

# Core brief

**Daily update**  
**(20 April 2022, 2.20pm)**

Topics in this Core Brief:

- Realistic Conversations Webinar
- CISCO-21 Clinical Trial in Long COVID
- Active Staff - Guided Health and Wellbeing Walk

## **Realistic Conversations Webinar**

Are you involved in conversations with patients and families about treatment plans/decisions and what matters to them?

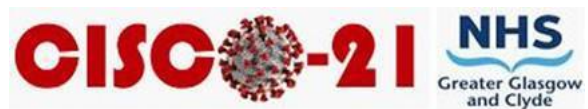
There are still places available for clinical staff involved in care planning conversations to join a free Realistic Conversations webinar on Thursday 21 April 4.00pm-5.15pm.

This online session allows participants to watch a real time interactive demonstration led by EC4H tutors using the 6-step RED-MAP framework to guide an anticipatory care planning discussions. The session gives some examples of what we can say at each step and highlights key phrases you can adapt to different people and situations.

For more information and to book a place, visit: [EC4H Realistic Conversations: Skills to support TEP conversations - EC4H](#)

## **CISCO-21 Clinical Trial in Long COVID**

Have you or someone you know been diagnosed with COVID-19 in the past 6 months?



Do you have symptoms of Long COVID?

We are a research team in the University of Glasgow and NHSGGC running a study in people who have had COVID-19, led by Professor Colin Berry.

We have developed a lifestyle health therapy that may be helpful to patients with persisting symptoms in the convalescence period after COVID-19. The therapy involves a personalised approach to simple exercises that can be done 'in your own time' at home and/or at work. The exercise programme lasts three months and there are only two visits to the Clinical Research Facilities, once at the start of the study and then again at the end. You have the choice of attending the Royal Infirmary or QEUH. We provide a guideline on the types of exercise and some YouTube videos.

If you would like to take part please contact us by email [cisco-21-study@glasgow.ac.uk](mailto:cisco-21-study@glasgow.ac.uk) or call 0141 201 3770 (GRI) or 0141 232 7600 (QEUEH), and we will get back to you.

## Active Staff - Guided Health and Wellbeing Walk



A few places have become available for our next Health Walk! Book [here](#) to join us in Largs on 23 April 2022.

We will walk the beautiful Knock Hill Circular which sits above the Ayrshire town of Largs. We will meet at 9.30am at the Largs front outside Costa Coffee which is beside the main Largs Ferry Terminal.

There is ample parking at the shore front that is chargeable. However there is free parking to be found further back from the shore front in the main town.

The walk begins by heading north along the seafront promenade, passing the massive sculpture of Magnus the Viking - a reminder of the Battle of Largs in 1263 when the Scot defeated the Vikings. We will then follow the Noddsdale water stream inland and continue onto a variant of the Ayrshire Coastal Path to the top of Knock Hill which is the site of an old iron age hillfort with spectacular views over Largs, the Firth of Clyde, Arran and the island of Cumbrae. We will then follow the circular route back to the shorefront in Largs.

There is a regular train service from Glasgow and Paisley terminating at Largs central.

The walk will take between four and five hours to complete.

Click [here](#) to book your place!

**Lateral Flow Tests - Available to all staff working on site**  
Speak to your line manager about where to collect your test kit, then:  

  
**Register**  
your kit

  
**Test**  
twice per week

  
**Record**  
your results

**Keep your colleagues and patients safe from COVID-19**  
**Help stop the spread!**  
Visit: [www.nhsggc.org.uk/lfd-stafftesting](http://www.nhsggc.org.uk/lfd-stafftesting)

Please keep up-to-date with the latest guidance on our dedicated web pages at: [www.nhsggc.org.uk/covid19](http://www.nhsggc.org.uk/covid19). If you have any questions about the current situation please check the FAQs first. If you have any further questions, please email: [HR.Support@ggc.scot.nhs.uk](mailto:HR.Support@ggc.scot.nhs.uk).

\*\*\*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](#)