

Core brief

Daily update

(14 July 2025, 2.20pm)

Topics in this Core Brief:

- Let's talk about... The art of self-care: how to prioritise you
- Recruitment scam warning – NHSGGC and Beatson Cancer Charity
- SHaW Task Calendar - Work Related Violence and Aggression

Let's talk about... The art of self-care: how to prioritise you

Self-care is not selfish! It is essential for our overall wellbeing and stress management. But it can be difficult to prioritise ourselves, especially as our lives get busier every month.



That's why this month, during the World Health Organisation's Self-Care Month (24 June – 24 July), our Staff Wellbeing Webinar will focus on the things we can do to promote and maintain our physical, mental and emotional wellbeing. We'll explore different ways of recognising our needs, and the practical steps we can take to meet them – whether that's through specific physical actions, overcoming barriers, or making time for the things we enjoy.

Come to this webinar to find out how to make your self-care realistic, achievable, and rewarding!

20-minute staff wellbeing webinar: Wed 24 July, 4.00pm – 4.20pm, Teams

[Book your space here](#)

Sign up for our other upcoming webinars:

[Let's talk about... Sexual health](#)

[Let's talk about... Suicide prevention](#)

[Let's talk about... Your mental health toolkit](#)

Recordings of past webinars can be watched on the [webinars SharePoint](#).

Recruitment scam warning – NHSGGC and Beatson Cancer Charity

NHS Greater Glasgow and Clyde (NHSGGC) has been made aware of a recruitment scam targeting applicants for roles with NHSGGC, our partner organisations, and associated charities.

Fraudsters are:

- Posing as NHS staff or acting "on behalf of the British Government"
- Using real names of NHS or charity staff to appear legitimate
- Sending emails or messages using fake branding and logos
- Requesting personal information, passport copies, or payments (e.g. for "visa processing" or "uniform costs")

Key reminders:

- NHSGGC will never ask for money or personal documents over email or messaging apps.
- All genuine recruitment is handled via the official NHS Scotland platform: <https://apply.jobs.scot.nhs.uk>
- Legitimate communication will come from NHS email domains: @ggc.scot.nhs.uk or @nhs.scot

If you receive a suspicious message:

- Do not respond
- Do not share any personal or financial details
- Block the sender
- Report it to Action Fraud via www.actionfraud.police.uk or call 0300 123 2040

If you have shared financial information, contact your bank or card provider immediately.

This activity is being addressed nationally. NHSGGC is not involved in these communications and cannot investigate individual cases. We urge all applicants to remain vigilant and use official reporting channels.

SHaW Task Calendar - Work Related Violence and Aggression

Incidents of Violence and Aggression are the most reported category of staff incident within NHSGGC. These incidents include verbal abuse, harassment or threatening behaviour as well as physical attack.

The law requires that the risk arising from work related violence and aggression, including challenging behaviour, is assessed and managed similar to any other health and safety hazard. This risk assessment process should identify the hazards, evaluate risk and reduce that risk through implemented control measures, including staff training.

This month's SHaW Task Calendar includes the undertaking of a Violence Reduction [Self-Audit](#).

This self-audit provides managers with an opportunity to take a proactive approach to measuring compliance with managing the risks arising from violence and aggression.

Further guidance is available from either of the NHSGGC Violence Reduction Teams:

[Violence Reduction Service \(Health & Safety\)](#) and [GGC-Safe Care Team Mental Health - Home](#)

Or from your Health and Safety Team who's contact details can be found at:

 [Master Team Alignment Slides 07.02.2025.pptx](#)

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

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

Be Phishing and Vishing Aware!

Phishing and Vishing are forms of social engineering, a technique used to gain access to private information, often via email. It can cause a huge amount of damage, disruption and distress. To help prevent social engineering attacks at NHSGGC and at home, remember N.E.T.



No Trust

Verify, via alternative means, the identity of those sending unexpected messages, even if the contacts are known to you.



Educate Yourself

Complete the Security and Threat module on LearnPro. Check online sources to see if emails, SMS messages or other forms of social engineering attacks are known or commonplace. Remember, educating yourself can protect you in both your work and personal life.



Think First

Successful attacks generally require a sense of urgency. Stop! Take a moment to reflect and investigate, then you can show these attacks for what they are.

Managing technology and data safely and securely is everyone's responsibility throughout NHS
For further information, visit: [FAQ---IT-Security-v0.2.pdf](#)

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](#)