

# Core brief

## Daily update

(15 February 2024, 1.15pm)

Topics in this Core Brief:

- Watch Your Waste
- Lateral Flow Tests (LFTs) - Changes to COVID Testing Guidance
- Let's talk about... Staff Wellbeing Webinars: February - April 2024

Remember, for all your latest news stories, visit our new Staffnet Hub:  
[GGC-Staffnet Hub - Home \(sharepoint.com\)](https://sharepoint.com)



## Watch Your Waste

Do you want to help save the planet and become an NHSGGC Green Avenger?

Watch Your Waste is a new campaign aimed at all staff to promote correct waste segregation to reduce our carbon footprint and associated financial costs.

What we use and how we dispose of it has a huge impact not only on our finances but the environment and population health too.

We need you to get on board and think about where and how to dispose of waste properly.

Did you know:

- Reducing contamination of orange waste by just 10 per cent, would be the equivalent to planting almost 1,700 trees
- It costs almost three times more to dispose of orange waste than general waste
- Up to 50 per cent of the content of the average orange bag is not clinical waste!

The difference can be remarkable! So let's all become a Green Avenger and make these simple changes for the NHS and the environment and start taking those extra few seconds to dispose of our waste products in the correct way.

For more information, visit: [www.nhsggc.scot/watchyourwaste](http://www.nhsggc.scot/watchyourwaste)

## **Lateral Flow Tests (LFTs) - Changes to COVID Testing Guidance**

In August 2023 the Scottish Government updated its guidance regarding the use of LFTs in health, social care and prisons, which paused all routine testing. The only exception to this pause is for individuals in hospital, prior to being discharged to a care home or a hospice; this routine testing will remain.

The guidance stated that the testing protocol for COVID-19 should revert to testing as appropriate and should now only be used to support clinical diagnosis and for outbreak management as per the National Infection Prevention and Control Manual, or on advice from local Infection Prevention and Control Teams or local Health Protection Teams. Testing for those who are eligible for COVID-19 treatments will continue to be available.

While testing is paused, staff who have symptoms of a respiratory infection should follow the NHS [Inform](#) advice.

The full text of this letter is available by clicking on the link inserted below:  
[https://www.sehd.scot.nhs.uk/cmo/CMO\(2023\)12.pdf](https://www.sehd.scot.nhs.uk/cmo/CMO(2023)12.pdf)

## **Let's talk about... Staff Wellbeing Webinars: February – April 2024**

The *Let's talk about... Staff Wellbeing* webinar series continues to focus on various topics which we know are important to personal health and wellbeing and are delivered in a format that allows colleagues to take away top tips and share with others.



We would like to thank colleagues for your very positive feedback.

All NHSGGC and HSCP staff are welcome to come along. Webinars are open to all staff with easy booking access for the sessions you are interested in.

Date	Time	Webinar	Booking
29 February 2024	10.00am – 10.30am	Let's talk about... physical activity	<a href="#">Book here</a>
20 March 2024	2.30pm – 2.50pm	Let's talk about... peer support	<a href="#">Book here</a>
25 April 2024	12.00pm – 12.30pm	Let's talk about... alcohol and drugs	<a href="#">Book here</a>

All pre-recorded webinars can be watched on SharePoint: GGC - Let's talk about... [Staff Wellbeing Webinars - Home \(sharepoint.com\)](#).

Please share this information with your colleagues/teams/services to support all staff wellbeing.

**Getting the right care this winter 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** or **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](http://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](#)