



Daily update
(6 August 2026, 2.00pm)

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My Health – Living Well with Long Term Conditions Service

From 3 August, the existing Long Covid Service will transition to a new service: My Health – Living Well with Long Term Conditions.

This is an Allied Health Professional service led by an AHP Team Lead and delivered by Advanced Practitioner physiotherapy and occupational therapy post holders and three band 6 Specialist Occupational Therapists. The service is designed to support adults aged 18 years and over who have experienced a cluster of symptoms for 12 weeks or more which are impacting their daily living, work and quality of life.

The service will primarily support people experiencing post-viral fatigue, Myalgic Encephalomyelitis (ME), Chronic Fatigue Syndrome (CFS) and Long Covid. It will also provide support for selected patients with other symptom presentations that significantly affect wellbeing and function.

My Health – Living Well with Long Term Conditions is a digital-first, brief intervention service with a focus on supported self-management and helping people access the most appropriate care and support.

Alongside the service, [My Health](#) will provide a one-stop digital resource offering information on preparing for appointments, general health and wellbeing advice, and practical tips to help people self-manage common health problems and long-term conditions. The aim is to help patients get the most from their face-to-face care and improve access to reliable, easy-to-understand information.

The resource is intended for everyone but may be particularly beneficial for people living with long-term conditions, who often experience multiple health issues, may have less access to health information, and can face longer waits for appointments because of the complexity of their needs. Staff are encouraged to begin using My Health in conversations with patients to support self-management and signpost people to appropriate information and support.

Please note that this is not a diagnostic service and referrals will only be accepted from GPs or Primary Care MDTs via SCI Gateway.

Existing referral pathways should continue to be used for conditions more appropriately managed within established specialty services such as pain management, rheumatology, cardiology, diabetes, cancer and musculoskeletal pathways.

A patient information leaflet has been created and can be downloaded and printed [here](#).



Scott Davidson, Medical Director, introduces My Health – Living Well with Long-Term Conditions

Spotlight on Discharge Without Delay

Throughout the next few weeks, we will be highlight the importance of Discharge Without Delay (DwD).

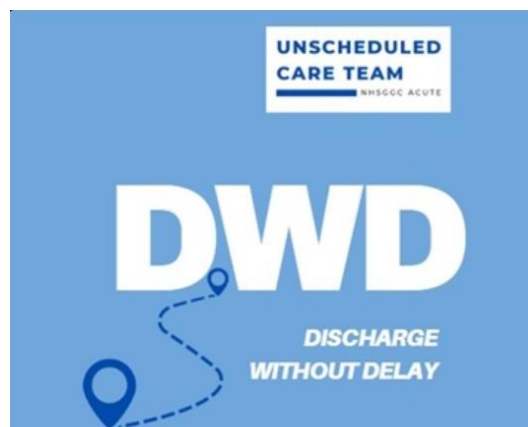
Every day, colleagues across hospital, community and social care services work together to help patients leave hospital safely, at the right time and with the right support in place.

This work is essential for improving patient experience, reducing unnecessary delays and supporting whole-system flow across our services.

The DwD programme provides practical tools and resources to support a proactive, structured and multidisciplinary approach to discharge planning.

We'll be shining a spotlight on the four key DwD principles that are helping teams make a difference every day: Visible Discharge Planning, Daily DwD Board Rounds, Proactive Discharge Huddles and Criteria Led Discharge.

Find out more and access resources on the [Discharge Without Delay SharePoint](#).



Peer Support training dates- available spaces in August

Become a Peer Supporter

Whether you're thinking about your personal development through preparing or completed your appraisal or simply want to build skills you'll use every day, we have spaces available in our **August Peer Support training sessions**, with additional dates running throughout the year.



One Peer Support said: "I genuinely think sometimes the biggest difference you can make is simply noticing. These conversations can change someone's day, week or even month."

More than 1,000 colleagues across NHS Greater Glasgow and Clyde and our Health and Social Care Partnerships have already chosen to become Peer Supporters, helping to create workplaces where people feel heard, supported and connected.

Peer Support isn't about having all the answers or fixing people's problems. It's about recognising when someone might need a conversation, listening with compassion and helping them access the right support when it's needed.

Our full day in person training will help you develop practical skills in listening, having compassionate conversations and confidently signposting colleagues to appropriate support. They're skills that extend beyond the Peer Support role and can positively influence how we communicate with colleagues, patients and those around us every day.

Upcoming training dates:

- Thursday 13 August- Gartnavel General Hospital- [Book Here](#)
- Thursday 27 August- Victoria ACH- [Book Here](#)
- Monday 28 September- Royal Alexandra Hospital – [Book Here](#)

Want to know more about our Peer Support Network or access Peer Support yourself for 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.

Care Home Collaborative – August newsletter

The August edition of the Care Home Collaborative newsletter is out now.

In this issue we feature:

- Keeping Happy and Hydrated in Hot Weather
- Beating the Heat with a Treat!
- Have your say - care transitions survey



- IDDSI Level 4 - Smooth Puree
- Diabetes Resources - Wounds
- Bereavement Survey
- TBP guidance is changing
- Venepuncture training
- Learning Links webinars.

And much more!

Click [here](#) to view the newsletter.

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

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](#)