

# Core brief

**Daily update**  
**(12 June 2020, 4.15pm)**

Topics in this Core Brief:

- Coaching for Wellbeing
- Gypsy Roma Traveller History Month

## **Coaching for Wellbeing**

“Space to breathe and think and get perspective.”

Hundreds of NHSGGC staff have already benefited from free Coaching for Wellbeing sessions, designed specifically to support all health and social services staff in Scotland during the Covid-19 pandemic.

Coaching is a safe, confidential, enabling and developmental relationship which is tailored to your specific needs. It is delivered by qualified and experienced coaches all of whom have experience of working with and coaching health and social services staff.

Sessions take place digitally using whatever online tools work for you and your coach.

For further information on how coaching could benefit you and details on how to register, see the [information pack](#).

## **Gypsy Roma Traveller History Month**

June is [Gypsy, Roma, Traveller History Month](#). The event recognises the history and celebrates the cultures, traditions and contributions of Gypsy, Roma and Traveller communities in Scotland and elsewhere in the UK. Rich in music, storytelling and crafts, the communities have long been integral to both rural and urban economies and to cultural life.

NHSGGC is proud to support this event and will be highlighting it on social media throughout the month. You can show your support by posting a photo with the [event poster](#). Remember to tag us (@NHSGGC) to spread the word.

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 [StaffNet](#)