

Core brief

Daily update (15 July 2025, 10:25am)

Topics in this Core Brief:

- Self-care month: how yoga tools and techniques can improve your wellbeing and mindset
- Staff security reminder: ID and suspicious items
- Recruitment for the Scottish Improvement Leader (ScIL) programme

Self-care month: how yoga tools and techniques can improve your wellbeing and mindset

Looking after yourself gives you more capacity to extend kindness to others. Through self-care practices like yoga, we can learn tools and techniques that help us in every part of our lives – including at work.

As part of the Civility Saves Lives campaign and the World Health Organisation's Self-Care Month (24 June – 24 July), we caught up with yoga teacher Laura Ellis and NHSGGC colleague, Health Improvement Practitioner Christine Bell, to hear how yoga and breathwork can transform our health and wellbeing.

In [this short video](#), Laura and Christine talk about the importance of self-care and give their personal experiences of how yoga helps them in their day-to-day lives.



To sign up for free online and in-person fitness classes, including yoga, pilates, and stretch and tone sessions, head to the [Active Staff page](#) on the NHSGGC website.

Staff security reminder: ID and suspicious items

Staff are reminded about our ongoing commitment to maintaining a safe and secure environment across all NHS Greater Glasgow and Clyde sites.

Please ensure you are wearing your official NHS photo ID badge at all times while on duty. This is essential not only for access to secure areas but also for confirming your identity if requested. If you do not have a valid ID badge, please contact your local facilities team to arrange one as soon as possible.

Remember, the yellow 'Hello my name is' badge is not a substitute for your official ID. Both may be worn, but the photo ID is mandatory for security purposes.

We also ask that you remain vigilant. If you notice anything or anyone that seems out of place or suspicious, report it immediately to site security or your line manager. Never attempt to handle suspicious items yourself.

Your awareness and cooperation are vital in keeping our workplaces safe for everyone – patients, visitors, and staff alike.

Recruitment for the Scottish Improvement Leader (ScIL) programme

The Scottish Improvement Leader (ScIL) Programme aims to develop individuals who can design and lead improvement projects, generate support for change, and provide expert improvement support and advice.



An information session for anyone interested in applying for the Scottish Improvement Leader programme has been arranged on the following date:

MS Teams (online)

Date: Wednesday 30 July

Time: 1.00pm – 1.30pm

The session will provide an overview of the programme, hints and tips around completing the application form and an opportunity to ask any questions.

If you would like to attend, please email the QI Training inbox (ggc.qitraining@nhs.scot) and the calendar invite will be forwarded to you.

Further details can be found here:

[Scottish Improvement Leader Programme \(SciL\) 2.0 | Turas | Learn](#)

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

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

The poster is titled "Getting the right care is as easy as ABC" and features the NHS Greater Glasgow and Clyde logo. It is divided into three columns, each representing a letter of the alphabet:

- 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, dental practice and 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.

At the bottom, it states: "Unless it's an emergency - think ABC before visiting A&E. For more information: www.nhsggc.scot/rcrp" and includes a QR code.

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](#)