



**Daily update  
(21 April 2026, 3.55pm)**

Topics in this Core Brief:

- [Your chance to learn about the work of the Interface team, and ask them anything](#)
- [Everything you need to know about NHS Scotland's National Digital Type 2 Diabetes Remission Programme – and expanded access to local Remission pathway](#)
- [Patient Experience Public Involvement: Tools, Resources, and Support](#)
- [Civility Saves Lives – Online Champions Training – 2026 Schedule](#)

### **Your chance to learn about the work of the Interface team, and ask them anything**

Interface and the development of our Virtual Hospital is all about transformation through creating connection – and now it's your turn to connect directly with our Director of Interface, Lorraine Cowie and some of the Interface Leadership Team. We are offering two more sessions where you can hear an overview of the Directorate's priorities and ask the questions that matter most to you.

Whether you want to understand more about the Virtual Hospital, how virtual pathways will transform care, explore opportunities for collaboration through FNC+ or simply learn more about the vision, these sessions are designed for open dialogue. Questions can be submitted anonymously during the session, so every voice is heard.

**Join us on Teams on the following dates. Click the links below to sign up:**

- [Thursday 23 April 2026 from 1.00pm](#)
- [Wednesday 29 April 2026 from 7pm](#)

You can catch up on the staff sessions we ran in January on [Staffnet](#) or the [NHSGGC website](#).

### **Everything you need to know about NHS Scotland's National Digital Type 2 Diabetes Remission Programme – and expanded access to local Remission pathway**

As announced by [NHS Scotland on the 18 March 2026](#), the national digital programme is part of Scotland's approach to support more adults living with Type 2 diabetes achieve clinically significant weight loss. For many, this can lead to remission from T2D, as well as reduce the long-term risks of diabetes-related conditions and demand on long-term conditions services.

### **Purpose of the National Digital Type 2 Diabetes Remission Programme**

As well as the [National Digital Type 2 Diabetes \(T2D\) Remission Programme](#), NHSGGC has extended access to the local T2D Remission Programme.

## Eligibility Criteria

**For both pathways patients must be referred by their GP** and meet the following criteria:

- Aged 18–65
- Diagnosed with Type 2 Diabetes in the last 6 years
- BMI above 27Kg/m<sup>2</sup> (White ethnic groups) or BMI above 25Kg/m<sup>2</sup> (Black, Asian, and other ethnic groups)
- HbA1c levels measured within the last 12 months, with values as follows:
  - If on diabetes medication, HbA1c 43 to 87 millimoles per mole; or
  - If not on diabetes medication, HbA1c 48 to 87 millimoles per mole.

Both programmes offer support using the ‘Counterweight’ treatment model and meal replacement products and have the same eligibility criteria.

## Type 2 Diabetes Remission Programme structure

The programme lasts 12 months and support is entirely online. It includes three stages:

1. Total Diet Replacement (TDR) – 12 weeks
  - Nutritionally complete soups and shakes - approx. 800–900 kcal per day
2. Food Reintroduction – 6 weeks
  - Gradual reintroduction of everyday foods
3. Maintenance Phase
  - Ongoing support to maintain a healthy weight and embed sustainable lifestyle habits.

## Choosing the right service

For the national digital programme, patients are required to upload weekly weight, blood pressure and blood glucose measurements to the Counterweight app and attend regular virtual coaching sessions to support their journey.

For those patients who may be digitally excluded, require personal support or who may find the online environment challenging, the NHSGGC local remission pathway may be more suitable.

## Benefits, risks, alternatives and doing nothing

Remission is intense and both treatments last 12 months. Talk to your patients about their options, using the [BRAN model](#) to help.

## Expected outcomes

Research and pilot programmes show 35–45% of participants who complete the full pathway achieve remission.

Benefits include:

- Reduced or no need for diabetes medication
- Improved blood glucose control

- Lower long-term risks of heart disease, kidney disease, sight loss, and amputation
- Improved mental and physical wellbeing.

## How to refer

### Patients must be referred by their GP.

GPs should discuss all options and make the best choice with their patients.

Referral to both pathways is through SCI-Gateway:

- For the national programme select:
  - **'National Type 2 Diabetes Remission Programme'** via Specialist Health Boards
- For local Remission service select:
  - **'Diabetes Remission Programme GGC'** via Dietetic Service.

For more detailed information about both treatment pathways visit the [Weight Management Website](#)

## Staff Resources and Materials

- [Counterweight website](#)
- [NHSCFSD website](#)

## Patient Experience Public Involvement: Tools, Resources, and Support

The Patient Experience Public Involvement (PEPI) Team supports staff to plan and deliver meaningful feedback, engagement and involvement activity with patients, service users and the wider public.

The [Tools and Resources webpage](#) brings together practical guidance and learning materials to support staff at every stage. Resources include short videos on our Support Request Process, using tools such as Care Opinion and approaches to engaging with patients, service users, alongside bitesize Lunchtime Learning sessions.

One of these sessions includes guidance on Public Partners, where we describe when you would use them and how to go about setting one up for any engagement you are looking to undertake:



If you would like advice or support with engagement or involvement activity in your service or team, you can contact us via our Service Support Request Form: [PEPI Service Support Request Form](#)

## Civility Saves Lives – Online Champions Training – 2026 Schedule

Our Civility Saves Lives (CSL) campaign aims to promote positive working relationships and raise awareness about how our behaviour with colleagues can have a direct impact on patient care and outcomes, and staff experience and wellbeing.



The role of Civility Champions is to promote and raise awareness of CSL within their own teams/services, helping to bring understanding about why paying attention to how we work together and treat each other matters. Champions can be from any profession, band, or service and have an enthusiasm and interest in supporting positive ways of working.

Staff are invited to join the next online training session for Civility Champions. We have 5 sessions scheduled for 2026. Please use the links below to register.

Registration Link
<a href="#">CSL Champions Training Thurs 23 Apr 2026 9.30 – 11.00am</a>
<a href="#">CSL Champions Training Thurs 18 Jun 2026 2.00 – 3.30pm</a>
<a href="#">CSL Champions Training Thurs 20 Aug 2026 9.30 – 11.00am</a>
<a href="#">CSL Champions Training Tues 6 Oct 2026 9.30 – 11.00am</a>
<a href="#">CSL Champions Training Tues 17 Nov 2026 2.00 – 3.30pm</a>

Staff are encouraged to read about Civility Saves Lives before the training, by visiting [the hub on Staffnet](#).

**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](#)