. Many describe feeling more connected to colleagues, confident in recognising distress, and proud to contribute to a kinder working environment.

As one Peer Supporter shared, offering support has “helped me grow personally and professionally — it’s changed how I show up at work.”

If you’d like to become a Peer Supporter, you can find more information and [sign up for Level 2 Training here](#).

<https://www.nhsggc.scot/staff-recruitment/hrconnect/occupational-health/peer-support-network/>

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### Peer Support Hubs and Wellbeing Webinars

Our Peer Support Hubs continue to grow too, bringing people together around shared experiences — from LGBTQ+ staff, to those navigating bereavement, menopause, or caring responsibilities. These hubs provide safe spaces where people can feel seen, heard, and understood.

Complementing this is our series of short “Let’s Talk About...” Wellbeing Webinars, offering practical behaviour change strategies around various wellbeing topics such as sleep, psychological safety, changing habits that staff can build into everyday routines. These sessions make it easier for people to

look after their wellbeing in small, sustainable ways. Recordings of previous sessions and details of upcoming webinars be found on our [Sharepoint page](#).

As our network continues to grow, so does our collective commitment to compassion, connection, and the psychological safety of our workforce. As we discussed in our recent culture Hackathon, we are committed to working together to build a workplace where staff feel supported as colleagues and as people, where no one has to face difficult days alone.

For more information on Peer Support, visit the [NHSGGC website](#) or contact the peer support team on [ggc.peer.support@nhs.scot](mailto:ggc.peer.support@nhs.scot).

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



**Getting the right care is as easy as ABC**

<b>A</b> <b>Ask yourself</b> Do I need to go out? For information on treating minor illnesses and injuries from home, go to NHS Inform or download the NHS 24 App.	<b>B</b> <b>Be aware</b> There is help on your doorstep. Your local GP, pharmacy, dental practice and optician offer a range of services.	<b>C</b> <b>Call 111</b> If it's urgent, or you're unsure, call NHS 24 on 111. They'll get you the care you need.
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**Unless it's an emergency - think ABC before visiting A&E.**  
For more information: [www.nhsggc.scot/rcrp](http://www.nhsggc.scot/rcrp)



\*\*\*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](#)**