



Daily update
(23 October 2025, 2.50pm)

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Data Security Spotlight – Confidentiality

Inappropriate Disclosure of data can result in a data breach and can cause distress to those involved. Please ensure data being provided to individual staff or patients, e.g. discharge letters, test results or reports, is checked thoroughly to ensure it does not include information or documents relating to others. NHSGGC data breach policy can be found [here](#).

Congratulations to the team at Parkhead Hub that has been named Public Sector Project of the Year!

Beating competition from major national schemes across the UK, Parkhead Hub won the prestigious Royal Institution of Chartered Surveyors (RICS) UK Award thanks to its wide range of services, team collaboration, community involvement, social value, and sustainability credentials.

The RICS UK Awards celebrate excellence in land, real estate, construction, and infrastructure across the UK, with Parkhead Hub selected as an excellent example of public sector success. During its construction, the project generated more than £19.5 million in social value and supported several local community initiatives, with more than 176,000 people in the east of Glasgow benefitting from services across acute, primary care, mental health, children's services, addiction support, and homelessness assistance.



Parkhead Hub is a shining example of how we can shift the balance of care into the community, enabling patients to access the right care, at the right time, in a single accessible location. As we continue with our Transforming Together programme to transform service delivery, this award shows just how important it is for us to innovate and change how we deliver services for the communities we serve. It is a testament to the hard work and dedication of the NHSGGC and Glasgow City HSCP colleagues who made this ambitious and impactful project a success. Congratulations to everyone who delivered this project, and to our colleagues who continue to deliver safe and effective patient-centred care at the site every day.



New pilot: perimenopause and menopause support app for NHSGGC staff

NHS Greater Glasgow and Clyde is pleased to announce the launch of a new pilot programme offering menopause support resources for our staff, delivered in partnership with Adora Digital Health.



Our workforce is predominantly female – around 78% of all staff – and many people may have questions about their own experience or what to expect in future. We're therefore excited to launch the Adora Digital Health pilot in NHSGGC, which provides a free menopause companion app and live events to help women navigate their perimenopause and menopause journey.

Adora offers a conversational Artificial Intelligence-driven menopause companion app that provides tailored, evidence-based self-management information and advice. It aims to guide women through their menopause and enables individualised recommendations and assessments.

During the pilot, staff who register to take part will be able to access:

- Personalised digital education, support and plans
- User-friendly symptom tracker and menopause toolkit
- Educational health hub offering lifestyle insights and latest news

- Free live chat and drop-in sessions with Adora's specialist nurses
- Live events featuring top women's health experts

Whether you're experiencing symptoms now, approaching menopause, or want to understand what to expect, this service is here to help you feel confident and supported at work. Interested in taking part? Find out how to [sign-up here](#).

This pilot is part of our ongoing commitment to staff wellbeing. It was developed in response to a West of Scotland Innovation Hub challenge to empower women by leveraging technology to help them better understand menopause and access personalised support. It has been funded by the Scottish Government's CivTech programme and the Chief Scientist Office, with expert support from clinicians including NHSGGC's Dr Jenifer Sassarini, a Consultant Obstetrician and Gynaecologist.

Adora's researchers will be undertaking research during the pilot to learn more about staff experiences and to evaluate Adora's impact. Please note, to register with Adora, you will need to be a member of staff aged 35 or over.



Six Week Kindness Challenge: Week 4 – Focus on your own wellbeing

As we build up to World Kindness Day on 13 November, we invite colleagues to join us in our [Six Week Kindness Challenge](#).

When our wellbeing suffers, it can feel more difficult to extend kindness to others. It is important that we look after our own mental health and wellness so that we can bring the best version of ourselves to work.

This week, we challenge you to make time for yourself and prioritise your own wellbeing.

Here are a few self-care ideas for the week:

- Book a free Active Staff class with options such as yoga, Pilates, and bootcamps. Find out more information and book a class [here](#) or use the QR code below
- Wellness Wednesdays – dedicate some time each Wednesday to wellness. This could be a virtual yoga session, a mindful break or meditation, or even just a walk around the block and a blether

- Get back to nature and go for a walk outside. Enjoy a mindful stroll by yourself or connect with friends or colleagues.

Remember - you can still [submit your nominations for your kind and compassionate colleagues using this online form](#). Help us to celebrate and recognise them around World Kindness Day (13 November)!



Updates and news from the
Glasgow
Clinical Research Facility



NHS Glasgow Clinical Research Facility shares update on upcoming health studies

The NHS Glasgow Clinical Research Facility are pleased to share an update on upcoming studies tackling key health challenges.

