

# Core brief

## Daily update

(19 January 2023, 11.40am)

Topics in this Core Brief:

- Get your Winter Protection against Flu and Covid
- Active and Sustainable Travel

### Get your Winter Protection against Flu and Covid

If you are a health or social care worker, and haven't had your winter vaccines yet, it's not too late to get vaccinated. Flu and COVID-19 are still with us!

Vaccination is still the best way of protecting yourself against and reducing your risk of developing flu and serious COVID-19 and make your symptoms milder if you do get it.

If you have not yet come forward for your winter vaccines you can book an appointment now on the [vaccine booking portal](#). We also have drop in clinics available – for details please visit: [NHSGGC - Autumn Winter Vaccination Programme 2022](#) (Scroll down to Drop In Clinics).

If you're booking an appointment on the online booking portal, all usernames and passwords are the same as used for any previous dose of the COVID-19 vaccine. You may be able to find your username on any COVID-19 vaccine appointment letter you received in the past. If you can't remember your password, don't worry, you'll be able to recover this online. If you can't find a suitable appointment, please keep checking as new ones are added regularly.

If you can't access the booking portal, call the Vaccination Helpline on 0800 030 8013. Please be aware that the helpline only has access to the same appointments on the portal.

We hope to help protect all frontline healthcare workers, and the patients we support. We are encouraging everyone who is eligible to get vaccinated. The vaccine this winter now protects against two variants of Covid.

### Active and Sustainable Travel

Travelling by active and sustainable travel is not only good for the environment and your physical health, it can also save you money.

- The Cycle to Work scheme allows you to buy a new bike and accessories, make savings of at least 25% and spread the cost over 6, 12, 18 or 24 months via salary deductions. With an upper limit of £4,000 even more staff can become regular cyclists and afford higher-priced items like e-bikes and have the opportunity to explore cycling as an option for their commute.
- A First Glasgow annual season ticket remains frozen at 2019 prices. Travel for as little as £10 per week across Glasgow by bus.
- SPT ZoneCard allows travel on bus, train and Subway and [the cost of an annual season ticket](#) remains frozen at 2020 prices.

For more information on the range of options available, please visit the [Travel Plan pages](#) on the website or e mail [travelpo@ggc.scot.nhs.uk](mailto:travelpo@ggc.scot.nhs.uk).



The banner features the NHS Greater Glasgow and Clyde logo in the top right and the Excellence Awards logo in the top left. The main text reads 'Nominate your NHS Hero' in a large, bold, gold font. Below this, a smaller grey font states: 'The Excellence Awards celebrate innovation and the outstanding difference made by our staff who go that extra mile for their patients.' The phrase 'Get your entries in!' is written in a bold, gold font. At the bottom, a dark gold bar contains the text: 'To nominate, visit: [www.nhsggc.scot/excellenceawards](http://www.nhsggc.scot/excellenceawards) Closing date for nominations is 12 February 2023'. The banner is decorated with several gold and grey stars and two inset images: one of a person wearing a face mask and another of a healthcare worker in blue scrubs holding a clipboard.

NHSGGC Excellence Awards

NHS Greater Glasgow and Clyde

# Nominate your NHS Hero

The Excellence Awards celebrate innovation and the outstanding difference made by our staff who go that extra mile for their patients.

**Get your entries in!**

To nominate, visit: [www.nhsggc.scot/excellenceawards](http://www.nhsggc.scot/excellenceawards)  
Closing date for nominations is 12 February 2023

\*\*\*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 [StaffNet](#)**