

# Core brief

**Daily update**  
**(25 July 2022, 4.10pm)**

Topics in this Core Brief:

- National Rail Strike – Plan ahead to avoid disruption
- Update to ACP summary on Clinical Portal
- Free anxiety and insomnia therapy apps for staff
- World Drowning Prevention Day – 25 July
- Staff Disability Forum
- Scottish Health Awards 2022

## **National Rail Strike - Plan ahead to avoid disruption**

Network Rail have announced there will industrial action on 27 July and the 18 and 20 August. This will cover all of the UK rail network and will result in the majority of rail services, including ScotRail services, being cancelled on these days. In addition, there is likely to be a residual impact on the days following the industrial action as Network Rail staff return to work and carry out safety critical checks. More information on the limited services that will operate is available from [ScotRail](#).

If you have any concerns about travelling to work during the strikes, please speak with your line manager to discuss your situation.

## **Update to ACP Summary on Clinical Portal**

The Anticipatory Care Programme (ACP) Summary on Clinical Portal has been updated. Changes include;

Removal of recording of explicit consent to share information  
Recording of Rockwood Clinical Frailty Score has been moved to the top of the form  
Additional question regarding the trigger for ACP creation/update

Question to allow recording of instances where staff have engaged in ACP conversation but the individual does not wish to have one created.

For patients who already have an ACP Summary within their file, staff are asked to close this form and begin a new ACP Summary when next updating information. Staff are asked to indicate that there is an older version on file within the “Special Notes” section of the new document.

For a full explanation of why these changes have been made please read this document – [Changes to ACP Summary – July 2022](#).

All guidance documents including the [Standard Operating Procedure](#) and [Clinical Portal Guides](#), have been updated to reflect these changes. These can be found on the [ACP webpages](#). Any questions can be sent to [ACPSupport@ggc.scot.nsh.uk](mailto:ACPSupport@ggc.scot.nsh.uk)

## **Free anxiety and insomnia therapy apps for staff**

Scottish Health Boards have now made two digital Cognitive Behavioural Therapy (CBT) apps available free-of-charge to Scottish health and social care staff.

Sleepio (for insomnia) and Daylight (for anxiety) are clinically approved digital therapeutics which deliver bite-size sessions to get in control of worry and sleeplessness.

### **Sleepio**

Sleepio offers you a personalised programme for your insomnia, featuring sessions with step-by-step guidance using evidence-based techniques. In about 20 minutes per week, you'll be able to quiet a racing mind, reshape behaviours, and get better sleep.

Sleepio adjusts therapeutic content to each individual's needs and offers additional tools and insights when needed – any time of day or night. It provides personalised goal setting, a detailed sleep diary, and helps track progress over time.

Sign up to try Sleepio at [www.sleepio.com/nhs](http://www.sleepio.com/nhs) or watch the video [here](#).

### **Daylight**

Daylight is our clinically proven digital therapeutic that helps you to gain control over your anxiety. After a two-minute quiz to discover your Anxiety Type, you receive personalized techniques to help manage it.

When it's needed the most, Daylight is instantly accessible and ready to check in, practice, or try a new technique. Daylight is continually and rigorously studied for effectiveness in gold-standard clinical trials.

Sign up to try Daylight at [www.trydaylight.com/nhs](http://www.trydaylight.com/nhs) or watch the video [here](#).

## **World Drowning Prevention Day – 25 July**

To highlight the tragic and profound impact of drowning on families and communities, Water Safety Scotland is encouraging organisations to undertake "Going Blue for World Drowning Prevention Day".

The idea is simple, local organisations work with relevant authorities to have notable landmarks illuminated in blue during the evening of 25 July.

And this year NHSGGC is fully supporting World Drowning Prevention Day and will light up the QEUH in blue tonight.

For more information on World Drowning Prevention Day; visit:

<https://www.watersafetyscotland.org.uk/campaigns/world-drowning-prevention-day/>

## **Staff Disability Forum**

The Staff Disability Forum will meet on 9 August between 1pm and 2.30pm via Microsoft Teams. All staff interested are welcome to attend. [Click here to join the meeting](#)

The Staff Disability Forum exists to provide a support network for staff and to facilitate positive changes in the organisation. Staff engagement and feedback is vital for the organisation to work together.

If you would like to know more about this Forum, please email: [ggc.staffdisabilityforum@ggc.scot.nhs.uk](mailto:ggc.staffdisabilityforum@ggc.scot.nhs.uk)

We have created a closed Facebook group for staff including the HSCP, with disabilities. It is run and moderated by the Staff Disability Forum and its aim is to provide peer support, advice and sharing what works for you.

If you would like to join simply go to: [\(20+\) NHSGGC - Staff Disability Forum | Facebook](#)

### Scottish Health Awards 2022

The Scottish Health Awards are now open! With sixteen categories there is something for everyone.

This is your chance to nominate that someone special that you believe deserves to be recognised.

Nominations close on **21 August 2022**. To submit your nomination simply go to: [Scottish Health Awards 2022 - Home page](#)

**Lateral Flow Tests - available to staff who work with patients and service users in face-to-face settings**

Speak to your line manager about where to collect your test kit, then:

		
<b>Register</b> your kit	<b>Test</b> twice per week	<b>Record</b> your results

**Keep your colleagues and patients safe from COVID-19**  
**Help stop the spread!**

**Visit: [www.nhsggc.scot/staff-recruitment/lft-staff](http://www.nhsggc.scot/staff-recruitment/lft-staff)**

Please keep up-to-date with the latest guidance on our dedicated web pages at: [www.nhsggc.scot](http://www.nhsggc.scot). If you have any questions about the current situation please check the FAQs first. If you have any further questions, please email: [HR.Support@ggc.scot.nhs.uk](mailto:HR.Support@ggc.scot.nhs.uk)

\*\*\*Staff are reminded to make sure their [personal contact details are up to date on eESS](#).\*\*\*

**Are your contact details up-to-date? [Click here](#) to check**