



Daily update
(3 February 2026, 12.30pm)

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Let's Talk About.... Cancer, Colleagues and Compassion: Navigating Work and Wellbeing



Supporting a colleague with cancer or managing your own experience can feel really overwhelming. It can bring up uncertainty, worry and questions about how to balance work with wellbeing.

With **World Cancer Day on 4 February** and **Time to Talk Day on 5 February** it's a timely moment to pause and think about how we support ourselves and each other at work. This **20-minute online wellbeing webinar** is designed to offer practical guidance and gentle reassurance.

We'll explore ways to navigate the emotional and practical impact of cancer in the workplace and how to show compassion to colleagues while also taking care of yourself.

The session will be delivered by colleagues from the Specialist Health and Work Service Outreach Team at Beatson Cancer Charity, who bring specialist knowledge and experience in supporting people affected by cancer at work.

The session is short, simple and easy to join. It provides a safe, supportive space for reflection - personal sharing will not be required.

Webinar Details:
Monday 23 February 11.00am - 11.20am, MS Teams
[Book your space here!](#)

Recordings of past webinars can be watched on the [webinars SharePoint](#). Over 3,700 colleagues have joined our webinars since 2023.

You can also sign up for upcoming webinars:

- **Thursday 26 March, 1.00pm** [Lets talk about...Tired? Understanding and Improving Your Sleep](#)
- **Monday 27 April, 2.00pm,** [Lets talk about... Psychological Safety: What is it and how can I get it?](#)
- **Wednesday 27 May, 1.00pm,** [Lets Talk about...Trauma in the Workplace: Protecting your wellbeing while supporting others](#)

Taking just 20 minutes could help you feel more supported, connected, and reassured as you navigate work alongside cancer either for yourself or your colleagues.

Our Copilot event is underway at the QEUH Teaching and Learning Centre

Running from today until Thursday, you're invited to join us for hands-on learning and expert support at our in-person Copilot training sessions and drop-in helpdesk. Microsoft specialists are on-hand to boost your Copilot skills and answers your questions.

The [full timetable of sessions can be found on Staffnet](#), drop-in and say hello!



NHSGGC International Medical Graduate (IMG) Induction Day - 13 February 2026

NHSGGC Medical Education is hosting the second of their two times a year International Medical Graduate (IMG) Induction Days on 13 February 2026 8.30am – 4.00pm.

All new NHSGGC IMGs should attend this mandatory event. You should secure a place even if you are not new in February 2026, however, joined after August 2025 or missed the August Induction.

Email Martine.Blake2@nhs.scot to request a place. Please be mindful places are limited in February and will be issued on a first come first served basis. Please also notify your department of your intent to join us.

The Induction Day is a full day event and will be held at:

Room L2-018
Teaching and Learning Centre
Queen Elizabeth University Hospital
1345 Govan Road
Glasgow

G51 4TF

You can view a copy of the programme [here](#).

We look forward to meeting you and working with you in the future. If you have any questions, please contact: Martine.Blake2@nhs.scot

Scottish Quality and Safety (SQS) Fellowship Programme – Recruitment Now Open

The recruitment for the next cohort of the Scottish Quality and Safety Fellowship opened on Friday 30 January 2026.

The Scottish Quality and Safety Fellowship Programme (SQS Fellowship) is a lead level quality improvement and clinical leadership course managed by NHS Education for Scotland (NES), working in partnership with Healthcare Improvement Scotland and NHS Scotland.



The Fellowship is open to healthcare staff who currently undertake clinical practice and have a direct influence on improving the delivery of safe patient care, as well as staff in clinical professions who do not currently deliver hands-on care but do have a role in improving patient care or safety.

For this cohort, sponsorship for two Primary Care/General Practitioner staff has been proposed which would include backfill.

To ensure that each application has the appropriate Executive level sign off by the Medical/Nursing/AHP/Pharmacy Director as well as sign off by the Chief Executive or Chief Officer, could all completed applications (which must include line manager sign-off) be submitted to ggc.qitraining@nhs.scot by **5.00pm on Friday 20 March 2026**.

We will arrange for the above executive signoffs to be concluded, and the applications returned to the applicants for onward submission to NES before the deadline on **Friday 10 April**.

An application pack containing person specification, programme outline, application form and advertisement can now be downloaded from the NES QI Zone [here](#).

We are also planning an information session on **Thursday 26 February** 12.30pm - 1.30pm on MS Teams to talk about the Scottish Quality and Safety Fellowship. For anyone who is interested in hearing more we will explain what the fellowship is and how it is run. We will talk through the application process and let you know how this is supported within NHSGGC and the HSCPs. There will be current and previous fellows who will give you a glimpse into their experiences and answer any questions you may have. If anyone is interested in attending this session, please email: ggc.qitraining@nhs.scot. There will also be a recording of the session for those who are interested but unable to attend at that time.

If there are any queries regarding the SQS Fellowship, please email: ggc.qitraining@nhs.scot in the first instance.

M8, junction 25 resurfacing

Amey, on behalf of Transport Scotland, is undertaking essential resurfacing on the M8 eastbound at junction 25, between Fifty Pitches Road and the A739 on slip, from Friday 6 February until Thursday 12 February 2026, between the hours of 20:00 and 06:00 each night. Local diversions will be in place.

This may impact travel to and from QEUH, so please allow additional time for your journey. More information is available from [Amey](#).

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

[GGC-Staffnet Hub - Home \(sharepoint.com\)](#)



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](#)