

NHSGGC

Core Brief



Daily update
(25 March 2026, 11.11am)

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Catch Your Breath – Stress Awareness Month - April 2026

As part of Stress Awareness Month (April 2026) and this year's theme 'Be the Change' the Occupational Health Psychological Wellbeing Service is inviting staff to take a small but powerful step to support their wellbeing.

Throughout April, we will be running weekly "Catch Your Breath" sessions – short 10-minute guided breathing practices.

Breathing techniques are simple but evidence-based tools that can help regulate the body's stress response, reduce feelings of overwhelm and support focus and emotional balance during busy working days. Taking even a brief pause to slow your breathing can help reset your nervous system and create a moment of calm.

These sessions are designed to be quick, accessible and easy to fit into your day. There's no preparation required - simply join the Teams session and take ten minutes to pause, breathe and reset.

You're welcome to attend as many or as few sessions as you like. Even a short pause can make a difference.

Catch Your Breath Sessions – 10-minute sessions

- Week 1 – Thursday 2 April, 12.00pm - [Book here](#)
- Week 2 – Tuesday 7 April, 12.00pm – [Book Here](#)
- Week 3 – Wednesday 15 April, 11.30am - [Book Here](#)
- Week 4 – Monday 20 April, 1.00pm - [Book here](#)
- Week 5 – Thursday 30 April, 2.00pm – [Book Here](#)

If you can't join live, you can also access breathing exercises through:

- our [Looking After Yourself and Others sessions](#) (once on the site scroll down to level 1)
- through our eLearning module on LearnPro (search for GGC 227 Looking After Yourself and Others)
- [Staff Mindfulness](#)
- our [recorded wellbeing webinars](#).

Small actions can create meaningful change. This Stress Awareness Month, take a moment to pause, breathe and Be the Change for your wellbeing.

Turas Appraisal – Important update on Account Reset requirements for new staff

NHS Education for Scotland (NES) is implementing changes to the Turas Appraisal account password reset process from the 1 April 2026 to strengthen system security and ensure smooth access for all staff.

As part of these changes, all new Turas Appraisal accounts must now be linked to a valid email, either:

- an NHS email address (e.g. @nhs.scot / @ggc.scot.nhs.uk), or
- a personal email address that the user can access.

This requirement is essential to allow the Turas Appraisal system to verify identity and issue automatic secure password reset links. Staff who do not have a valid email address in one of the above formats attached to their Turas Appraisal account will not be able to complete the password reset process, if required.

This means system generated email addresses in the format @turas.digital will not support automated password changes from 1 April 2026. It is important that staff are responsible for keeping their personal passwords safe and secure ready for use.

Action Required

1. Managers must include a valid email address for each member of staff when submitting the Staff List Template to L&E Support for new staff.
2. For existing staff, if an email address needs to be updated, this can be done directly within the user profile on Turas Appraisal to an NHS or personal email address only. [How to update personal details and add TURAS Applications](#).
3. From 1 April 2026, the NHSGGC LE Support Helpdesk will no longer have system permissions to support any password changes. Any staff who do not have a valid email address to make this change themselves should contact NHSGGC LE Support Helpdesk for advice on changing email address to NHS or personal.

It is important that staff manage their TURAS Appraisal account so that they can access the system and support compliance with the NHSGGC PDP & Review requirements.

Workforce Systems downtime

ePayroll & SSTS (this includes access to ePayslips etc) will be down for End of Year processing from 16.00 on Thursday 26/03/26 until approx. 9:00 on Tuesday 31/03/26

During this time the following updates will be applied:

- Closure of 25/26 and opening of 26/27 Tax years, this includes updating Statutory Schemes, Rates & Tax Codes where applicable.
- Updating contractual hours for the Reduced Working Week
- Applying the AFC pay award for 01/04/2026.

Please note that during system downtime Payroll Services will not be able to respond to any enquiries regarding pay.

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.

No Trust

Verify, via alternative means, the identity of those sending unexpected messages, even if the contacts are known to you.

Educate Yourself

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.

Think First

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 the [website](#)