



Daily update
(30 September 2026, 1.45pm)

Topics in this Core Brief:

- [What happens when you speak up? We hear about Confidential Contacts as part of Speak Up Week](#)
- [New Clinical Guidelines Resource Hub](#)
- [Know your numbers – Your Vital 5](#)
- [Get ready for World Kindness Day, and our Six-Week Kindness Challenge!](#)
- [The Green Awards](#)

What happens when you speak up? We hear about Confidential Contacts as part of Speak Up Week

One of the most common questions Confidential Contacts hear is:



"What happens if I raise a concern?"

For some people, uncertainty about the process can make it harder to speak up.

That is completely understandable.

Many concerns can be resolved through normal management discussions, HR processes, partnership working or local support arrangements. Sometimes colleagues need help understanding which route is most appropriate.

That is where Confidential Contacts can help.

They provide a confidential opportunity for staff to talk through concerns, explore the options available and understand possible next steps.

The role of a Confidential Contact is not to investigate concerns or make decisions. Their role is to listen, provide information and help colleagues access the right support.

Speaking up isn't always easy, but you don't need to navigate concerns on your own.

Whether your concern relates to workplace culture, patient care, inappropriate behaviour, discrimination, harassment or another issue, there are people who can help.

This Speak Up Week we're launching updated resources that explain the different support

routes available to staff and the role Confidential Contacts can play.

You can [find a full list of Confidential Contacts on our webpage](#) so that support is always available when you need it.

Mandy Crawford

Corporate Services Manager Complaints & Public Affairs, Whistleblowing Lead

New Clinical Guidelines Resource Hub

A new Clinical Guidelines Resource Hub has been launched following our recent Clinical Guidelines Week in September 2026.

You can access the Hub at: [Clinical Guidelines Resource Hub](#)

The Hub provides a single location for webinar recordings, supporting materials and links to other useful resources to support clinical guideline development and management across NHSGGC.

Whether you attended Clinical Guidelines Week or would simply like to explore the resources, we hope you will find the Hub a useful source of information and support.

Know your numbers – Your Vital 5

(Recorded 'Let's Talk About... Staff Wellbeing Webinar')

Knowing your numbers for your Vital 5 can be an important part of looking after your health.



To mark Know Your Numbers Week (7–13 September), led by Blood Pressure UK we're sharing our recorded 20-minute staff wellbeing webinar:

[The Vital 5 - know your numbers wellbeing webinar recording](#)

This short, practical session explores some of the key health numbers that can tell us more about our cardiovascular health, including blood pressure and cholesterol as well as the everyday factors that can influence our health and wellbeing.

The session also looks at practical ways we can support our health through healthy eating, physical activity, stopping smoking and being mindful of alcohol.

Knowing your numbers doesn't mean you need to make lots of changes all at once. It's about understanding what your numbers mean, being aware of your health and taking small, realistic steps that work for you.

How to use this recording:

- Watch individually at a time that suits you
- Use as part of a team or service discussion
- Share with colleagues who may find it helpful or relevant
- Take a few minutes afterwards to reflect on your own health and wellbeing

- Consider whether you know your key health numbers and vital 5 and when you last had them checked.

Access the recording by clicking on the following link: [The Vital 5- know your numbers wellbeing webinar recording](#)

If you'd like to explore further information and support, you may find the following useful: [Blood Pressure UK](#)

If you have any concerns about your health then please contact your GP.

However, sometimes looking after our health also means talking things through with someone else. If you'd find it helpful to reflect on your wellbeing or think about small, realistic ways to look after yourself, you can speak to a trained Peer Supporter for a confidential listening ear. You may already have one in your team or area. If not, you can get in touch and we can connect you with a Peer Supporter for a confidential, supportive conversation.

Contact: ggc.peer.support@nhs.scot

Want to know more about our Peer Support Network? Visit [Peer Support Network - NHSGGC](#) or [Peer support in the workplace: putting theory into practice - National Wellbeing Hub](#)



Get ready for World Kindness Day, and our Six-Week Kindness Challenge!

This year, as part of our Civility Saves Lives campaign, we will celebrate World Kindness Day once again!

This event is a reminder to extend kindness to our colleagues and celebrate the people that make your day better. We encourage you to get involved - even if it's just making time for a cup of tea and a chat.

This year, World Kindness Day falls on a Friday. To make sure everyone in your team is included, we want you to choose the days that suit you and your team the most. That's **any day from Monday 9 to Sunday 15 November!** It's about finding the activity, time and day that works for you.

Six-Week Kindness Challenge

In the lead up to the event, we are also inviting colleagues to get involved with our [Six-Week Kindness Challenge](#). We've refreshed the activities for 2026, with opportunities to plan for your celebrations as a team, send messages of thanks, and look after yourself and others.

Starting on 5 October, we will be sharing a challenge each week that you and your team can take part in. Look out for more information next week in the Core Brief and on Staffnet when we share the first challenge!

You can also [download the Six-Week Kindness Challenge Pack from the NHSGGC website](#), where you'll find print friendly versions of the challenges to display in your areas and share with offline colleagues.

The Green Awards

The Green Awards celebrates individuals and teams who are making a positive difference through sustainability in the workplace. Staff are invited to nominate colleagues or teams who have demonstrated a commitment to reducing environmental impact, promoting sustainable practices, or inspiring others to take action.

Nominations are welcome for a wide range of sustainability achievements. Examples include improving waste management and recycling practices, enhancing biodiversity or greenspaces on site, promoting active or sustainable travel, reducing energy or resource consumption or developing innovative sustainability initiatives. Both large-scale projects and everyday actions that contribute to a more sustainable workplace are encouraged.

Nominations can be submitted via Microsoft Forms and are open until 31 October. The Sustainability Team will review all nominations and select the winners, recognising outstanding contributions that support our sustainability goals. Winners will be announced in December.

Help us celebrate the people and teams helping to create a more sustainable workplace by submitting your nomination today. If you have any questions about the awards or nomination process, please contact the Sustainability Team via the sustainability team email.

To nominate someone or a team please complete this [form](#).

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](#)