



Daily update
(18 March 2026, 11.45am)

Topics in this Core Brief include:

- [My PDP&R in March](#)
- [Medic Peer Support Hub – In-Person Training Day](#)
- [Raising awareness of falls risk patients](#)



My PDP&R in March

Checklist for Staff



- Have I updated my PDP with core learning and personal development activities?
- Am I up to date with my core statutory and mandatory learning?
- Do I have a PDP&R conversation arranged and in the diary?
- Have I prepared for my next PDP&R conversation?
- Have I agreed and signed off my recent PDP&R conversation?

Checklist for Manager



- Do I have PDP&R conversations with my staff to ensure that the annual conversation is recorded in Turas Appraisal on time?
- Have I checked my Turas Appraisal live dashboard?
- Have I checked that my staff have protected time in work for their core learning?
- Have I checked that all my staff have a reviewer?
- Are all my reviewers trained and knowledgeable in the PDP&R process and Turas Appraisal system?

If the answer to your checklist is **Yes**, great work! If the answer is **No** or **Not Sure** for any of the above, please check out the support below:

Self Service: Resources and training information are available at: [Personal Development Planning and Review - NHSGGC](#)

In Person: LE Support Team: [NHS Service Now Portal](#) – Click on the L&E Icon and fill in the relevant fields. You will receive an acknowledgement which will include a ticket

number for your query. [How to raise a query](#) through NHS Service Now Portal. Or you can call us on 0141 278 2700 Option 3.

Medic Peer Support Hub – In-Person Training Day

David Livingstone Room, Glasgow Royal Infirmary
29 April 2026, 9.30am – 4.30pm



Medicine can be deeply rewarding and emotionally demanding. It can lead to many carrying experiences that don't end when a shift finishes: difficult decisions, challenging situations or moments that stay with us long after the day is over.

The Medic Peer Support Hub gives doctors across NHSGGC a space for confidential peer to peer conversations about work and life pressures helping build a culture where everyone feels seen and supported.

We've already had a great number of doctors sign up for this training and we're looking forward to what promises to be a really valuable and supportive day!

About the Training

We're offering a full day in person Medic Peer Supporter Training on **29 April 2026**.

The training helps Doctors feel:

- More confident supporting colleagues through challenges at work or in their personal life
- Better equipped to help colleagues reflect, cope and find practical support
- Enhanced skills in listening, empowering and signposting safely

You'll also be connected into the wider **NHSGGC Peer Support Network** for ongoing support beyond the day.

Who Is This For?

This training is for doctors who:

- Want to support colleagues through difficult times, at work or in life
- Value peer support within the medical workforce
- Are interested in contributing to a kinder more connected workplace

No previous experience is needed just a willingness to listen and support.

If you have any questions or want to get in touch to see if this is for you then please contact Dr Hazel Miller, Medical Wellbeing and Medic Hub Champion:

Hazel.Miller8@nhs.scot.

Book Your Place

Wednesday 29 April, 9.30am – 4.30pm

David Livingstone Room, Glasgow Royal Infirmary

[Book Here](#)



Accessing Medical Peer Support

If you would like to access confidential medical peer support yourself:

Email ggc.peer.support@nhs.scot with the subject **Medical Peer Support**.

Want to know more about our Peer Support Network visit [Peer Support Network - NHSGGC](#) or [Peer support in the workplace: putting theory into practice - National Wellbeing Hub](#) or contact the team at ggc.peer.support@nhs.scot.

Raising awareness of falls risk patients

The 'Falling Stars' initiative is a patient safety approach, which is currently being used in our hospitals. It utilises a yellow 'falling star' logo to identify high-risk patients and has been shown to reduce falls.



The yellow star is displayed outside a patient's room or at their bedside and acts as a visual cue for staff around patients who are at high risk of falls.

Following feedback, it has been identified that this symbol required to be reviewed and following consultation it has been decided to replace the falling star with a yellow falling leaf symbol (above right).

We request that all areas using this approach or any areas that are considering implementing this refrain from ordering the yellow stars and instead order the yellow leaves which can be ordered directly from medical illustrations using MI number 368042.

For any further questions/queries you can contact the acute hospital falls team at ggc.hospitalfallscoordinatorsacute2@nhs.scot

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

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



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](#)