

# Core brief

## Daily update

(6 August 2024, 11.00am)

Topics in this Core Brief:

- Data Security Spotlight – Supplier Email Compromise
- Staff Health Strategy update

### Data Security Spotlight – Supplier Email Compromise

Supplier Email Compromises have become much more common in recent times, this in turn can lead to malicious emails coming into NHSGGC from these organisations. Should you be informed of any ongoing Cyber Incidents occurring with your suppliers, including any correspondences where they may advise they have resolved the issue, please raise an urgent incident through ServiceNow.

### Staff Health Strategy update

In this edition of Core Brief, we will be covering the highlights from recent Staff Health Strategy meeting, held on Thursday 18 July.



A Healthier Place to Work

### Staff Health Strategy Menopause Support Update

We know from the 2022 Staff Health Survey that the menopause is a concern to some of our staff and the SHSG (Staff Health Strategy Group) were provided with an update on support available to staff, with a particular focus on policy, support and information.

While menopause is a normal time in women's lives it is recognised that for some it is not, always an easy transition. Some staff may need additional support to improve their experience at work and to ensure their talent and skills are retained in an inclusive environment.

[The Once for Scotland Menstrual Health and Menopause Policy](#) was published in October 2023 and is the policy in use in NHSGGC to assist with managing menopause at work. The SHSG was pleased to hear about the suite of resources available to facilitate implementation of this policy including a [Line Managers Guide](#); a [Workplace Adjustments Guide](#) and some e-Learning, which can be accessed from NHS England [Learning Hub](#).

This policy and accompanying resources, as well as a range of information about other women's health issues, can be found on the [Women's Health section of the Staff Health and Wellbeing site](#). This includes links to the [NHSGGC Let's talk about Menopause webinar](#).

Lightweight uniforms are available: D397 Scrub Tunic; D398 Scrub Trouser (any length); NF48 Female Fit Lightweight Tunic; these can be ordered by line managers via Procurement – [Submit a request – NHSGG&C Procurement Customer Services \(zendesk.com\)](#)

Further support is also available from the HR Support and Advice Unit.

### **Peer Support Update**

An update was shared with the SHSG on Peer Support. Over 4000 staff have now completed the 'Looking after yourself and others' module. However the aim is for all staff to complete this module. The Staff Health Strategy Group encourage you to complete this module. Further information is available at [Peer Support Network - NHSGGC](#)

We now have 664 trained peer supporters within NHS Greater Glasgow and Clyde. Fortnightly training to become a peer supporter is ongoing. We know that when staff feel supported and heard, this has a positive impact on their wellbeing and peer support is a means to help achieve this. For further information please visit the Peer Support Network link above.

Finally the paper provided an update on the roll-out of peer support hubs across NHS Greater Glasgow and Clyde, including a Bereavement Hub and Menopause Hub.

### **Supporting Staff Wellbeing**

A range of staff health and wellbeing support is available for all staff. The Mental Health and Wellbeing Z-card detailing the range of support in place for staff has been updated and ordered. These are expected to be available by the end of August. A distribution and promotion campaign is being planned around this – please look out for further information.

Below is a summary of support available to you:

- Peer Support [Peer Support Network - NHSGGC](#)
- Occupational Health [Occupational Health - NHSGGC](#)
- Spiritual Care [Spiritual Care Service - NHSGGC](#)
- Financial Worries [All About Money - NHSGGC](#)
- Staff Hardship Fund and wraparound support available to all staff contact the [Support and Information Service](#)
- Active Staff Programme [Active Staff - NHSGGC](#)
- Staff Wellbeing Webinars [Let's talk about... Staff Wellbeing Webinars](#)
- Support for staff who are carers – [Carers in the Workforce - NHSGGC](#)
- Self-care for mental wellbeing [Mental Health and Stress Awareness \(People Management Module\) - NHSGGC](#)
- Looking after yourself and others ([NHSGGC LearnPro](#) and search GGC 277).

**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](#)