

Core brief

Daily update
(2 June 2025, 3.00pm)

Topics in this Core Brief:

- It's 'What matters to you?' Day tomorrow! (Tuesday 3 June)
- Talking about Prehab sessions - new dates added!
- Looking after yourself and others – session 11 June
- West of Scotland Innovation Hub healthcare innovation event brings together NHS, industry, academia and patients

It's 'What matters to you?' Day tomorrow!
(Tuesday 3 June)

This year there are a variety of sessions available to the public and Health and Social Care staff across all sectors, delivered by the HomeFirst Programme. These will all be held on Tuesday 3 June 2025 and the link to join can be found at: [HomeFirst Programme - Events - NHSGGC](#) under "What Matters to You Day".



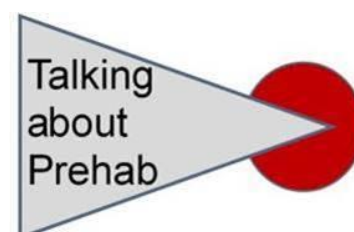
Session	Time	Session Overview
Having Conversations that Matter	10.15 – 11.45am Or 6.30 - 8.00pm	Giving you confidence to approach important conversations with friends, family and for those supporting others in a workplace setting. A gentle way to have challenging but important conversations.
Plan More Stress Less	2.00 - 3.00pm	This session covers all you need to know about getting yourself, and those you support prepared for any unexpected event including hospital admissions.

Examples of WMTY conversations, between staff, patients, families and carers throughout NHSGGC, and the positive outcome they have had are available on our [website](#), along with pre-recorded seminars and links to external resources.

Get in touch to tell us what you're planning for this year's WMTY celebrations or share an example of the impact having a conversation that matters has had: person.centred@ggc.scot.nhs.uk

Talking about Prehab sessions - new dates added!

Due to demand, we have added three additional online dates for Talking about Prehab, a session for Clinical Nurse Specialists, Pre-Assessment Nurses, Patient Navigators and AHP staff. The session aims to increase knowledge and confidence in initiating Prehab conversations with people who have been diagnosed with cancer.



Sessions are being run in person and online. If you have questions about the session, or are interested in a session for your staff group please contact: mary.watson6@nhs.scot

Please click the link below for your chosen date to register to attend:

Online Sessions:

- **Thursday 19 June** 10:00-11:00 online via Teams
<https://link.webpolsurveys.com/EP/E8168547A28F9BA5>
- **Tuesday 1 July** 14:00 -15:00 online via Teams
<https://link.webpolsurveys.com/EP/FE86E84F733A99F1>
- **Wednesday 2 July** 11:00 – 12:00 online via Teams
<https://link.webpolsurveys.com/EP/A1915CE8A85FD418>

In person sessions:

- **Tuesday 3 June** 11:00 -11:45 **QEUH**, LEVEL 5 Seminar / Education Room,
<https://link.webpolsurveys.com/EP/A3B87173B18CC9C4>
- **Thursday 5 June** 13:30-14:15 **GRI**, Video Conference Room, Lister Building,
<https://link.webpolsurveys.com/EP/5483AF22D1EECDAC>
- **Wednesday 11 June** 10:30-11:15 **RAH**, Boardroom, School of Nursing
<https://link.webpolsurveys.com/EP/FE080D7CBFB01358>
- **Wednesday 11 June** 14:30-15:15 **IRH**, Seminar Room 3, Education Centre
<https://link.webpolsurveys.com/EP/021E685FFC97F1BB>

Have a look at our new Staffnet page here [GGC - Talking about Prehab - Home](#) for local and national information on Prehabilitation.

Looking after yourself and others – session 11 June

Managing stress from work and our personal lives can be quite the challenge, but with the proper strategies in place you can get on top of it again! Our 'Looking after yourself and others' session is informed by psychological research to teach you the most effective ways of managing your stress.



Thousands of NHS and HSCP staff have already signed up to improve their wellbeing and support others. Be part of this positive change!

The Peer Support team are delivering an interactive 45-minute live online session on **Wednesday 11 June at 1.00pm** so sign up and learn what might help!

[Book your spot now](#)

Other dates and sessions are available and can be booked under the section *Level 1: Looking after yourself and others* on the [Peer Support webpage](#).

For any question or queries please contact: ggc.peer.support@nhs.scot or visit [Peer Support Network - NHSGGC](#)

West of Scotland Innovation Hub healthcare innovation event brings together NHS, industry, academia and patients

Around 100 delegates from the NHS, academia and industry attended a Healthcare Innovation Day hosted by the West of Scotland Innovation Hub (WoSIH).

The event, on the Queen Elizabeth University Hospital campus, was held as part of Glasgow Tech Week, which ran until Saturday, May 31.

Speakers included Dr Katriona Brooksbank, Research and Innovation Lead for the WoSIH and NHS Greater Glasgow and Clyde, as well as the health board's Director of Research and Innovation, Professor Jesse Dawson.

There were discussions on the benefits of using Artificial Intelligence in healthcare, including the ethical and legal considerations that must take place, and on the importance of collaboration to introducing new innovation in healthcare.

Dr Brooksbank said: "Our Healthcare Innovation Day was a brilliant event which allowed us to showcase some of our most successful, challenging and exciting collaborations."

Get in touch with the West of Scotland Innovation Hub by contacting innovation@ggc.scot.nhs.uk

Read more about the event [here](#).

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](#)