



Daily update
(5 February 2026, 11.40am)

Topics in this Core Brief include:

- [NHS GGC - Corporate Records – Records Management](#)
- [Time to Talk Day – Be the support that makes a difference with Peer Support](#)
- [Adora menopause pilot ending - thank you for your involvement](#)
- [Nominations are open for the Chief Scientific Officer's Awards](#)

NHS GGC - Corporate Records – Records Management

NHS Greater Glasgow and Clyde are committed to having a structured and planned approach to the way it manages its records and information. This includes having in place a framework to manage the efficient storage and retrieval of information and the appropriate and effective disposal of redundant information.

All staff have a responsibility to ensure records they handle are managed appropriately and the Board has put in place a wide range of resources to support you in this. NHS GGC Records Management Policies and other support and guidance can be found on the IG Knowledge Hub here [Information Governance Policies & Privacy Notices](#). To support a wider understanding of records management all new or existing staff are strongly encouraged to learn more about this area by completing the following module: **GGC: 175 Records Management LearnPro Module**.

At the end of the course you will understand the following:

- How to identify records
- Why records are important
- Who has responsibility for records management
- How to handle and protect records
- Where to store and file records
- How long to keep records for and how to dispose of them
- Understand the legal requirements.

The module can be found by logging on to the LearnPro System at: [LearnPro NHS - Login](#) and searching for **GGC: 175 Records Management**

For further information on management of corporate records including training or to discuss any element of Information Governance please contact: ggc.dataprotection.generic@nhs.scot Time to

Talk Day – Be the support that makes a difference with Peer Support

This **Time to Talk Day (5 February)** is a reminder of the **power of conversation** - simple, supportive chats that can make a real difference to someone's wellbeing. You can learn more about the campaign here: <https://www.mind.org.uk/get-involved/time-to-talk-day/>.



At work, a supportive conversation can be incredibly meaningful, and that's exactly what **Peer Support** is all about. Peer Support provides a way for colleagues to listen, understand and offer support when someone is feeling overwhelmed, stressed, or facing personal challenges. It's not professional counselling - it's being there as a compassionate coworker, helping someone feel **heard, valued and less alone**.

Our trained Peer Supporters have regular conversations that help colleagues manage uncertainty, navigate stress and find appropriate support when needed. These interactions create a **safe, non-judgmental space** for open conversation.

Time to Talk Day is a great moment to reflect on how **small, supportive conversations** can transform our workplace culture. Peer Support helps staff feel respected and understood, while Peer Supporters often report increased confidence, stronger workplace connections and improved wellbeing.

If you would like to train as a Peer Supporter please book on dates below:

- 09/03/26- Stobhill ACH- [Book Here](#)
- 25/03/26 - Royal Alexandra Hospital- [Book Here](#)
- 30/04/26- New Victoria – [Book Here](#)
- 13/05/26- New Victoria – [Book Here](#)
- 26/05/26- Gartnavel General Hospital – [Book Here](#)
- 15/06/26 - Inverclyde Royal Hospital – [Book Here](#)
- 09/07/26 - Vale of Leven Hospital – [Book Here](#)

Find out more about Peer Support, visit: [Peer Support Network - NHSGGC](#) or [Peer support in the workplace: putting theory into practice - National Wellbeing Hub](#) or contact the team at ggc.peer.support@nhs.scot.

Adora menopause pilot ending - thank you for your involvement

The Adora Digital Health pilot is coming to a close this Friday 6 February.

Over 872 NHS staff across NHS Greater Glasgow & Clyde took part - thank you to everyone who participated and supported both the project and the research.

The pilot was made possible by [CivTech Challenge 9.2](#) and was undertaken by Adora Digital Health in collaboration with NHS Greater Glasgow and Clyde, NHS Ayrshire and Arran and supported by our project sponsors. Adora wants to thank all the staff involved for helping to make this pilot a success.

Final important step: If you registered with the Adora app and used the service during the pilot, please do complete the user feedback survey which has been sent from Adora to your email. Whether you used the app once or regularly, your input will shape how menopause support is developed for NHS staff going forward. All responses are confidential.

Thank you again for your time and engagement in this pilot.

Nominations are open for the Chief Scientific Officer's Awards

Every day, across Scotland, healthcare scientists are quietly changing lives.

Nominations are open for the Chief Scientific Officer's Awards, celebrating the outstanding skills, innovation and impact of healthcare scientists across Scotland.



These awards recognise the vital role our scientific workforce plays in delivering high-quality services and improving outcomes for patients and communities every single day.

This year, you can nominate **your team, a colleague, or even yourself** in the following categories:

- Healthcare Scientist of the Year
- Rising Star
- Innovation
- Workforce Transformation
- Quality in Action
- Education in Practice
- Impact.

If someone's work has made you stop and think, *'That made a real difference'* – this is your chance to say it out loud. It might be the team who redesigned a service so patients are seen faster. The newly qualified scientist whose confidence and talent are already shaping the future. Or the educator who inspired others to grow, learn, and deliver better care.

Nominations close **Tuesday 10 February 2026 at 3.00pm**, so don't leave it too late. Full details, including the nomination criteria and form, are available by scanning the QR code right.

Let's take this opportunity to celebrate the incredible contribution of healthcare scientists across Scotland. Get your nominations in today!



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

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