

Daily update
(2 November 2026, 4.45pm)

Topics in this Core Brief:

- Six-Week Kindness Challenge: Week 5 – Appreciating your colleagues
- Managing Anxiety and Brain Fog in Perimenopause and Menopause
- Supporting colleagues from our Armed Forces Community



Six-Week Kindness Challenge: Week 5 – Appreciating your colleagues

Sometimes a simple thank you is all that's needed to make someone's day

For this week's challenge, it's time to say thank you to your colleagues, your team, or any people that make your work life special.

This could be someone who always brightens your day with a cup of tea and a biscuit, someone who went above and beyond to help you at a tough time, or someone who is always there for you and your team as a kind and compassionate colleague.
We've included a thank you note template in the Six-Week Kindness Challenge Pack that you can print off and share with your colleagues, to spread kindness throughout your team.

We'd also love to share your thanks publicly and give your colleagues the recognition they deserve!



If you'd like to **share an anonymous thank you that we'll share on Staffnet and in the Core Brief**, fill in our form: World Kindness Day 2026: Send a thank you – Fill in form or scan the QR code right.

Managing Anxiety and Brain Fog in Perimenopause and Menopause

With Dr Momotaj Islam
Tuesday 10 November
12.30pm

Anxiety and brain fog can affect our mood, memory, concentration and confidence. Join Adora and Dr Momotaj Islam for an informative session exploring why these symptoms are common during perimenopause and menopause and, most importantly, what you can do to manage them.

The webinar will cover:

- Why hormonal changes can affect mood, memory and concentration
- Practical strategies for managing anxiety and reducing stress
- Lifestyle approaches, including nutrition, sleep and exercise, to support cognitive health
- Treatment options
- Simple everyday techniques to improve focus, confidence and overall wellbeing
- Q&A.

This evidence-based webinar will provide practical advice and reassurance to help you better understand these symptoms and feel more confident managing them.

Register here.

Supporting colleagues from our Armed Forces Community

As Remembrance approaches, people across the UK will take time to remember those who have served in the Armed Forces, those who continue to serve, and those who have lost their lives through conflict. This time provides an opportunity to reflect on the sacrifices made in times of war and conflict, while also recognising the ongoing contribution of members of the Armed Forces Community in our workplaces and communities.

Within NHSGGC, our Armed Forces Community includes veterans, reservists, service leavers, Cadet Force Adult Volunteers, and the partners and families of those who serve. Colleagues can find practical information and guidance on the Armed Forces pages on HR Connect.

The NHSGGC Armed Forces Community Facebook group also offers a place to connect with others, share information and hear about activity across the organisation.

In addition, NHSGGC is involved in the national Armed Forces Talent Programme, which helps people leaving the Armed Forces, and others within the wider community, explore careers in NHS Scotland.

If this is relevant to you, or to someone in your team, please take a look at the resources and share them with colleagues who may find them useful.

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