



Daily update
(23 June 2026, 11.45am)

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**Let's Talk About... Managing Your Health:
Understanding Type 2 Diabetes: 29 June 10am**

Diabetes Week (8–14 June 2026) was focused on “**Striking Out Stigma**” — helping to change the way we talk about diabetes.



Eight out of 10 people living with diabetes say they have experienced negative attitudes, including judgement or blame.

Building on this awareness, we’re offering a short Let talk about... staff wellbeing webinar at the end of June, focused on improving understanding of Type 2 diabetes and its links to overall health and wellbeing.

Type 2 diabetes is one of the most common long-term health conditions in the UK. Learning more can help us recognise early signs, understand risk factors and feel more confident supporting our own health and others.

You’ll learn:

- What Type 2 diabetes is and how it relates to metabolic health
- Common signs and symptoms, and why early awareness matters
- Simple, practical ways to support your health through food, movement, sleep and stress management
- Where to find support, resources and further information

Webinar Details
Monday 29 June, 10:00am – 10:20am, MS Teams
[Book your space here!](#)

Can't make it? Recordings and slides are available on the Wellbeing Webinars [webinars SharePoint](#).

Over 90% of participants say they would recommend these webinars, making them a trusted and practical way to support wellbeing across our workforce.

You can also sign up for upcoming webinars:

- Thursday 30 July 11.00am- 11.30am - **Move More, Feel Better: simple strategies for busy staff** – [Book Here](#)
- Thursday 26 August 2.00pm- 2.30pm- **Managing People, Managing Pressure: Wellbeing for managers** - [Book here](#)

The value our Armed Forces Community brings

Colleagues from the Armed Forces Community (AFC) bring valuable, transferable skills into the NHS – from leadership and teamwork, to adaptability, problem-solving and resilience; skills that directly strengthen safe, compassionate care for patients across our services.

Whether transitioning into NHS Scotland from the forces, balancing Reserve service alongside their role, or supporting family members who serve, AFC colleagues make an important contribution to our organisation and the care we provide.

You can find out more information regarding our commitment to the Armed Forces Community, as well as our engagement with the Armed Forces Talent Programme (AFTP) - who support the recruitment of Armed Forces leavers, and those from the wider community, into our workforce - on our [HR Connect](#) page.

To find out more about the Armed Forces Talent Programme, please visit their [website](#).

This Armed Forces Week, we want to share our commitment to create the right environment and conditions for you to share these experiences and skills with your teams. By recognising and valuing the diversity of experience within our workforce, we strengthen our organisation for staff and patients alike.

Enjoy the heat safely – NHSGGC issues simple advice to help people stay safe and well

NHS Greater Glasgow and Clyde is urging people to take simple steps to look after themselves and their families in the sun and warm conditions, helping to avoid illness or injury.

During warmer weather, common issues can include sunburn, heat exhaustion, dehydration, food poisoning, and bites and stings. Many of these can be prevented with a little extra care. NHSGGC is advising people to:

- **Stay safe in the sun** – Wear high-factor sunscreen, cover up with suitable clothing – and a hat, stay hydrated, and spend time in the shade where possible.
- **Stay hydrated** – make sure you drink additional water as your body needs much more fluid to cope with the heat

- **Take care with food** – When barbecuing, ensure food is cooked thoroughly and evenly, and keep raw and cooked foods separate.
- **Be prepared at home** – Keep a supply of over-the-counter medicines such as paracetamol or ibuprofen, treatments for bites and stings, and antihistamines for allergies.
- **Have basic first aid supplies** – A simple first aid kit, including plasters, bandages and antiseptic wipes, along with an ice pack, can help manage minor injuries such as cuts, bruises, sprains and strains.

Dr John O’Dowd, Interim Director of Public Health for NHSGGC, said: “The warm weather is a great opportunity to spend time outdoors and enjoy time with family and friends.

“We want everyone to enjoy this safely by taking simple steps such as protecting themselves in the sun, staying hydrated and preparing food properly. These small actions can help prevent common illnesses and injuries at this time of year.

“By thinking ABC before attending A&E, you can make sure you are getting the right care in the right place, while also helping to protect services for those who need them most.”

For more information about staying safe in hot weather, go to [NHS Inform](#).

Celebrating HCSWs at the Annual Educational Event 2026

Healthcare Support Workers from across General Practice came together for the Healthcare Support Workers in General Practice Annual Educational Event 2026, held at Glasgow Clyde College, Cardonald Campus, on Thursday 18 June 2026. The event was a fantastic opportunity to celebrate the valuable contribution HCSWs make every day in supporting patients, practices and wider primary care teams.

With around 40 HCSWs attending, the morning provided a welcoming and supportive space for learning, discussion and networking. Sessions covered key areas including the Weight Management Service and Live Active, diabetic care and retinal screening, and Heart Start/Basic Life Support. The programme offered practical updates and encouraged HCSWs to reflect on how learning from the day can support safe, effective and person-centred care within their own practice settings.

A sincere thank you goes to all the HCSWs who attended and contributed to the success of the event. Your enthusiasm, engagement and commitment to ongoing learning were clear throughout the morning. Events like this are an important reminder of the essential role HCSWs play in General Practice, supporting high-quality care and making a positive difference to patients and teams across NHS Greater Glasgow and Clyde.

Thank you also to the presenters, stall holders, Glasgow Clyde College and everyone involved in planning and supporting the event. Their time, expertise and partnership helped create an informative and engaging programme for all who attended.

We look forward to continuing to support HCSWs through future learning opportunities, drop-in sessions and events, and we hope to see even more colleagues joining us in the year ahead.



Antimicrobial Resistance and Healthcare Associated Infection (ARHAI) Scotland survey

Antimicrobial Resistance and Healthcare Associated Infection (ARHAI) Scotland is the organisation that produces the infection prevention and control (IPC) guidance for Scotland to keep you, those you care for and your colleagues safe. We are seeking your input into how we develop this guidance, how we communicate changes and what more we could do to support this.

To help us understand how the guidance we write for the National Infection Prevention and Control Manual is used in your practice, please take 10 to 15 minutes to complete this survey and share it with your wider teams. The survey is available through this link: [ARHAI Scotland Staff survey to support IPC guidance](#)

Your feedback is really important to use but note that this survey is only open until 3 August 2026.

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](#)