



Daily update (15 January 2026, 3.30pm)

Topics in this Core Brief include:

- [Staff Health Strategy update](#)

Staff Health Strategy update

In this edition of Core Brief, we will be covering the highlights from recent Staff Health Strategy meeting, held on Thursday 4 December 2025.



Adora Pilot Programme

The Staff Health Strategy Group had a presentation about the Adora Digital Health App. This included discussion on issues that menopause can cause for women in the workplace and the role that the Adora App can offer to help improve women's health. This is particularly important as the majority of our workforce are female with a significant number experiencing symptoms related to menopause.

The Staff Health Strategy Group were supportive of the pilot programme and encourage anyone interested to sign up. It was noted that over 660 NHS GG staff had already signed up to the programme.

Further details on the pilot programme and how to access the App is available at this link: [New pilot: perimenopause and menopause support app for NHS GG staff](#)

Medical Wellbeing

The Medical Wellbeing group was established in response to the 2019 GMC paper, "Caring for Doctors, Caring for Patients," and the work plan is grounded in its three pillars: Autonomy, Belonging, and Competence, the ABC of wellbeing for medical staff. The paper advocates the now widely held belief that staff wellbeing is integral to patient safety and quality of care. The Group support doctors of all grades in secondary care.

The Medical Wellbeing Group believe that doctors are particularly motivated and empowered to drive innovations that can be shared and our aim is to create a space where individuals or groups can present their ideas, both from within and outside NHS Greater Glasgow and Clyde, and we provide the resources and connections necessary for their development and integration into organisational structures. The Group meet on a monthly basis on Teams and welcome interested individuals to drop in or attend regularly.

There are representatives in the Group from our medical workforce, such as Chief Residents, the Foundation Forum, SAS educational advisors, BMA representatives, We support the Senior Leadership Team, and doctors with a professional interest. There is also representation from various organisational departments, including Medical Education, Organisational Development, Spiritual Care, OHWPS, Operational Management, Primary Care, Medical Staffing, and Facilities and Estates.

The Medical Wellbeing Group support the view that a safe workplace requires fundamental needs to be met, such as access to rest areas and catering facilities. Ensuring equitable access to these facilities at all sites has been a key focus for the Group.

Additionally, the Group believe that a core aspect of staff wellbeing is a sense of belonging and feeling valued. To this end, primary work streams have focussed on peer support and mentoring. The Medical Peer Support service was initially driven by the group and has been integrated as the Medics' Hub, extending peer support across the entire organisation: [Peer Support Network - NHSGGC](#) We currently have 80 members and three sub-hubs to maximise the power of shared experiences: SAS, IMG, and the newest one for Foundation Doctors. A further facilitated Medics' Hub training day is planned in 2026.

The [NHSGGC Medical Mentoring Network](#) was officially launched in September 2024. We have a total of 36 fully trained medical mentors, with an additional 14 planned for 2026. Mentoring will also be promoted through the appraisal process and through Medical Education. From 2025 all newly appointed consultants will be matched to a mentor for their first year in post.

The Group are encouraged by and supportive of NHSGGC's stance on promoting Active Bystander Training, the "Cut It Out" sexual harassment programme, and Civility Saves Lives. They are also supportive of the application to become accredited with the National Equally Safe at Work Programme board.

Dr Stephanie Lipp has created a Resident Doctor Wellbeing App which will be launched imminently with support from our Chief Residents and Library colleagues.

The Medical Wellbeing Group would be really delighted to hear from anyone with an interest in becoming involved in the Wellbeing Group, in Medical Peer Support or Medical Mentoring, if this is you please contact Angela.Bell8@nhs.scot.

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.

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