

NHSGGC

Core Brief



Daily update
(19 October 2026, 11.40am)

Topics in this Core Brief:

- [A massive thank you to everyone who got their flu jag!](#)
- [Six-Week Kindness Challenge: Week 3 – Better together](#)
- [Men and the Menopause: A 30-minute essential](#)

A massive thank you to everyone who got their flu jag!

Professor Jann Gardner, Chief Executive

Thank you to everyone who came along to be vaccinated as part of Staff Vaccination Fortnight a few weeks ago. Your actions will be vital as we approach colder months and winter peaks in demand.



I'd also like to say a special thank you to our vaccinators who are working hard to ensure as many NHSGGC staff as possible are protected from flu this winter. It was a busy fortnight of clinics, and the work has just begun. I appreciate everything you do to keep us and the community safe.

If you didn't manage to get your jag during Staff Vaccination Fortnight, don't worry! There are more ways that you can get your vaccine this winter:

- **Community pharmacies:** staff are not required to bring identification, however, please ensure you advise the community pharmacy that you are an NHS or HSCP employee when attending for your vaccination. Pharmacies providing the vaccines can be found on [the NHSGGC website](#)
- **Public drop-in clinics:** information is being added to [this page on the NHSGGC website](#) when available
- **Book an appointment:** if you would rather have a timed appointment in your diary, you can book through the [online booking portal here](#)



Six-Week Kindness Challenge: Week 3 – Better together

How we treat our colleagues at work, and how we are treated ourselves, has a big impact on our mood, morale, and the people around us.

This week, we challenge you to get together with colleagues to catch up, get to know each other, and think of ways that you can promote kindness in your team.

Whether you're in the office, on your ward, or on Teams, take this time to think of things that you can all do to make your workplace kinder.

Here are a few ideas to get you thinking:

- Chat about common interests and see if you can start a book, TV or film club to regularly check in
- Create a kindness board or wall, where people can post messages for each other, positive quotes or affirmations. You could work together to decorate one, or mark a space for positive Post-Its
- Use the Praise app on Teams (just search 'Praise' in the apps section in the left-hand toolbar) to show your appreciation for your colleagues one-to-one or in your group channels
- Create a Kindness Charter, agreeing on a framework or statements for how your team can behave and communicate with each other and people external to the team
- Busy week and stretched for time? Take five minutes to check in with your team over a cuppa.

If you'd like all challenges in a print-friendly format, [download the Six-Week Kindness Challenge Pack from the NHSGGC website](#).

Men and the Menopause: A 30-minute essential

27 October | 1.30pm

Menopause affects every family and every workplace. Whether you're a partner, dad, son, friend, colleague or manager, you almost certainly know a woman going through it.

Join **Professor Joyce Harper, John Athanasiou, Chief People Officer at Hearst and Adora Co-founder Ed Smith** for a frank and practical 30-minute session designed specifically for men.

This webinar will cover:

- Menopause explained simply
- The symptoms that can affect sleep, mood, memory and confidence
- Why menopause matters to men at home and at work
- How to offer support that helps
- What good support looks like in the workplace.

There will also be a live Q&A.

[Register here](#)

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

[GGC-Staffnet Hub - Home \(sharepoint.com\)](https://sharepoint.com)



Getting the right care is as easy as ABC

NHS
Greater Glasgow and Clyde

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.
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Unless it's an emergency - think ABC before visiting A&E.
For more information: www.nhsggc.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](#)