

Core brief

Daily update
(15 February 4.40pm)

Topics in this Core Brief:

- Lateral Flow testing - David Dall, Head of Human Resources, South Sector Acute Division
- Active Staff Walking Challenge 2022

Lateral Flow testing - David Dall, Head of Human Resources, South Sector Acute Division

To date NHS colleagues within Greater Glasgow and Clyde have taken 626,653 LFT tests this is a huge number and has contributed to the safety of both patients and colleagues. By continuing to take and record your LFT test it enables both you and patients to be confident and comfortable that you are not at risk from the virus. [Watch this short video](#) from David Dall, Head of Human Resources, South Sector Acute Division, for all the latest information and advice on your LFT tests (if you have any issues clicking on the link please paste the following link into Edge to watch the video <https://youtu.be/SKYH1RwvFAE>).



Active Staff Walking Challenge 2022

There's no doubt that walking is good for you. The list of mental, emotional and physical benefits is long, but did you know that walking can actually help your heart health? It's true. [Research](#) has shown consistent associations between walking and better cardiovascular health for people of any age, both healthy and with heart conditions.

So why join the Active Staff Walking Challenge 2022, simply form or join a team of up to five colleagues, count your steps over a five week period using our smartphone app, your pedometer/Fitbit etc track your progress across our virtual route.

The walking challenge begins on Monday 28 February 2022 and finishes on 1 April.



Walk Scotland
with active staff

28th Feb - 1st April

Registration opens 14th Feb

Register Here

Walk Scotland: We love Scotland! It has so much to offer and we enjoy sharing its highlights with you. So here's another opportunity to explore some of our wonderful county's best-loved landmarks.

The poster features a map of Scotland with red location pins, a group of diverse people walking, and the NHS logo.

Registration is now open, simply follow the instructions at:
<https://link.webropol.com/s/WalkingChallengeSpring2022>

Check out our Q&As available on Microsoft Edge [Help](#) or have a look at our [Hints, tips and other bits](#)? If we haven't answered your question then please get in touch at: walking.challenge@ggc.scot.nhs.uk

Lateral Flow Tests - Available to all staff

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



Register
your kit



Test
daily



Record
your results

Keep your colleagues and patients safe from COVID-19

Help stop the spread!

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

Please keep up-to-date with the latest guidance on our dedicated web pages at:
www.nhsggc.org.uk/covid19. 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](#)