

Core brief

Daily update
(12 May 2022, 1.50pm)

Topics in this Core Brief:

- International Nurses Day 2022
- Gum Health Day
- NHSGGC Peer Support Framework and Mental Health Awareness Week
- iMatter – only 4 days till the survey officially opens for cohort one



International Nurses Day 2022

This week NHSGGC have featured a number of nurses to celebrate International Nurses Day and you can view them on our social media channels @NHSGGC on Twitter, Facebook and Instagram and also on our [website!](#)

Our new [Nurse Director, Professor Angela Wallace](#) sends a special message to nurses on their special day. *(To watch the video you may need to copy and paste the link into Microsoft Edge).*

She said: “It is a privilege to wish you all a Happy International Nurses Week and Happy Birthday to Florence Nightingale.”

She pays tribute to all the Nurses and Healthcare Support Workers across NHSGGC and the incredible work you all do. Angela thanks staff for the welcome and looks forward to meeting you all soon.



Don't forget you can share your own stories with us on Twitter @NHSGGC Please use the hashtags #BestOfNursing #NursesDay #NHSGGCIND2022

We would like to say a very big thank you to all of our nurses and wish them a Happy International Nurses Day.

Gum Health Day

Today (Thursday 12 May) is this year's "Gum Health Day". Looking after our gums is a vital way of making sure we have mouths, teeth and bodies that are as healthy as possible.

Gum diseases, such as gingivitis and periodontitis, are very common and often lead to bleeding from gums when brushing your teeth. In some people, gum diseases can develop without the person knowing and it takes a visit to the dentist to identify the problem. If not addressed, gum disease can lead to significant problems such as loose/painful teeth, infections and even teeth falling out.



So, for good gum health remember the following:

- Brush your teeth **and gums** twice a day
- Clean in-between your teeth to remove stubborn areas of plaque
- Visit a dental professional regularly

Happy Gum Health Day!

For more information visit [Hot Topics](#) on StaffNet.

NHSGGC Peer Support Framework and Mental Health Awareness Week

Section 4 Peer Support - How to support our colleagues

- Being aware of how your colleagues are doing
- Provide a friendly ear to listen to them
- Give reassurance that feeling stressed is normal in abnormal circumstances
- Suggest some of the strategies mentioned previously, or to have a recap of this module
- If you are worried about how they are coping, suggest they talk to the line manager, a Peer Supporter or Occupational Health for extra support



To find out more you can access the full module on: Learnpro - GGC 277: Introduction to Psychological Safety [learnPro NHS - Login \(learnprouk.com\)](#) . 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](#)

Why i Matter?

Because your voice matters

If you work in the 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 - the survey officially opens in...

4 days

The survey will be open for three weeks to allow everyone an opportunity to take part.

For further information, visit [HR Connect](#) or email us at: imatter@ggc.scot.nhs.uk



Lateral Flow Tests - Available to all staff working on site

Speak to your line manager about where to collect your test kit, then:



Register
your kit



Test
twice per week



Record
your results

Keep your colleagues and patients safe from COVID-19

Help stop the spread!

Visit: www.nhsggc.org.uk/lfd-stafftesting

Please keep up-to-date with the latest guidance on our dedicated web pages at: 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.

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 [StaffNet](#)