

# Core brief

## **Daily update**

**(3 October 2023, 1.00pm)**

Topics in this Core Brief:

- Staff Health Strategy update

## **Staff Health Strategy update**

In this edition of Core Brief, we will be covering the highlights from recent Staff Health Strategy meeting.

### **Staff Health Strategy**

Staff wellbeing is a top priority for NHS Greater Glasgow and Clyde. The 2023-2025 Staff Health Strategy provides the strategic framework in which to ensure this priority is delivered. The Strategy has been developed in Partnership and approved by the Corporate Management Team, Area Partnership Forum and Staff Governance Committee. Final approval will be sought from NHS Greater Glasgow and Clyde Board in October 2023.

The four strategic areas of priority within the strategy are:

1. Strengthening support for mental health and wellbeing, including stress
2. Promoting NHS Greater Glasgow and Clyde as a fair and healthy workplace in line with Fair Work Nation principles
3. Addressing in-work poverty and promote holistic wellbeing to mitigate inequalities in health
4. Support for managing attendance.

An action plan is being developed in Partnership to support delivery of the Staff Health Strategy. Governance will be provided through the Corporate Management Team.

A range of exciting activities will be progressed to support the programme of work. This will include initiatives such as a full schedule of wellbeing resources and activity via the Wellbeing Bus as well as tailored activities in response to the findings from the Staff Wellbeing Survey in 2022 e.g. in relation to menopause

deliver a group consultation activity which may also be useful in informing a model that can be adapted more widely; support for staff attending as witnesses in formal settings; and a full programme of Active Staff activities.

### **Active Staff Programme**

The Active Staff Programme was set up to protect and promote health in the workplace by providing a range of free opportunities for all staff to engage in physical activity regardless of fitness level, shift pattern or protected characteristics. Active Staff currently offer 21 classes including a mix of online and face to face. This includes two new face to face classes at Queen Elizabeth University Hospital and Glasgow Royal Infirmary, as well as one new online class offering low impact accessible exercise activity.

The monthly guided walks are very popular and a great boost to health and wellbeing. These are scheduled to the end of the year (weather dependant) and well worth booking.

For more information and to book, follow [Active Staff - NHSGGC](#)

### **Supporting Staff Wellbeing**

A range of support is available to all staff to help maintain and support staff health and wellbeing. This includes:

- Peer Support [Peer Support Network - NHSGGC](#)
- Occupational Health [Occupational Health - NHSGGC](#)
- Spiritual Care [Spiritual Care Service - NHSGGC](#)

A new Staff Money Worries Campaign launched this week. This campaign will support staff experiencing financial worries - more information is available at [All About Money - NHSGGC](#). Please look out for a payslip message in October pay as part of the campaign.

For information on the Staff Hardship Fund and wraparound support available to all staff contact the [Support and Information Service](#).

There will be alternating monthly sessions until Christmas from NHS Credit Union and Home Energy Scotland – look out for further details.

[Mental Health and Stress Awareness \(People Management Module\) - NHSGGC](#) run by Occupational Health is available to all staff. We would also encourage all staff to complete the Level 1 LearnPro Module – looking after yourself and others ([NHSGGC LearnPro](#) and search GGC 277).

The 2023/24 staff mindfulness programme is underway with phase one, Developing Tiny Mindfulness Habits, now complete. Registration is now open for phase two with one week left to register [Mindfulness - NHSGGC](#). Phase three will start early next year. The Mindfulness Programme is proving to be popular and it is planned to run again in 2024.

**Remember, for all your latest news stories, visit our new Staffnet Hub:**  
[GGC-Staffnet Hub - Home \(sharepoint.com\)](#)

**If something isn't right, talk to...**  
**Health, Wellbeing and Spiritual Support**



Occupational Health	Peer Support	Chaplaincy Service
<p>If you are experiencing health and wellbeing issues, our occupational health team, including our clinical psychologists will support you when you need it most.</p> 	<p>Peer Supporters help staff by giving them the time and safe space to talk and by providing a friendly ear to listen. This can help make sense of recent experiences, can give a sense of control and help manage difficult situations.</p> 	<p>The spiritual care service provides compassionate, person-centred, spiritual care, bereavement, emotional and wellbeing support to staff and students from all backgrounds, beliefs, faiths and none.</p> 

\*\*\*Staff are reminded to make sure their [personal contact details are up to date on eESS](#).\*\*\*

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A full archive of printable PDFs are available on [website](#)