

NHSGGC

# Core Brief



**Daily update**  
**(28 October 2025, 11.35am)**

Topics in this Core Brief include:

- [Data Security Spotlight – Be aware of Remote Access Cyber Attacks](#)
- [Recognising Workplace Learning: Band 5 - updates](#)
- [Catch Your Breath – International Stress Awareness Week \(3–7 November 2025\)](#)

## Data Security Spotlight – Be aware of Remote Access Cyber Attacks

Remote Access Cyber Attacks happen when a hacker attempts to contact staff working remotely and requests access to their device for support purposes. When you are using remote access, NHSGGC IT Support will never:

- Request that you click on links or download software
- Ask you to go to a website in order to remotely access your device
- Ask for any sort of personal details other than your device asset tag and XGGC username.

## Recognising Workplace Learning: Band 5 – updates



We are delighted to let you know that applications are now open for the new Glasgow Caledonian University (GCU) module for Recognising Workplace Learning: Band 5.

You can find out more about Recognising Workplace Learning: Band 5 [here](#).

To be eligible for funding for the GCU module, you must be a Band 5 nurse or midwife (or have recently been re-banded to a Band 6 through the Band 5 review process) and be an employee of NHSGGC.

The [Evidencing Work Based Learning – Practitioner](#) module starts on 26 January 2026 and runs for six months until Friday 10 July 2026 when the final assessment is due.

For more details on the module and the application process [click here](#).

To go directly to the application form [click here](#).

The window for applying for this exciting new opportunity is now open and we will be accepting applications for funding until **21 November 2025**.

### **Catch Your Breath – International Stress Awareness Week (3 – 7 November 2025)**

As part of International Stress Awareness Week (3 – 7 November 2025), our Occupational Health Psychological Wellbeing Team invites you to take a moment to **Catch Your Breath**.



Join one of our 10-minute guided breathing sessions running each day throughout the week. These short, calming sessions will help you slow down, focus on your breathing, and restore a sense of balance amid a busy day. No preparation needed - just book, drop in on Teams, and take a few mindful minutes for yourself. Attend as many or as few sessions as you can; even one pause can make a difference.

- Monday 3 November 1.00pm – [Book here](#)
- Tuesday 4 November 1.00pm - [Book here](#)
- Wednesday 5 November 12.00pm - [Book here](#)
- Thursday 6 November 12.00pm - [Book here](#)
- Friday 7 November 2.00pm - [Book here](#)

If you can't join live, you can also access breathing exercises through our [Looking After Yourself and Others sessions](#) and elearning module on LearnPro, [staff mindfulness classes](#) or our [recorded wellbeing webinars](#).

\*\*\*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 [website](#)**