

Core brief

Daily update (24 July 2025, 11.40am)

Topics in this Core Brief include:

- International Self-Care Day – the simple things and staff benefits that can help you
- Financial Support When You Need It Most: The Staff Hardship Fund is Here to Help
- Equality, Diversity, and Inclusion training for managers

International Self-Care Day – the simple things and staff benefits that can help you

To mark International Self-Care Day, we encourage staff to think about how they can take care of their own health and wellbeing.



Self-care is anything we do to keep ourselves mentally, emotionally, physically, socially, and spiritually healthy. It could be something as simple as taking a walk, eating healthily, or spending time with friends. Here are a few simple ways to take care of yourself and staff benefits available to support you:

Get active

Do [what works for you](#). A walk, wheel, or some gentle exercise can get you out in nature and fresh air – simple steps that are proven to lift your spirits and boost your physical health.

NHSGGC also offers staff a wide range of free exercise initiatives and classes to suit any fitness level, such as yoga, guided walks, and bootcamps. You can find out more and book online on the [Active Staff page](#).

Eat a balanced diet

Healthy eating is essential for maintaining overall wellbeing. You can find advice [here](#).

Find support

Our dedicated [mental health app](#) can help you recognise and manage triggers, be aware of your symptoms, and discover tips for managing your mental health and wellbeing, including sleep, like breathing exercises, eating healthy food or starting a new routine.

There is also mental health and wellbeing support available [on the NHSGGC website](#) for staff, as well as [free mindfulness courses](#).

Quit smoking

You can get support to stop smoking through the [Quit Your Way](#) service.

Financial wellbeing

Having money worries can negatively impact mental health and wellbeing, causing anxiety and stress. Head to our [All About Money page](#) to discover the support available for staff including help with budgeting and personal finance, as well as discounts available for NHS staff.

More information on financial support can be found in the article below.

Financial Support When You Need It Most: The Staff Hardship Fund is Here to Help

Since launching in May 2023, our Staff Hardship Fund has provided crucial support to over 600 of our colleagues during times of unexpected financial difficulty.

Funded by the NHSGGC Healthcare Charity, the fund is a key part of the support offered by our confidential [Support and Information Service](#) (SIS). It's designed to provide a one-off grant to help you through a temporary emergency, especially as the pressures of the cost of living continue to affect so many.

If you're facing a short-term financial crisis and are worried about how to manage essential bills, please remember this support is here for you.

How the Support and Information Service (SIS) Can Help

The service isn't just about the hardship grant. We take a holistic approach to ensure you get the sustainable, long-term support you need. Our friendly SIS team can confidentially help you with:

- **Crisis Grants:** A needs assessment for a one-off grant to help with an immediate financial emergency.
- **Expert Money Advice:** Referrals for specialised advice on debt management and ensuring you're receiving all the benefits you're entitled to.
- **Household Bills:** Practical support and advice on managing energy bills and housing costs.
- **Your Wellbeing:** Connecting you with services for lifestyle changes like stopping smoking, exercise, and weight management.
- **Local Support:** Signposting to other local services that can provide further assistance.

The SIS service is entirely confidential, and your details will not be shared with anyone, including your line manager.

How to Get in Touch

Accessing support is simple and straightforward. Please bring along with any information you can provide about your current situation. If you are assessed as being in need of a grant, you will also need your payroll number, so please have a note of that with you.

- **Email:** ggc.sis@nhs.scot
- **Call:** **0141 452 2387** (Please leave a message if you reach our voicemail, and we will call you back promptly).
- **Drop-in:** Visit the SIS team at their locations in most hospital atriums.

For further details on staff wellbeing initiatives, please visit our [Staff Health Strategy](#) pages and other wellbeing support for staff on [HR Connect](#).

Equality, Diversity, and Inclusion training for managers

The Learning and Education team is offering an online training course to help our new and experienced people managers promote and achieve the highest ED&I standards.

As part of the [People Management Programme](#), this course was designed in partnership with the City of Glasgow College and is about getting the best performance from our teams by valuing the diversity across our workforce.

This training is available to the following groups:

- [Senior Managers \(Band 7 Plus\)](#)
- [Middle Managers \(Up to Band 6\)](#)

For any enquiries, please contact the Learning and Education Support Team on 0141278 2700 (Option 3).

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](#)**