We are currently undertaking several exciting new studies. These include trialing a new medication which is looking for a better way to prevent seasonal flu in people at higher risk of becoming unwell. You can participate in this study whether you have chosen to receive your annual flu vaccine or not.

We will soon launch a portfolio of weight loss studies for children and adults across NHS Greater Glasgow and Clyde. These studies will include people with and without health conditions, including type 1 diabetes, type 2 diabetes, cardiac disease, and renal disease. More details will be shared as these studies progress.

If you are interested in hearing more about our current research studies, please contact the CRF on ggc.CRF.PSM@nhs.scot or join our weight loss study database at: <https://forms.office.com/e/ziBLHJjCRh>

Infection Prevention and Control Awareness Week

Let's talk about *Clostridium difficile*.

Clostridioides difficile infection (CDI), also known as *Clostridium difficile*, is a major cause of infectious diarrhoea due to the spore-forming bacterium, *Clostridioides difficile*.

It is predominantly healthcare associated and accounts for about 20% of cases of antibiotic-associated diarrhoea.

Symptoms include watery diarrhoea, fever, nausea, and abdominal pain, which may lead to serious complications including pseudomembranous colitis, toxic megacolon, and death. Treatment with antibiotics or invasive surgical procedures, which disturb the normal intestinal flora, may lead to overgrowth of *C. difficile*, resulting in either asymptomatic colonisation or infection. Those at most risk of developing CDI include

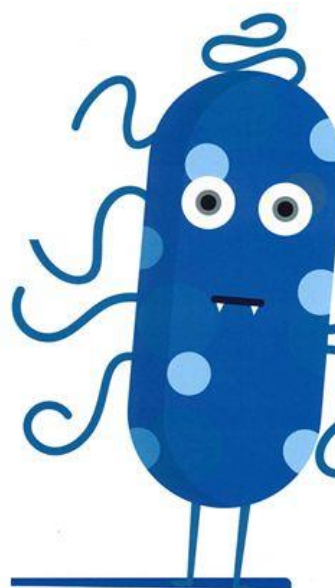
elderly people and immunocompromised patients. A small proportion of healthy adults may carry *C. difficile* as part of the normal gut flora.

Meet *Clostridioides difficile* (a.k.a *C. diff*)

I am a spore-forming **bacteria** that harmlessly lives in the intestines. I produce **toxins** that can damage the bowel lining and kill 'good' gut bacteria, causing serious healthcare associated infections, especially in those that have recently taken **antibiotics**.

How do I spread and survive?

I spread through direct contact (skin) and indirect contact (contaminated surfaces: toilets, sinks and tables or shared medical equipment: thermometers and blood pressure cuffs). I can form spores, making me more resilient and harder to eliminate than other bacteria, which can lead to antibiotic resistance and recurrent infection.



Active Staff – save the date

Active Staff are pleased to announce a fantastic new exercise class starting in West Dunbartonshire on Monday 17 November at 5.30pm.



This will be an outdoor class and will meet on the Queens Quay just outside the Clydebank Health and Care Centre [not in the grounds].

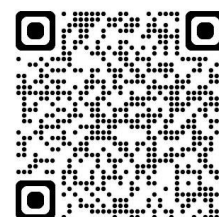
This class is open at all fitness levels. Enjoy a fun hour of varied exercises effective in burning calories and increasing fitness and stamina with instructor Sharon.

Keep an eye out for this class going live on our booking form soon. Get your place secured in this class using the link or scan the QR code right:

[Active Staff Notices and Booking Form - April 2025 Onwards: Survey](#)
Powered by Webropol



If you are keen to explore other options offered through the Active Staff programme, click on the link or scan the QR code right: [Active Staff - NHSGGC](#)



Please print off this information for staff who do not have regular/any access to a computer at work.

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

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



Be Phishing and Vishing Aware!

Phishing and Vishing are forms of social engineering, a technique used to gain access to private information, often via email. It can cause a huge amount of damage, disruption and distress. To help prevent social engineering attacks at NHSGGC and at home, **remember N.E.T.**

NHS
Greater Glasgow and Clyde

No Trust	Educate Yourself	Think First
Verify, via alternative means, the identity of those sending unexpected messages, even if the contacts are known to you.	Complete the Security and Threat module on LearnPro. Check online sources to see if emails, SMS messages or other forms of social engineering attacks are known or commonplace. Remember, educating yourself can protect you in both your work and personal life.	Successful attacks generally require a sense of urgency. Stop! Take a moment to reflect and investigate, this can show these attacks for what they are.

Managing technology and data safely and securely is everyone's responsibility throughout NHSGGC.
For further information, visit: [FAQ---IT-Security-v0.2.pdf](#)

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](#)