

Core brief

Daily update

(18 January 2024, 12.40pm)

Topics in this Core Brief:

- Active Staff – online classes for everyone
- Let's talk about... staff wellbeing webinars

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

Active Staff – online classes for everyone

Active Staff has listened to your feedback and is now providing more classes than ever before!

During the pandemic online classes proved so popular, they have now become a regular feature, giving staff a range of options to take part in different exercise classes happening early morning, lunchtime and in the evening, to try and accommodate shift patterns.

With low-medium intensity activities like yoga and pilates through to high intensity classes including bootcamp and boxercise, there is something to suit everyone!

So whether you have taken part in Active Staff classes before, not been for a while, or want to try them for the first time, there is a class at the right place and time for everyone.

Watch the videos below of our yoga instructor, [Laura Ellis](#), and yoga participant, [Marion McPike](#), and see if you would like to try a class.



The table below details what online classes are on and when:

Day	Class
Monday	Lunchtime Pilates – 12.30pm Chair Exercise – 5.00pm
Tuesday	Pilates - 6.30am Let's Get Moving – 6.30pm
Wednesday	Yoga 6.30pm
Thursday	Yoga 5.00pm
Friday	No classes
Saturday	Yoga – 10.00am Boxercise – 10.00am
Sunday	No classes

Don't forget you need to book your class in advance. It couldn't be simpler, to book your free class, visit: <https://link.webropol.com/s/ActivestaffregformJan24>

Face-to-face strength and mobility, yoga and bootcamp classes are also available for staff to book on the website: www.nhsggc.scot/activestaff (please note, bootcamp classes at QEUH will resume on Monday 5 February).

You can find out all the information you need about Active Staff and discounted gym memberships at: www.nhsggc.scot/activestaff.

Let's talk about... staff wellbeing webinars

The *Let's talk about... staff wellbeing* webinar series has been running since September 2022 and offers short information sessions to NHSGGC and HSCP staff, with a focus on various topics we know are important to personal health and wellbeing. They 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.

These sessions are delivered live on MS Teams at the end of each month. For colleagues unable to attend the live sessions or who would like to rewatch any, they have been recorded and uploaded onto a [SharePoint site](#) for all staff to access and you will also find our upcoming webinars in 2024.

Please share this site with your colleagues, teams and services to support staff wellbeing and please consider members of staff who do not have computer access.

More 20-minute live sessions will be delivered throughout 2024 and 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. Please see below:

Date	Time	Webinar	Booking
25 January 2024	2.00pm	Let's talk about... mindfulness	Book here
29 February 2024	10.00am	Let's talk about... physical activity	Book here
20 March 2024	2.30pm	Let's talk about... peer support	Book here
25 April 2024	12.00pm	Let's talk about... alcohol and drugs	Book here

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.nhs.gov/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](#)