



**Daily update
(12 May 2026, 10.30am)**

Topics in this Core Brief:

- [Primary Care Strategy – Public Awareness](#)
- [Catch Your Breath – Mental Health Awareness Week 2026](#)
- [GGC Medicines Update](#)

Primary Care Strategy – Public Awareness

Today, our focus shifts to public awareness of the Primary Care Strategy. Our new Primary Care hub is now available on the NHSGGC website here: <https://www.nhsggc.scot/primarycare>.

This hub includes the full strategy, executive summary and easy read version, alongside clearer information about Primary Care services and how people can access them.

The strategy reflects our ongoing commitment to helping people navigate Primary Care with confidence, supporting prevention, early help and self-management, and ensuring information is clear and accessible.

A short leadership video that sets out the aims of the strategy and its importance for communities can be found on the hub or here:



Catch Your Breath – Mental Health Awareness Week 2026



As part of this year's **Mental Health Awareness Week 2026 (11–17 May)**, the Occupational Health Psychology and Wellbeing Service would like to thank everyone who took part in our online 10-minute “Catch Your Breath” sessions during Stress Awareness Month in April.

The short guided breathing sessions were created to give staff a brief opportunity to pause, reset and take a moment of calm during busy working days. We were delighted that more than **335 colleagues signed up** across the series, with many sharing positive reflections on the sessions and the difference they made to their day.

Some of the feedback included:

“Needed that so badly today. Thank you.”

“Amazing. Thank you. I'd like this every day.”

“Been on a few now and it is really good and very helpful.”

Due to the positive response, staff can now access a downloadable audio recording of one of the guided breathing practices to use whenever they need a moment to pause and reset.

[Mindful Breathing Guided Exercise - NHSGGC](#)

Even a few minutes of slowing down and focusing on your breathing can help create a sense of calm and support wellbeing throughout the working day. We hope colleagues continue to make use of the recording.

If you can't join live, you can also access breathing exercises through our [Looking After Yourself and Others sessions](#) (once on the site scroll down to level 1) or through our elearning module on Learnpro (search for GGC 227 Looking After Yourself and Others) or [Staff Mindfulness](#) or our [recorded wellbeing webinars](#).



GGC Medicines Update is a series of blogs with important medicines related messages relevant to all healthcare professionals across NHSGGC. Please see below for new blogs and relevant updates.

New blogs

Click on the following links to access the recently published Medicines Update blogs.

- [NHSGGC Direct Oral Anticoagulant \(DOAC\) Patient Information Booklet and Alert Card for Adult Patients – Update](#)
- [Introducing Proxor® MDI as first line ICS+LABA metered dose inhaler option within NHSGGC](#)

- [Apremilast - Changes to prescribing and dispensing arrangements within NHSGGC](#)
- [GGC Guideline Update: Heparin dose adjustment in the presence of renal impairment](#)

Updated blogs

Click on the following links to access the recently updated Medicines Update blogs.

- [Managing adult patients' Hepatitis C medicines in NHSGGC acute care](#)

Updates

- [Formulary Update April 2026](#)
- [MHRA Safety Roundup April 2026](#)
- [Guideline News April 2026](#)
- [Formulary Update - West of Scotland Formulary](#)

Previously published blogs

Did you know that 11-17 May is [Mental Health Awareness Week](#)?

- Why not check out our previously published blogs on relevant topics such as [clozapine](#) (a blog series), [lithium](#), [SSRIs/SNRIs](#), and undertaking [medicines reconciliation](#) of mental health medicines.

All of our blogs can be found on the [GGC Medicines website](#) and app. The search function on the website can be used to find specific blogs. Anyone can join our mailing list by contacting us at ggc.medicines.update@nhs.scot

Remember, for all your latest news stories, visit the Staffnet Hub:

[GGC-Staffnet Hub - Home \(sharepoint.com\)](#)



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](#)