

Core brief

Daily update (28 July 2025, 12.30pm)

Topics in this Core Brief:

- Scottish Health Awards
- Sign up now to learn the mindfulness tiny habits helping to reduce stress at work
- Major works on the A898 Erskine Bridge commence Friday 8th August 2025

Scottish Health Awards 2025

Thank you to those of you who have taken the time to nominate staff in this year's Scottish Health Awards. In six weeks, NHSGGC has received **132** nominations so far.

And there is still time for staff to nominate!

The awards recognise the contribution of frontline health and social care workers but also celebrate those who work so hard behind the scenes in support roles to ensure we have the kind of health and care services that are vital in achieving the highest quality of care.

Nominate today and help celebrate the extraordinary achievements in Scotland's health sector.

You can nominate by visiting: <https://www.scotlandshhealthawards.co.uk/>

Entries close on **Sunday 17 August 2025**.



Sign up now to learn the mindfulness tiny habits helping to reduce stress at work

Mindfulness has been shown to be effective for reducing stress in the workplace. Through learning mindfulness practices, it can help us to connect with ourselves,

see our patterns, and consider our tendencies of thought and action. Some of the benefits of a regular practice include feeling more calm, better able to cope with challenges, less likely to become irritated, and it can also improve mood and sleep.

Now, registration is open for NHSGGC's Staff Mindfulness Programme, giving you the opportunity to gain skills and knowledge about mindfulness. Within the programme, we explore how to recognise and support ourselves when we become stressed.

Taking the time to prioritise yourself and effectively reduce stress means that you have greater capacity to extend kindness to colleagues and patients. As part of the Civility Saves Lives campaign, we encourage staff to sign up for these sessions and learn how mindfulness tiny habits can improve their mental wellbeing and approach to stress.

The next block of the Staff Mindfulness programme will commence week beginning **18th August**.

[Register here](#) for your place on the Mindfulness Tiny Habits course, or by scanning the QR code.

More information on the programme can be found [here](#) or by emailing ggc.staff.mindfulness@nhs.scot



Major works on the A898 Erskine Bridge commence Friday 8th August 2025

There will be essential resurfacing and joint replacements on the A898 Erskine Bridge northbound from 8pm on Friday 8th August until 6am on Monday 11th August 2025 under a full weekend closure.

Staff are advised to plan their journey times accordingly, seek alternative routes or follow the standard diversions while the works are taking place. The southbound A898 Erskine Bridge will operate under a single lane closure.

A free [Road Work Alerts service](#) is available to stay up to date, and full information on diversions can be found [on Staffnet](#).

Real-time journey information can be obtained by visiting <https://www.traffic.gov.scot/> or via Twitter: @TrafficScotland

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, you can show these attacks what they are.

Managing technology and data safely and securely is everyone's responsibility throughout NHS. 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](#)