



**Daily update**  
**(4 March 2026, 2.45pm)**

Topics in this Core Brief include:

- [Reduced Working Week - 28 days to go!](#)
- [Looking after yourself and others session – Monday 23 March 2.00pm](#)
- [Public Protection Service: New Learning and Education Training Sessions](#)
- [Former NHSGGC Clinical Scientist's weight loss journey shines a light on Weight Management support](#)

### **Reduced Working Week - 28 days to go!**

As we approach the implementation of the 36 hour Reduced Working Week (RWW) for Agenda for Change staff on 1 April, we are asking all managers to continue prioritising engagement with their teams and staff-side colleagues.

### **Team Discussions on Working Patterns and Rotas**

Managers must ensure that all staff have the opportunity to discuss:

- Proposed new working patterns
- Any changes to existing rotas
- Local service arrangements required to support safe and effective delivery under the Reduced Working Week

These conversations should take place in partnership with staff side, ensuring openness, consistency, and clarity for all colleagues.

### **Part-Time Staff**

As part of the transition to RWW, please ensure that all part-time staff are aware that they can apply to:

- increase their contracted hours, or
- retain their current contracted hours

This is subject to service needs and funding; further details can be found on the [RWW Sharepoint Page](#).

Please ensure this message is shared proactively and that staff know how to explore the options available to them.

This update will continue to be issued weekly in the lead-up to the go-live date of 1 April, to support consistent communication across all services.

Thank you for your continued leadership and engagement as we work towards implementation.

## Looking after yourself and others session – Monday 23 March 2.00pm

Our **Looking after yourself and others** sessions are designed to support staff by creating space to focus on you not your role or tasks.



This **45-minute online session** offers a supportive opportunity to reflect on stress, explore self care and practise simple techniques such as breathing and relaxation. The session is personal, practical and focused on what you need.

Looking after yourself helps you continue to support others, both at work and beyond. Many colleagues describe the session as a valuable moment to pause and reset.

Sessions are open to all staff, delivered via Teams and include support to develop a personalised wellbeing plan.

### Our next session:

**Monday 23 March 12.00pm**

[Book here](#)

Can't make this date? That's okay future dates can be booked below:

- Wednesday 22 April at 3.00pm – [Book Here](#)
- Friday 15 May at 1.00pm - [Book Here](#)
- Wednesday 17 June at 4.00pm – [Book Here](#)

For any question or queries please contact: [peer.support@ggc.scot.nhs.uk](mailto:peer.support@ggc.scot.nhs.uk) or visit [Peer Support Network - NHSGGC](#)

## Public Protection Service: New Learning and Education Training Sessions

### March 2026

Training sessions will be delivered remotely via MS Teams and can be booked by accessing the online catalogue via eESS:

<https://eess.mhs.scot.nhs.uk>. Medical/General Practice staff

who do not have an eESS account, please email: [ggc.cpadmin@nhs.scot](mailto:ggc.cpadmin@nhs.scot) with the course name(s) / date(s) you wish to attend.



All participants will require access to a digital device e.g. laptop or phone to join the training session. An MS Teams link will be sent directly to you one week prior to the session.

Please ensure that your email address and contact details on eESS are up-to-date in order that the link can be sent.

Please note: If you require support to access or update your eESS account please contact the eEss team via the [HR Connect Portal](#) / tel. 0141 278 2700 (Option 5) or view the guidance on GGC Staffnet Hub.

### **Child Protection Level 3 – ‘Your Roles & Responsibilities’**

- Thursday 5 March 2026 10.00am – 12.00noon
- Tuesday 17 March 2026 10.00am – 12.00noon
- Wednesday 18 March 2026 2.00pm – 4.00pm
- Tuesday 24 March 2026 2.00pm – 4.00pm

### **Adult Support & Protection Level 3**

- Thursday 12 March 2026 10.00am – 12.00noon
- Thursday 19 March 2026 2.00pm – 4.00pm

### **Former NHSGGC Clinical Scientist’s weight loss journey shines a light on Weight Management support**

A former NHS Greater Glasgow and Clyde Clinical Scientist has shared the powerful story of his remarkable weight-loss journey to thank the free support that transformed his life.

Stuart Imrie, previously a Clinical Scientist at the QUEH in the West of Scotland Centre for Genomic Medicine, began his weight-loss journey in April 2025 after years of struggling with weight-related health issues.

At 64, weighing 17st 10lb and wearing XXL clothing, he was living with type 2 diabetes, knee pain, and the impact of excess weight on everyday life. However, everything changed after a simple conversation with his doctor at Waverley Park Medical Practice led to a referral to [NHSGGC’s Weight Management Service](#).

Today, Stuart is 13st 2lb with a BMI of 24.9 and is sharing his story as part of [World Obesity Day](#) to say thank you to his GP, and to encourage health professionals to keep referring into the Weight Management Service.

Stuart said: “I didn’t feel unhealthy, but I knew I was overweight and I had a lot of medication for different conditions. I used to walk about 4.5k a day, walking round the QUEH on my lunch break but the pain in my knee started to impact my ability to do that.

“My doctor said to me that losing some weight would be a good idea before my knee operation, and I took his advice. It was as simple as that. He referred me into the Weight Management Service, and it changed my life completely.”

The Weight Management Service supports individuals who are overweight with specific health conditions which could be improved through weight loss. Access is [made through a referral](#), and people generally receive this following a discussion about their health and weight with their GP or health professional, although [self-referral](#) is also possible.

Stuart was triaged to [Community Weight Management](#), which provides access to a free 12-week membership with either Slimming World or Weight Watchers to help people lose weight in a safe, sustainable and realistic way.

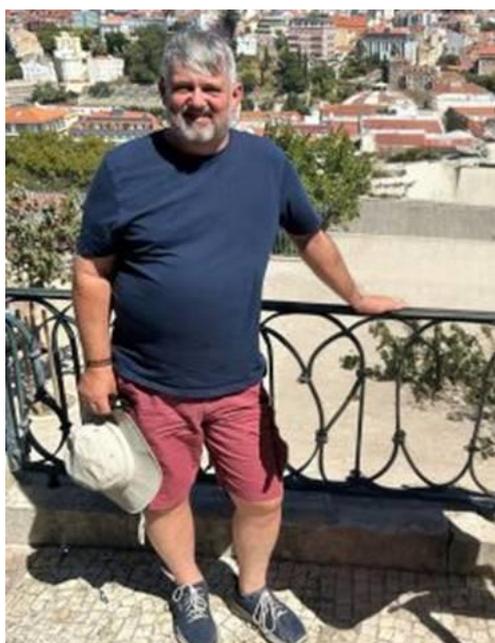
He added: “There were no extreme measures or drastic changes, which is why I could stick with it. I’m healthier now, had my knee op, recovered quicker and better because I’m not as heavy, and I can now do things like fit into my late father’s kilt, which is a special feeling and something I never thought I’d be able to do.”

Stuart’s message comes as NHSGGC shares its [position on weight loss jags](#) with staff across the board, following a recent surge in patient enquiries.

Lorna Hamilton, service lead for healthy weight at NHSGGC said: “Stuart’s story shows what’s possible when the right support is in place, and patients can access that support through referral if they have specific conditions like Stuart, or on a self-management basis.

“Even small, achievable changes can improve health, mobility and confidence but it’s all about taking the first step. Speak to your patients about their weight or visit our website to find out how they can access the service.”

For more information or to refer a patient, visit: [www.nhsggc.scot/weightmanagement](http://www.nhsggc.scot/weightmanagement)



\*\*\*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](#)**