

NHSGGC

Core Brief



Daily update
(31 October 2025, 3.15pm)

Topics in this Core Brief include:

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Data Security Spotlight - Multi Factor Authentication (MFA)

MFA is a two-step log-in process that requires staff to enter more information than just a password. Setting your MFA enhances security, protects against unauthorised access and ensures the integrity of our data. All staff must ensure they have MFA configured. Please follow the guidance [here](#) on how to configure MFA if you haven't already done so.

NHSGGC takes over hospital unit after successful conclusion of PFI agreement

NHS Greater Glasgow and Clyde, has taken over ownership and maintenance of the Larkfield Unit at Inverclyde Royal Hospital, following the formal conclusion of a 25-year Private Finance Initiative (PFI) agreement.

The unit was handed over to NHSGGC today (31 October 2025), and the move brings a number of benefits to the health board, as well as creating a range of new highly skilled jobs in the area.

The culmination of this long-term partnership represents a significant milestone for stakeholders, and for the Health Board and the wider community it serves.

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



Catch Your Breath – International Stress Awareness Week (3 – 7 November 2025)

Catch Your Breath – 1.00pm Monday

It's International Stress Awareness Week (3–7 November 2025)!



Take 10 minutes to slow down and reset with our guided breathing session on Teams. These short sessions help reduce stress, focus your mind, and recharge during a busy day.

- Monday 3 November 1.00pm – [Book here](#)
- Tuesday 4 November 1.00pm - [Book here](#)
- Wednesday 5 November 12.00pm - [Book here](#)
- Thursday 6 November 12.00pm - [Book here](#)
- Friday 7 November 2.00pm - [Book here](#)

If you can't join live, you can also access breathing exercises through our [Looking After Yourself and Others sessions](#) and elearning module on LearnPro, [staff mindfulness classes](#) or our [recorded wellbeing webinars](#).

Have you signed up for the menopause support app yet?

Last week we launched the Adora Digital Health pilot - a menopause companion app available to NHSGGC staff.

If you haven't signed up yet, it's not too late! The app provides personalised, evidence-based support to help you navigate perimenopause and menopause with confidence.

What you'll get:

- Personalised digital education, support and plans
- User-friendly symptom tracker and menopause toolkit
- Educational health hub with lifestyle insights and latest news
- Free live chat and drop-in sessions with Adora's specialist nurses
- Live events featuring top women's health experts

Join the research: Adora's research team is evaluating this pilot to better understand Adora's impact on women's health. If you choose to take part, you'll be asked to complete online health surveys at the start and end of the pilot. Your responses will be kept anonymous and will help advance research into menopause support at work and women's wellbeing. For full information, please visit [Staffnet](#).

Plus - we're hosting a webinar next week and everyone is invited. Join us on **Friday 7 November** at 2.00pm to learn more about how the app works, what's involved in the research and ask the Adora team your questions.

[Join Microsoft Teams Meeting](#)

ID: 3184001270634

Passcode: Kp9bc9uF

If you want to download the app now: www.adora.health/app-download using code **NHSGGC2**

Whether you're experiencing symptoms now, approaching menopause, or planning ahead, this service is here to support you at work.

Active staff new classes – registration now open



Active Staff are pleased to announce that registration for our new classes, Clydebank outdoor exercise/bootcamp session starting on Monday 17 November at 5.30pm and, face to face yoga at the QEUH [TLC] starting on Wednesday 12 November at 5.30pm is now **open**.

Please use the link below or scan the QR code right for access to all November's classes:

[Active Staff Notices and Booking Form - April 2025](#)
[Onwards: Survey Powered by Webropol](#)

Please print this off to support those who do not regularly use PC/laptops at work.



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

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