

NHSGGC

Core Brief



Daily update
(30 July 2026, 2.00pm)

Topics in this Core Brief:

- [One small thing to make our workplace kinder - respectful communication and manners](#)
- [Back-to-school sleep reset](#)
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One small thing to make our workplace kinder - respectful communication and manners

In our recent Civility Survey, we asked you for one small thing would help improve kindness or civility where you work. In this series, we'll share the top themes you highlighted for us all to spread kindness across NHSGGC and our HSCPs.

Coming out on top was **respectful communication and manners**, with over 100 colleagues noting that this would make a big difference in their workplace.

Here are some of your suggestions:

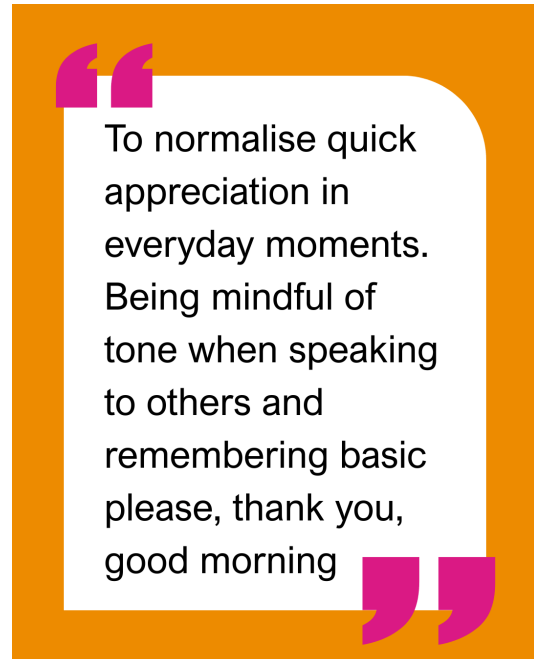
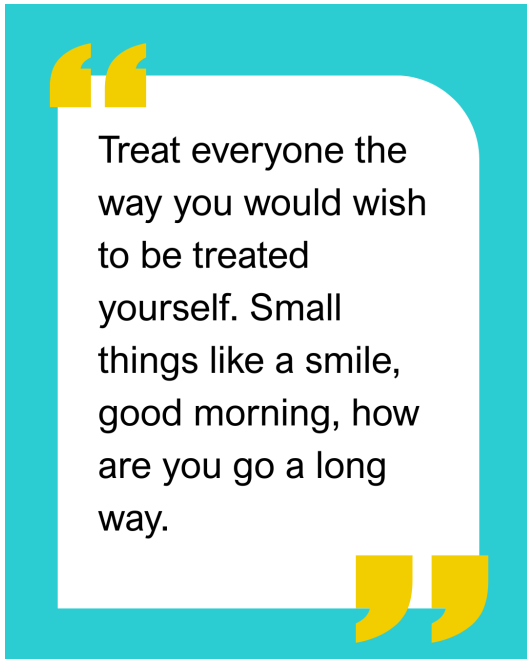


Please and thank you from all bands to all bands. No one is too high up or too low down to be acknowledged and respected.



A sincere "good morning" or a smile can immediately improve the atmosphere.





Next time you bump into a colleague, why don't you say hello and ask them how their day is going? A simple greeting or thank you can make a real difference in making our workplace kinder.

Want to find out more about Civility Saves Lives? Head to [our hub on Staffnet](#) for helpful resources and information.

Back-to-school sleep reset

As families prepare for the new school term, NHSGGC and Sleep Action are sharing practical tips to help children and young people get a better night's sleep. Good sleep supports physical health, emotional wellbeing, learning and development, while also helping parents and carers feel more rested and ready for the day ahead.

Whether you're a parent, carer or supporting families in your role, please take a look at the practical sleep advice available on the [NHSGGC KIDS website](#) and share it with patients, families and colleagues who may benefit.

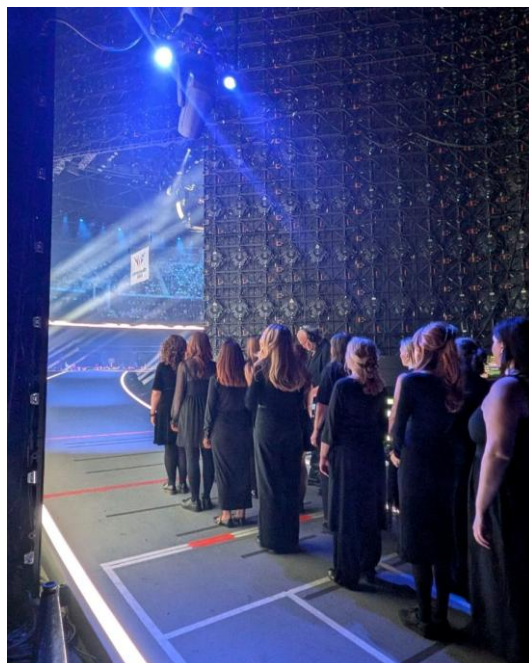
Read the full story [on Staffnet](#).

Celebrating your stories from the Commonwealth Games so far!

We asked you to send in your stories from the Commonwealth Games, and you have delivered!

On Staffnet, we shared stories from Helen, Laura, Charlotte and Kirstin from the first week of the games.

Read the full story [on Staffnet](#).



Weightlifting and
Para Powerlifting



Remember, for all your latest news stories, visit the Staffnet Hub:
[GGC-Staffnet Hub - Home \(sharepoint.com\)](https://sharepoint.com/GGC-Staffnet-Hub-Home)

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.
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Unless it's an emergency - think ABC before visiting A&E.
For more information: 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 the website