



**Daily update  
(3 July 2026, 10.30am)**

Topics in this Core Brief:

- [Looking after yourself and others session - Thursday 16 July, 11.00am](#)
- [Glasgow's first GP walk-in service opened by First Minister](#)
- [Care Home Collaborative – July newsletter](#)

**Looking after yourself and others session - Thursday 16 July, 11.00am**

There are many things in life and work that can leave us feeling stressed. Some of those pressures are outside our control, and this session isn't about trying to fix them. Instead it's about giving yourself the time and tools to support your own wellbeing and help your mind and body respond to life's challenges.



Our **Looking after yourself and others** session gives you 45-minutes to focus on you.

With **International Self-Care Day on 24 July**, this is a timely opportunity to take a moment for yourself and focus on your own wellbeing. Many colleagues tell us these sessions give them a valuable opportunity to pause, reset and leave with practical ideas they continue to use afterwards.

You'll also have the opportunity to create a personalised wellbeing plan that reflects what matters most to you.

These sessions are open to all staff with over 6000 of your colleagues having attended previously.

**Our next session:**

**Thursday 16 July, 11.00am**  
[Book here](#)

Can't make this date or time? That's okay future dates can be booked below:

Tuesday 18 August at 2.00pm – [Book Here](#)  
Monday 14 September at 10.00am - [Book Here](#)  
Wednesday 28 October at 12.00pm – [Book Here](#)

For any question or queries please contact [peer.support@ggc.scot.nhs.uk](mailto:peer.support@ggc.scot.nhs.uk) or visit [Peer Support Network - NHSGGC](#)

## Glasgow's first GP walk-in service opened by First Minister

Thousands of patients in Glasgow will have easier access to urgent same day care as Scotland's latest GP walk-in service opened its doors.

First Minister John Swinney visited the clinic on its opening day, highlighting the role of walk-in services in improving access to care and helping bridge the gap between general practice and urgent care. Existing GP practices will continue to provide all routine general medical services to their registered patients.

The service is open seven days a week, from 12.00noon to 8.00pm, and provides urgent same-day care without the need for an appointment. Depending on clinical need, patients will be seen by either a GP or an Advanced Nurse Practitioner. The clinic will also support people without a fixed address or who are experiencing homelessness, helping to improve equitable access to care.

Professor Jann Gardner, Chief Executive, said: "The opening of the GP Walk-In Clinic in Cardonald marks an important step in improving access to care for local residents.

"NHSGGC is at the forefront of this new approach and we are committed to learning from the Walk-In Clinic as we continue to modernise healthcare. This forms part of a wider programme of work to improve how patients access services, including initiatives such as FNC+ and e-triage.

"We will continue to develop services that are responsive to the needs of our communities."

Fraser McJannett, Director of Primary Care and GP Out of Hours, said: "This new walk-in clinic has been designed with patients in mind, offering patients registered with eight south Glasgow GP practices a flexible and convenient way to access primary care without the need for an appointment.

"Our teams are focused on delivering high-quality, person-centred care, and we're confident this service will make a real difference for people in Cardonald and the surrounding area."

[Click here to learn more about the new GP Walk-In Clinic.](#)



## Care Home Collaborative – July newsletter

The July edition of the Care Home Collaborative newsletter is out now.

In this issue we feature:

- Care Home Life - Margaret's Story
- Crosslet House Summer Fete
- Cochrane Care Home Centenarian Celebrations
- Nursing Support Worker of the Year finalist
- Advanced Communication Training
- Learning Links Webinar
- Polypharmacy Reviews
- IDDSI Series - Level 3 Liquidised
- Diabetes Resources - Care around dying
- Changes to IPC Guidance

And much more!

Click [here](#) to view the newsletter.



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

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



**Getting the right care is as easy as ABC**

**A**  
**Ask yourself**  
Do I need to go out?  
For information on treating minor illnesses and injuries from home, go to **NHS Inform** or download the **NHS 24 App**.

**B**  
**Be aware**  
There is help on your doorstep.  
Your local **GP, pharmacy, dental practice and optician** offer a range of services.

**C**  
**Call 111**  
If it's urgent, or you're unsure, call **NHS 24 on 111**. They'll get you the care you need.

Unless it's an emergency - think ABC before visiting A&E.  
For more information: [www.nhsggc.scot/rcrp](http://www.nhsggc.scot/rcrp)



\*\*\*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](#)