

Core Brief



Daily update
(26 March 2024, 11.45am)

Topics in this Core Brief:

- Looking after yourself and others
- First Bus ticket review

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

[GGC-Staffnet Hub - Home \(sharepoint.com\)](https://sharepoint.com)

Looking after yourself and others

It is essential to keep reminding ourselves of the importance of looking after ourselves and our colleagues. The Peer Support Team is delivering a 45-minute live online version of the eLearning module *Looking after Yourself and Others*, which has received fantastic feedback from staff.

Looking after Yourself and Others is a brief intervention rooted in evidence-based techniques to support stress management, providing information on healthy behaviours to support your wellbeing and the wellbeing of others. It is also packed with helpful resources for NHS and HSCP staff in NHSGGC to support your health and wellbeing.

Topics covered:

1. Understanding what a normal response to stress is
2. Understanding the basic elements of Psychological First Aid (PFA)
3. Learning how look after ourselves
4. Peer Support: Learning how to look after our colleagues/ others.

For a full list of dates throughout the year please visit [Staffnet](#).

For any questions or queries, please contact peer.support@ggc.scot.nhs.uk

First Bus ticket review

First Bus is revising a range of fares from 31 March 2024, including those for annual tickets. However, NHSGGC staff can still purchase annual tickets at the current price for tickets starting from 29 April. The new prices will apply from annual tickets starting from 27 May. More information is available from the [Travel Plan Office](#).



Watch Your Waste!

NHS
Greater Glasgow
and Clyde

NHSGGC Green Avengers - Saving the planet, one bin bag at a time.
Read more at: www.nhsggc.scot/watchyourwaste



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](#)