

Core brief

Daily update
(14 July 2022, 3.00pm)

Topics in this Core Brief:

- HR Self-Service Portal
- Picturing our Workforce: One NHS Family
- Menopause and Mental Health: New Healthy Minds Awareness Raising session
- Community Weight Management Service

HR Self-Service Portal

HR Self-Service Portal is available from Monday 18 July 2022 for the following areas who are part of Implementation Group 3, which is the final group for implementation:

Estates & Facilities
Corporate Services
Renfrewshire HSCP

This innovative new portal will change the way that staff connect with the HR Support and Advice Unit (HRSAU), Learning and Education (L&E) and eESS teams within NHSGGC.

How do I access the portal?

Instead of contacting us via e-mail, you will use the HR Self-Service portal. Within the portal, you will be able to view the progress of requests and access additional resources, FAQ's, user guides and case studies. This will streamline communications enabling us to provide you with quicker and more efficient service. You will still be able to contact all teams via the phone for urgent enquiries on 0141 278 2700.

The link to the HR Self Service Portal will soon be available on HR Connect or you can access it via the following link: https://nhsnss.service-now.com/ggc_hr

Please ensure that you add the link to your Favourites for easy access.

User videos have also been created in order to provide a clear demonstration of how to log an enquiry or request for HR support (case management). The videos can be accessed via the links below:

How to submit an enquiry:

[Click here to view the 'Submitting an Enquiry' video](#)

[Click here to view the 'Request for HR Support' Video](#)

Please note from Monday 25 July 2022 the email addresses for HR, L&E and eESS will no longer be in use and all enquiries and requests for support will require to be submitted via HR Self Service Portal.

Feedback

We'd love to hear feedback from anyone that has had an opportunity to use the new HR Self Service portal: [HR Self Service Portal Feedback Form](#).

Picturing our Workforce: One NHS Family

Our Workforce Exhibition has now left the Royal Alexandra Hospital and has moved to Inverclyde Royal Hospital. It will remain there until 31 July 2022, when it will move to the Vale of Leven Hospital.

We hope you will come along to see the exhibition as we continue celebrating our amazing One NHS Family and Growing our Great Community within NHSGGC!

Our digital version of the exhibition is now available to view online, by visiting this [link](#).



Menopause and Mental Health: New Healthy Minds Awareness Raising session

The Mental Health Improvement team at NHSGGC has developed a new Healthy Minds Awareness Raising session, looking at the links between menopause and mental health. The session offers a basic awareness and understanding of menopause, the real impact it can have on mental health, and what support can look like during this period. It encourages us all as individuals, workplaces, and society to think about how we can support those during menopause and to normalise conversations around it.

Colleagues in Renfrewshire HSCP have already been using the Menopause Healthy Minds session. They have been working with partners in Renfrewshire Council who are currently developing a new Menopause policy to raise awareness and support women with menopause. As part of this work, the Healthy Minds sessions will be delivered to managers and staff across the council to support educating employees on menopause and mental health.

The session is the latest of 17 Healthy Minds sessions looking to raise awareness of a variety of topics that impact people's mental health and wellbeing, including grief, body image, sleep, and more. They are free to download and use from the Mental Health Improvement Team's website: [Healthy Minds Resource - NHSGGC](#). For more information on Healthy Minds, email the team at: gqc.mhead@gqc.scot.nhs.uk.

Community Weight Management Service

NHSGGC provide a Community Weight Management Service in partnership with WW. If eligible for the service, individuals will receive a free 12 week WW membership providing access to a blend of in-person and online support. Individuals who achieve a 5% weight loss and meet the minimum attendance requirement will be eligible for a further 12 week free membership.

There is an option for individuals with existing health conditions that could be improved by losing weight to self-refer. Depending on your criteria (BMI; health conditions) you will be referred to the most appropriate service for you, either the community or specialist service.

Health professionals can refer patients to the service via the SCI Gateway. Please select send to 'GGC Weight Management Service'. Alternatively, acute referrals can be made via TrakCare.

For more information and details on how to refer, please click [here](#).



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](#)**