



Daily update
(21 January 2026, 3.00pm)

Topics in this Core Brief include:

- [Civility Saves Lives – Online Champions Training – 2026 Schedule](#)
- [Let's Talk About... Your Vital 5: Everyday Choices That Keep You Well](#)
- [Unlock Your Potential – Explore Management Development Opportunities](#)
- [Evaluating impact - Adora's researchers need to hear from you](#)
- [Scottish Gas Networks, Great Western Road area \(Annie'sland Cross\)](#)

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 6 sessions scheduled for 2026. Please use the links below to register.

Registration Link
CSL Champions Training Wed 25 Feb 2026 2.00 - 3.30pm
CSL Champions Training Thurs 23 Apr 2026 9.30 – 11.00am
CSL Champions Training Thurs 18 Jun 2026 2.00 – 3.30pm
CSL Champions Training Thurs 20 Aug 2026 9.30 – 11.00am
CSL Champions Training Tues 6 Oct 2026 9.30 – 11.00am
CSL Champions Training Tues 17 Nov 2026 2.00 – 3.30pm

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

Let's Talk About... Your Vital 5: Everyday Choices That Keep You Well

Your **Vital 5** are five key areas that help you feel healthier and more resilient every day:



- **Blood pressure**
- **Healthy mind** (mental wellbeing)
- **Healthy weight**
- **Smoking**
- **Alcohol** (safe drinking)

Join our **20-minute wellbeing webinar** to discover practical tips, simple habits, and small changes you can make across each of these areas - all designed to fit into your busy life. You'll also hear real examples from colleagues and get guidance on where to find additional support if needed.

Webinar details:

Wednesday 29 January, 1.00pm – 1.20pm, MS Teams

[Book your space here!](#)

Recordings of past webinars can be watched on the [webinars SharePoint](#). Over **3,700 colleagues have joined our webinars since 2023**, and **90% of attendees say they plan to take action** to improve their wellbeing!

You can also sign up for upcoming webinars:

[Lets talk about... Cancer, Colleagues and Compassion](#)

[Lets talk about...Tired? Understanding and Improving Your Sleep](#)

Unlock Your Potential – Explore Management Development Opportunities

Are you in a supervisory or management role or do you aspire to be? NHS Greater Glasgow and Clyde Learning and Education offers a range of learning and development programmes designed to help you grow your skills and support your team effectively.

From practical skills to strategic thinking, these resources will help you:

- Build confidence in managing people and processes
- Enhance your management capabilities, knowledge and skills
- Drive positive change within your service.

👉 Visit the [Management Development](#) page on HR Connect to discover the full range of opportunities available.

What you'll find on the page:

- **New People Managers and Supervisors Induction Pathway** – a key element of New Manager induction, built around NHSGGC's People Management Guide and signposting your next steps in development. This is also beneficial for those who aspire to a managerial role.

- **Essential Skills for Managers** – a three half-day programme, open to new, current and future operational managers, covering four practical themes:
 - communicating & influencing
 - organising & delegating,
 - managing change, and
 - problem solving & decision making.
- **People Management Programme** – modular learning to build confidence in day-to-day people management (e.g. Attendance Management, Staff Development, Managing Difficult Conversations, Conduct/Grievances/Capability, Equality, Recruitment and Selection).
- **Online resources** – further useful resources are available to support self-learning

To find out more about these opportunities, please visit the HR Connect page, and discuss with your line manager during your Personal Development Plan and Review (PDPR) discussion.

This new year, take the opportunity to invest in your development – because great management makes a difference.

Evaluating impact - Adora's researchers need to hear from you

The Adora CivTech pilots will soon be drawing to a close. 835 NHS Greater Glasgow and Clyde staff have registered with Adora as part of the menopause support pilot and this shows just how important this topic is across our workforce.

If you signed up to Adora and downloaded the menopause app during the pilot, you should have received a user experience survey at the email address you registered with. Please check your email and kindly complete this survey. Your feedback will provide essential information for the evaluation of the pilot. Even if you haven't used Adora much, you can still take part.

For those who opted into the additional health research - thank you for doing this. As well as the user experience survey, Adora will be sending you a follow-up health survey. It is equally important to complete this for the evaluation.

Your voice matters – whether you've used Adora just once or frequently. Even if you've only explored the app briefly, the research team wants to understand your experience and what could be improved in future. Your responses will be treated as confidential and contribute to women's health research. No names or identifiable information will be shared outside of Adora.

If you have questions or can't locate the surveys, do feel free to reach out to the research team at: research@adora.health and they will be happy to help.

Thank you for supporting this pilot.

Scottish Gas Networks, Great Western Road area (Anniesland Cross)

From Monday 26 January 2026, Scottish Gas Networks (SGN) will begin upgrading the gas network in the Anniesland Cross area on Great Western Road.

The work will last for approximately six weeks and will be carried out in three phases. This will result in lane closures on Great Western Road and the closure of local road junctions between Anniesland Cross and Gartnavel Hospitals Campus. Please allow additional time for your journey. More information is available from [SGN](#).

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

[GGC-Staffnet Hub - Home \(sharepoint.com\)](#)



Getting the right care is as easy as ABC 

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.
--	---	---

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](#)