

# Core brief

## Daily update

(12 June 2023, 12.35pm)

Topics in this Core Brief:

- Let's talk about... Staff Wellbeing Webinars
- Diabetes Week 2023 – 12–18 June
- Loneliness Awareness Week – 12-18 June 2023

### Let's talk about... Staff Wellbeing Webinars

Colleagues attending *Let's talk about... staff wellbeing* have provided fantastic feedback as part of the event. The webinars, which last for 20 minutes, continue to focus on various topics that we know are important to personal health and wellbeing and are delivered in a format that allows colleagues to take away top tips and share with others.



- *A brilliant way to learn and have 20 minutes of personal time to look after your health as this will most definitely make us all a more productive, healthy employees.*
- *Enjoyed the session, have booked onto the next one. Very useful, will share with my peers.*
- *I think it's important to take this time out of work (or home life) to listen to this.*
- *Great work really helpful in supporting myself and also my team/colleagues who are also feeling overwhelmed at time.*

All are welcome to come and join our Occupational Health Team for the below webinars. Webinars are open to all staff with easy booking access for the sessions you are interested in.

|  |                           |
|--|---------------------------|
| Tuesday 27 June 2023, 11:00                    | <a href="#">Book here</a> |
| <b><i>Let's talk about... Peer Support</i></b> |                           |
| Wednesday 24 July 2023, 15:00                  | <a href="#">Book here</a> |
| <b><i>Let's talk about... Mindfulness</i></b>  |                           |

Thursday 31 August 2023, 12:00

[Book here](#)

***Let's talk about... Balancing your energy levels***

## **Diabetes Week 2023 – 12–18 June**

Diabetes Week is an annual UK-wide initiative devoted to raising awareness of diabetes. During Diabetes week approximately 100 people across NHSGGC will be diagnosed with Type 2 Diabetes, and 25 more with pre-diabetes.



To raise awareness of the importance of diabetes prevention, management and research, the Health Improvement Team will be sharing information across the board's social media channels over the week - @NHSGGC #DiabetesWeek Being a healthy weight is the single most effective action we can take to prevent or reduce the risk from Type 2 Diabetes. This week the Community Weight Management Service is launching our new partnership with both Weight Watchers and Slimming World, in a bid to increase the support available to patients with diabetes and other conditions who are looking to lose weight.

For more information on Type 2 Diabetes and the Weight Management Service, please visit [the Type 2 Diabetes Hub](#).

## **Loneliness Awareness Week – 12-18 June 2023**

Connection Matters - Is loneliness affecting the people you support?

We can all feel lonely at times. Loneliness and feeling isolated can have a major effect on our health and wellbeing – both physically and mentally.

Making even one connection matters, and that's why we're promoting Loneliness Awareness Week from 12 to 18 June. There are things you can do to help yourself or someone you know who is feeling lonely, whether it's someone you support through work or a friend or family member.

Our [flyer](#) and short [film](#) and the [Your Support Your Way Glasgow](#) website show some of the signs to look out for, some things you can do to help and sources of support.

The [Socially Connected Glasgow Strategy](#) shows how we can all work together to reduce social isolation and loneliness.



\*\*\*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](#)