

Core brief

Daily update

(30 January 2023, 12.05pm)

Topics in this Core Brief:

- Are you interested Quality Improvement (QI) and want to know more?
- Let's talk about ... Staff Wellbeing Webinars (20 minutes)
- Transport Update

Are you interested Quality Improvement (QI) and want to know more?

Would you like to meet up with like-minded colleagues to discuss QI projects and find out what others are doing?

If so, join the NHSGGC AHP Quality Improvement Network – it's not just for AHPs, colleagues from all professions and working areas are welcome!

There's lots of useful information:

- Sharing of Projects
- Space to chat
- QI resources
- Upcoming courses

Search for us in Microsoft teams or use this link:

https://teams.microsoft.com/l/team/19%3aCAQE_4x05ErVMZJSVVCjce8s25Z4BPUD4Ai0ULqAur81%40t_hread.tacv2/conversations?groupId=bdc249e4-dc0a-4ac0-9d20-9d782d2c8059&tenantId=10efe0bd-a030-4bca-809c-b5e6745e499a

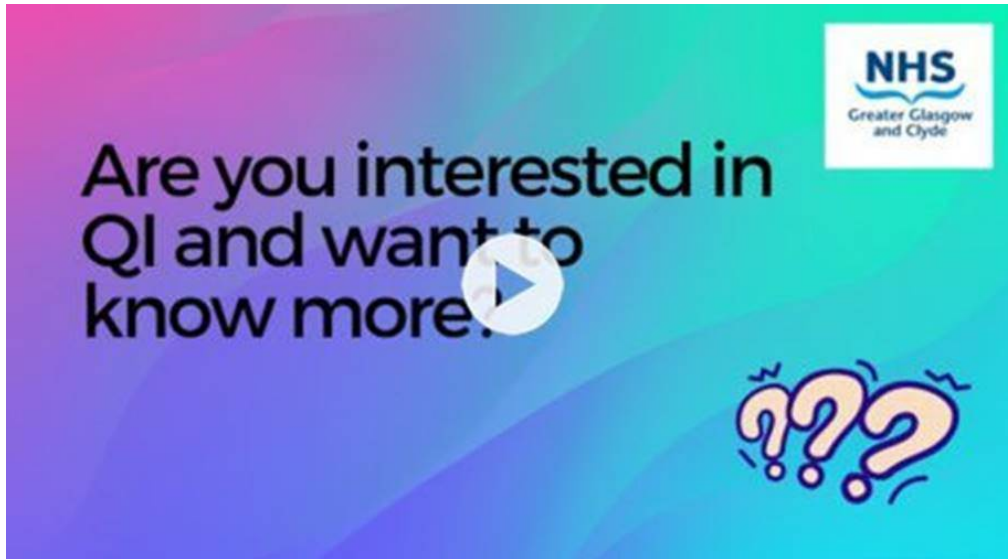
We have four virtual network meetings a year, everyone is welcome. The aim of these meetings is to Network, Share and Learn about all things QI.

This year's meetings are:

14 March 9.00 – 11.00am
14 June 2.00 – 4.00pm
14 September 9.00 – 11.00am
14 December 2.00 – 4.00pm

For more information visit our webpage: [AHP Quality Improvement - NHSGGC](#)

You can view a short animation [here](#):



Let's talk about ... Staff Wellbeing Webinars (20 minutes)

Colleagues attending the November and December webinar series of 'Let's talk about... staff wellbeing' provided fantastic feedback, which we have used to build the next selection of 20 minute webinars throughout 2023.



The webinars continue to focus on various topics that we know are important to personal health and wellbeing, and are delivered in a format that allows colleagues to take away top tips and share them with others.

Staff feedback:

- *"Excellent series of Webinars!"*
- *"Great session - really valuable and appreciated"*
- *"A nice way to start the day thinking about your own wellbeing"*
- *"Will put the information shared to good use for a better night's sleep"*
- *"This has been super helpful. I will definitely share with the team and use the tips going forward".*

All are welcome to come and join our Principal Health Psychologist, Heather Connolly and Peer Support & Wellbeing Project Officer, Asia Nicoletti. Webinars are open to all staff with easy booking access for the sessions you are interested in.

Monday 30 January, 16:00 <i>Let's talk about... How to stick to our health and wellbeing New Year resolutions</i>	Book here
Friday 24 February, 09:30 <i>REPEAT: Let's talk about... Sleep and tips for a better night's sleep</i>	Book here
Wednesday 29 March, 14:30 <i>Let's talk about... Nutrition, Health & Wellbeing</i>	Book here
Thursday 27 April, 09:30 <i>Let's talk about... Understanding our own emotional wellbeing</i>	Book here
Monday 29 May, 16:00 <i>REPEAT: Let's talk about... Stress and tips for coping</i>	Book here

Transport Update

First Glasgow

First Glasgow will be making alterations to a number of their services from 5 February. From the same date there will also be revisions to a number of SPT supported services, currently operated by First Glasgow. More information is available from [First Glasgow](#) and [Traveline Scotland](#).

More information on active and sustainable travel is available from the [Travel Plan Office](#).

Industrial action - ASLEF

There is industrial action planned by train drivers who are members of ASLEF union on 1 and 3 February. However, we have been advised this will not impact ScotRail services.

[Industrial Action | ScotRail](#)



The poster features the NHS Greater Glasgow and Clyde logo in the top right corner and the NHSGCC Excellence Awards logo in the top left. The central text reads "Nominate your NHS Hero" in a large, bold font. Below this, it says "The Excellence Awards celebrate innovation and the outstanding difference made by our staff who go that extra mile for their patients." and "Get your entries in!". At the bottom, it provides the nomination website "www.nhsggc.scot/excellenceawards" and the closing date "Closing date for nominations is 12 February 2023". The poster is decorated with several gold stars and images of healthcare workers in clinical settings.

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 [StaffNet](#)