



Daily update
(14 April 2026, 11.15am)

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How We Develop Our Professions: A Year of Progress under Leading the Way

As we mark the first full year of NHSGGC's [Leading the Way Nursing and Midwifery Strategy \(2025–2029\)](#), we are reflecting on the significant strides we've made across our four key priorities. This time, we focus on how we develop our professions.

In our '**How We Develop Our Professions**' strategic priority, we committed to supporting continuous development, strengthening our workforce, and transforming care.

Find out what we achieved in the strategy's first year and look at plans for Year 2 in [our blog on Staffnet](#).

2025/26 Annual Appraisal for Medical & Dental Staff - Completion Reminder

For Consultant and SDAS doctors the appraisal year runs from 1 April to 31 March. If you have still to complete your appraisal for 2025/26, please contact your appraiser as soon as possible to arrange completion of your annual appraisal **by 30 April 2026**. This excludes any Consultants/SDAS who commenced employment with NHSGGC after the 31 October 2025 as they are not required to undertake appraisal in 2025/26.

If you have not been paired with an appraiser or have an extenuating circumstances (e.g. Maternity Leave, Sick Leave, Career Break) which has prevented you from completing an appraisal for 2025/26, please let the Medical Staffing Revalidation Team know by emailing: ggc.medical.revalidation@nhs.scot

In a recent letter to all doctors Dr Scott Davidson, Responsible Officer advised both the importance of annual appraisal for colleagues as well as the Chief Medical Officer's ask



that we meet the target of a 90% completion rate for annual appraisals for 2025/26 within each Health Board, making it imperative for all appraisees to adhere to these timings.

Have you completed the Realistic Medicine module?

Have you completed the Realistic Medicine module? NHS Greater Glasgow and Clyde is encouraging all staff to learn more about Realistic Medicine and Shared Decision Making by completing training on Turas. Team leads are asked to share the modules and encourage completion within the next two months.



The links to share are:

- **Shared Decision-Making:** <https://learn.nes.nhs.scot/63069>
- **Manage Risk Better:** <https://learn.nes.nhs.scot/63087>

A key focus of Realistic Medicine is supporting patients to feel confident asking questions about their medicines. The message is simple: It's OK to Ask. Many people take medicines long term or multiple medications, and while these can be essential, some may no longer be needed, may not be effective, or could cause side effects. Encouraging open conversations helps ensure medicines remain appropriate for each individual.

Deprescribing is an important part of this approach. It is the safe, supervised process of reducing or stopping medicines that may no longer provide benefit or where risks outweigh advantages. It is not about removing treatment, but about reviewing medicines collaboratively, considering what matters most to the patient.

Patients may feel unsure about raising concerns, especially with long-term or repeat prescriptions. By clearly welcoming questions, healthcare professionals can support informed, shared decision making. These discussions can happen in any care setting and should always reflect the patient's current health and priorities.

Encourage patients and carers to ask questions. Reducing unnecessary medicines improves outcomes, minimises harm, reduces waste, and ensures NHS resources are used effectively.

For more information visit [Staffnet](#).

eHealth changes name to Digital Services

We are pleased to share that **eHealth has been renamed Digital Services**.



This change aligns with naming conventions used across other NHS Boards and more accurately reflects the Directorate's expanding role in supporting modern, digitally enabled health and care services, recognising that this input goes beyond traditional eHealth systems to include digital platforms, data and information, secure and interoperable systems, and enabling staff to confidently use digital tools in their day-to-day roles.

There are **no changes to how staff access or interact with Digital Services**. It remains the same eHelp icon on your desktop, the Helpdesk continues on the same phone number, and the webpages are unchanged – now simply presented under Digital Services.

April is Stress Awareness Month

Stress is the way our mind and body reacts to high demands and pressures. Some days you might feel on top of things; other days even small tasks can feel overwhelming. Over time, stress can affect us both physically and mentally and everyone experiences it differently.



Stress Awareness Month is a chance to **pause, reflect, and take small steps to support wellbeing**. While it won't always remove the pressures we face every day, it's an opportunity to focus on practical tools and spaces that can help you reset and take a bit of control.

What's available this April:

Catch Your Breath – Guided Breathing Sessions

Short, weekly 10-minute sessions online to pause, breathe and reset using simple, evidence based techniques. Find out more and book to join here: [GGC-Staffnet Hub](#)

Looking after yourself and others – Online session

Practical strategies for recognising and responding to stress and you leave with your own personalised wellbeing plan. This is an online session (45-minutes) on **Wednesday 22 April at 3.00pm – 3.45pm**: [Book here.](#)

Let's talk about...Psychological Safety - Wellbeing Webinar

This 20-minute online webinar will look at how supportive, psychologically safe workplaces help reduce stress and protect staff wellbeing, and some practical things we can do to harness it. Taking place on **Monday 27 April 2.00pm – 2.20pm**, [Book your space here!](#)

Stress in the workplace

The **Stress Guided Conversation Toolkit** is here to help managers and staff have open, supportive discussions about workplace stress. It's designed to identify what's causing stress and agree on practical steps to help manage it. The toolkit and other resources can be found here: [Stress in the Workplace](#)

Peer Support Network

Offers confidential supportive conversations with trained Peer Supporters - colleagues who understand the pressures and are there to listen, reflect. It's a safe space to talk openly about worries, thoughts or feelings. You can find out more at: [Peer Support Network - NHSGGC](#), or contact us directly to speak with a Peer Supporter, email: gqc.peer.support@nhs.scot

Occupational Health Services

Practical support and guidance available to staff. Find out more information and resources at: [Occupational Health - NHSGGC](#)

Other Support and Signposting

- Staff Mental Health & Wellbeing Support Card [Staff Mental Health & Wellbeing Support Z Card](#)
- Spiritual Care [Spiritual Care Service - NHSGGC](#)
- [Confidential Contacts - NHSGGC](#)
- [HR Support & Advice Unit](#) – contact them via the [HR Self Service Portal](#) or calling 0141 278 2700 (Option 2)
- [Speak Up! - NHSGGC](#)
- [Home | Civility Saves Lives](#)
- Financial Worries [All About Money - NHSGGC](#)
- Support and information for all staff contact [Support and Information Service](#)
- Active Staff Programme [Active Staff - NHSGGC](#)
- Support for staff who are carers – [Carers in the Workforce - NHSGGC](#)
- Self-care for mental wellbeing [Mental Health and Stress Awareness \(People Management Module\) - NHSGGC](#)
- Looking after yourself and others elearning module ([NHSGGC LearnPro](#) and search GGC 277).

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

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



Getting the right care is as easy as ABC

A
Ask yourself
Do I need to go out?
For information on treating minor illnesses and injuries from home, go to NHS Inform or download the NHS 24 App.

B
Be aware
There is help on your doorstep.
Your local GP, pharmacy, dental practice and optician offer a range of services.

C
Call 111
If it's urgent, or you're unsure, call NHS 24 on 111.
They'll get you the care you need.

Unless it's an emergency - think ABC before visiting A&E.
For more information: www.nhsggc.scot/rcrp



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](#)