



Daily update
(23 September 2026, 3.25pm)

Topics in this Core Brief:

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Speak Up Week is Coming: Every Voice Matters

Joint message from Professor Jann Gardner, Chief Executive, and Dr Lesley Thomson, Chair

Every day, colleagues across our services share ideas, identify opportunities for improvement, raise concerns and support one another to deliver the best possible care for patients and communities.

Creating an environment where people feel able to speak up is fundamental to who we are and what we're about.

From 29 September to 2 October, we will be taking part in Speak Up Week 2026, joining NHS Boards across Scotland in highlighting the importance of staff voice, psychological safety and speaking up.

Speaking up means colleagues feel free to raise concerns, challenge inappropriate behaviour, speak up when they experience or witness discrimination, bullying or harassment, suggest improvements and seek support when something just does not feel right.

We want our staff to know that every voice matters to us and to NHSGGC.

When people feel listened to and respected, organisations as a whole benefit. We learn, improve and grow. The best ideas often come from those closest to the work, and the earliest warning signs of problems are often identified by staff delivering services every day.

Creating the culture we want relies on leadership, partnership working, supportive teams and an ongoing commitment to treat one another with dignity, respect and compassion.

Throughout Speak Up Week we will be sharing practical information about the support



available to staff, including our Confidential Contacts, trade union and professional organisation representatives, managers and other support services. We will also be hosting [webinars on whistleblowing, sexual harassment and psychological safety](#).

This year marks five years since the introduction of the National Whistleblowing Standards in NHS Scotland. While important progress has been made, our focus remains on ensuring every colleague knows that their voice matters and knows where to seek support when they need it.

We encourage everyone to take part in Speak Up Week, engage with the resources being shared and reflect on the role each of us can play in creating a culture where people feel safe to speak up, listen well and take action.

Thank you for helping us build an NHS where every voice matters.

Professor Jann Gardner
Chief Executive

Dr Lesley Thomson
Chair

Falls Awareness Week – 21 – 25 September

This week is falls awareness week and the theme is right care, right place and right time. There are activities being carried out within our hospitals and across our community services to highlight the importance of falls reduction. This year we have decided to concentrate on two key falls reduction interventions – **‘lying and standing blood pressure monitoring’ and ‘medication review’**. There is also a special issue of the falls reduction newsletter which covers both topics. This can be accessed on [SharePoint](#).

Today’s focus will be on **‘lying and standing blood pressure’**.

Orthostatic hypotension (where blood pressure drops after standing up from a lying or sitting position) is a recognised risk factor for falling. Patients with this condition may describe upon rising and/or moving, symptoms of light-headedness, unsteadiness, nausea, blurring or tunnelling of their vision and sometimes an ache across their neck and upper back. If a significant drop in blood pressure on standing is confirmed, modification of patient’s lifestyle factors and prescribed medications can improve symptoms and reduce falls risk.

Current guidance suggests that a lying and standing blood pressure (BP) measurement should be carried out in the following circumstances:

- anyone 65 and over admitted to hospital
- anyone admitted with a fall
- anyone who has an inpatient fall.

Within NHSGGC a lying and standing BP form is available to allow accurate recording of these measurements. An infographic has been produced to highlight the importance of completion of these measurements to reduce falls risk. You can access resources around this important intervention on [SharePoint](#).

Should you have any questions then please get in touch with the hospital falls team:
ggc.hospitalfallscoordinatorsacute2@nhs.scot

Cancer Recovery: Information and self-help videos

A new resource has been developed to support both patients and staff following cancer treatment. [Cancer Recovery: Information and self-help videos](#) is a collection of short, practical videos developed by clinicians at The Beatson Cancer Centre, focusing on some of the longer-term effects of cancer treatment.

The videos provide clear, accessible information about why these symptoms can happen, alongside practical advice and self-help strategies that may help people manage them. They also explain when it is important to seek further medical advice, helping patients feel more informed and confident about their recovery.

Some of the topics include:

- Guide to Genitourinary Syndrome of the Menopause (GSM)
- Skin care after Pelvic Radiotherapy
- Living well with Bile Acid Malabsorption
- Eating well with your Stoma
- Eating safely when you're at risk of Bowel Obstruction
- Getting started if you think you have a food intolerance
- How to keep a food & symptom diary
- What is Pelvic Radiation Disease (PRD)
- Your guide to Pancreatic Replacement Therapy (PERT)
- Understanding Menopause during cancer treatment.



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](#)