

Core brief

Daily update
(4 August 2025, 1.00pm)

Topics in this Core Brief include:

- Civility Saves Lives – Online Champions Training
- Looking after yourself and others – session 11 August

Civility Saves Lives – Online Champions Training

Our Civility Saves Lives (CSL) campaign aims to promote positive working relationships and raise awareness about how our behaviour with colleagues can have a direct impact on patient care and outcomes, and staff experience and wellbeing.

The role of Civility Champions is to promote and raise awareness of CSL within their own teams/services, helping to bring understanding about why paying attention to how we work together and treat each other matters. Champions can be from any profession, band, or service and have an enthusiasm and interest in supporting positive ways of working.

Staff are invited to join the next online training session for Civility Champions on **Wednesday 27 August, 09:30 – 11:00**.

You can [register here](#) for the training, and please email ggc.investorsinpeople@nhs.scot with the subject line '**CSL Champions Training**' for more information.

Staff are encouraged to read about Civility Saves Lives before the training, by visiting [the hub on Staffnet](#).

Looking after yourself and others – session 11 August

We all know that we should be looking after ourselves and our wellbeing, but on the other hand we often forget about actually doing it. Attending a 'Looking after yourself and others' session



can remind you about self-care and stress management and provide simple, yet effective techniques to boost yours and others wellbeing.

By becoming a person who looks after themselves you can set a good example for your colleagues, patients, friends and family to do the same.

The Peer Support team are delivering an interactive 45-minute live online session on **Monday 11 August at 4.00pm**, so sign up and learn about good self-care!

[Book your spot now](#)

For those who need a bit more time to plan diaries to attend, please see [our website](#) for further training dates/sessions available.

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

Getting the right care is as easy as ABC

NHS
Greater Glasgow and Clyde

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.

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 [website](#)