

# Core brief

**Daily update**  
**(12 March 2024, 1.35pm)**

Topics in this Core Brief:

- Pension contributions
- What Matters to You? Day - save the date
- Looking after yourself and others

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

## Pension contributions

Following the October 2023 changes to your pension contributions and how they are calculated, the SPPA have now confirmed that the following contribution rates will apply to all members from 1 April 2023:

Pensionable earnings		Contribution rate
Up to	13,330.00	5.7%
13,331.00	25,367.00	6.1%
25,368.00	30,018.00	6.7%
30,019.00	37,663.00	8.2%
37,664.00	37,830.00	9.8%
37,831.00	39,497.00	10%
39,498.00	48,009.00	10.5%
48,010.00	51,954.00	10.8%
51,955.00	72,656.00	11.3%
72,657.00	and above	13.7%

## What Matters to You? Day - save the date

'What matters to you, matters to us #WMTY24'

'What matters to you?' Day is an annual celebration of putting people at the heart of their care or support. This year celebrations will be held on Thursday 6 June 2024.



What matters to you conversations help teams understand what is really important to each individual person. 'What matters to you?' is an opportunity to stop and think a little more about how we are listening, who we are listening too and what we are doing as a result. When people are involved in decisions about their health and care, it can greatly improve outcomes.

On the week leading up to WMTY day, there will be the opportunity to join WMTY mini lunchtime seminars, on MS Teams, featuring both internal and external presenters. Further information about the seminars, presenters and how to join, will be available soon.

Examples of WMTY conversations, between staff, patients, families and carers throughout NHSGGC, and the positive outcome they have had, will be shared via Core Brief and our social media channels, please look out for these. Previous WMTY case studies can be viewed [here](#).

If you would like to be involved in this year's WMTY celebrations, either by presenting a mini seminar, sharing an example of good WMTY conversations for filming or promoting WMTY Day within your area, please contact: [person.centred@ggc.scot.nhs.uk](mailto:person.centred@ggc.scot.nhs.uk).

## Looking after yourself and others

It is important to keep reminding ourselves of the importance of looking after ourselves and our colleagues. The Peer Support Team are delivering a 45-minute live online version of the eLearning module *Looking after Yourself and Others*, which has received fantastic feedback from staff.



*Looking after Yourself and Others* is a brief intervention rooted in evidence-based techniques to support stress management, providing information on healthy behaviours to support your wellbeing and the wellbeing of others. It is also packed with helpful resources for NHS and HSCP staff in NHSGGC to support your health and wellbeing.

## Topics covered:

1. Understanding what a normal response to stress is
2. Understanding the basic elements of Psychological First Aid (PFA)

3. Learning how look after ourselves
4. Peer Support: Learning how to look after our colleagues/ others.

Please see booking information below:

Date	Time	Book here
Tuesday 19 March 2024	5.00pm – 5.45pm	<a href="#">Book here</a>
Wednesday 3 April 2024	10.00am – 10.45am	<a href="#">Book here</a>
Thursday 18 April 2024	2.00pm – 2.45pm	<a href="#">Book here</a>
Friday 10 May 2024	1.00pm – 1.45pm	<a href="#">Book here</a>
Monday 20 May 2024	3.00pm – 3.45pm	<a href="#">Book here</a>
Saturday 8 June 2024	11.00am – 11.45am	<a href="#">Book here</a>
Tuesday 18 June 2024	4.00pm – 4.45pm	<a href="#">Book here</a>

For a full list of dates throughout the year please visit [Staffnet](#).

For any questions or queries, please contact [peer.support@ggc.scot.nhs.uk](mailto:peer.support@ggc.scot.nhs.uk)



\*\*\*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](#)