

NHSGGC

Core Brief



**Daily update
(23 July 2026, 1.00pm)**

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Non-Executive Board Members visit Inverclyde Royal Hospital

Four Non-Executive Board Members of NHS Greater Glasgow and Clyde visited Inverclyde Royal Hospital (IRH) last week, learning more about the wide range of services being delivered at the site and the work taking place to support patients across Inverclyde and beyond.



Following the visit, Cath Cooney, Chair of the People and Staff Governance Committee, said: "It was a privilege to spend time with colleagues across

Inverclyde Royal Hospital and hear first-hand about the skilled work taking place every day to care for patients.

“We saw the commitment, innovation and teamwork that underpin services across the hospital, from emergency and acute care through to rehabilitation, diagnostics and outpatient services. I would like to thank everyone who took the time to meet with us and share their experiences. The insights gained during the visit will be invaluable in helping us represent the interests of patients, staff and local communities in our role as Non-Executive Board Members.”

Read the full story [on Staffnet](#).



International Self-Care Day (24 July) - The ABC of Self-Care

Self-care can sometimes feel overwhelming. There is so much information, so many wellbeing messages and so many different ‘shoulds’ about what we ought to be doing. It can be hard to know where to start - especially when life and work are already busy.

To mark **International Self-Care Day**, we’re sharing our recorded staff wellbeing webinar:

[“The ABC of Self-Care”](#)

This short, practical session explores simple, realistic approaches to looking after your wellbeing in everyday life - without adding pressure or complexity.

Self-care is not about doing everything. It’s about finding small, meaningful actions that support you in ways that fit your life.

This recording is available for all staff to watch at a time that suits you whether individually, with colleagues, or as part of a team discussion.

How to use this recording:

- Watch individually at a time that suits you
- Use as part of a team or service discussion
- Share with colleagues who may find it helpful or relevant
- Pause and reflect on key messages as you go.

Access the recording by clicking on the link below:

[Let's talk about - The ABC's of Self Care.mp4](#)

If you'd like to explore further support, you may find the following useful:

Self Care Forum – [International Self-Care Day resources: Self Care Forum](#)

National Wellbeing Hub resources - [Home - National Wellbeing Hub](#)

Sometimes self-care also means talking things through with someone else. If you'd find it helpful to reflect on your wellbeing or think about small, realistic ways to look after yourself, you can speak to a trained Peer Supporter. You may already have one in your team or area. If not, you can get in touch and we can connect you with a Peer Supporter for a confidential, supportive conversation. Contact: ggc.peer.support@nhs.scot

Want to know more about our Peer Support Network visit [Peer Support Network - NHSGGC](#) or [Peer support in the workplace: putting theory into practice - National Wellbeing Hub](#).

Senior Adaptive Leadership Academy: information sessions and more information

Senior leaders across health, social care, social work, the third sector and partner organisations are invited to find out more about the Senior Adaptive Leadership Academy (SALA) 2026/27.

SALA is a 10-session, in-person leadership development programme for experienced leaders working in complex systems, leading change or influencing across organisational boundaries.

Participants will explore a live leadership challenge, deepen their understanding of adaptive leadership and build connections with peers from across sectors.

Find out more information about the course  [here](#), and sign up for one of our online information sessions on:

- [Tuesday 11 August, 12:30 pm - 1:00 pm](#)
- [Monday 17 August, 2:30 pm - 3:00 pm](#)

For access issues or further information, please email runima.kakati5@nhs.scot

MenB vaccination programme - importance of young people getting both doses

Our MenB vaccination programme is continuing throughout the summer, with young people encouraged to get both doses ahead of the new academic year for maximum protection.

It follows recent outbreaks of meningococcal disease in the UK. MenB disease can cause meningitis and septicaemia and can become serious very quickly.

If you know an eligible school leaver or student starting further or higher education this year, please consider sharing this information with them.

Eligible groups include:

- 2025/26 S6 school leavers
- New university students under 25
- New college students under 25 living in shared accommodation

Increased social mixing during Freshers' Week and life in shared accommodation can increase the risk of infection.

Two doses of the vaccine are needed for full protection. As these have to be given at least 28 days apart, eligible students and school leavers are being urged not to delay getting their first dose.

Drop-in vaccination clinics are currently being held every Monday and Tuesday at Glasgow Caledonian University and the University of Strathclyde, and every Wednesday and Thursday at the University of Glasgow and the Piazza Shopping Centre in Paisley.

Additional drop-in clinics are planned in August at Clydebank Health and Care Centre, Port Glasgow Health Centre, Eastwood Health Centre, Queen Elizabeth University Hospital, Greater Easterhouse Supporting Hands, Kirkintilloch Town Hall, Renfrew North Parish Church, and The Whiteinch Centre.

For the full schedule, students and parents are advised to check the NHSGGC website here: <https://www.nhsggc.scot/your-health/general-vaccinations/>

HCSSA – Real Time Staffing and Risk Escalation Quiz

We've had a great response so far, but there's still time to take part if you haven't already completed the quiz. To give everyone an opportunity to participate, the closing date has been extended to **Friday 14 August 2026**.

We would encourage all staff to take a few minutes to complete the quiz and share their feedback.

We're excited to invite you to take part in this short quiz designed to support awareness and understanding of Real Time Staffing & Risk Escalation, part of the Health and Care (Staffing) (Scotland) Act (HCSSA).

Whether you're familiar with the topic or new to the process required, this is a great opportunity to test your knowledge. The quiz is interactive, should only take a few minutes to complete, and your input will identify areas for developing learning.

Please take a moment to complete the quiz using the link below:

🔗 [Real Time Staffing & Risk Escalation – Fill in form](#)

If you have any questions, or if you would like to learn more about this topic, please visit our dedicated webpage for further information, guidance, and useful resources:

👉 [Health and Care Staffing Scotland Act 2019 - NHSGGC](#)

Alternatively, you can get in touch with the team at: ✉️
ggc.healthcare.staffing@nhs.scot

Thank you for your time and for supporting continuous improvement across NHSGGC.

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 the [website](#)**