



Daily update
(6 January 2026, 2.10pm)

Topics in this Core Brief include:

- [Your chance to ask the Interface Team anything](#)
- [Looking After Yourself and Others - Monday 19 January](#)

Your chance to ask the Interface Team anything

Interface and the development of our Virtual Hospital is all about transformation through creating connection – and now it's your turn to connect directly with our Director of Interface, Lorraine Cowie and some of the Interface Leadership Team. This month, Lorraine will host three open sessions where you can hear an overview of the Directorate's priorities and ask the questions that matter most to you.

Whether you want to understand more about the Virtual Hospital, how virtual pathways will transform care, explore opportunities for collaboration through FNC+Plus or simply learn more about the vision, these sessions are designed for open dialogue. Questions can be submitted anonymously during the session, so every voice is heard.

Join us on Teams on the following dates. Click the link below to sign up:

- [Thursday 15 January 2026 at 1.00pm](#)
- [Monday 19 January 2026 at 1.00pm](#)
- [Thursday 22 January 2026 at 7.00pm](#)

Looking After Yourself and Others - Monday 19 January

Over **6,000 colleagues** have now taken part in our **Looking after yourself and others** sessions, a practical 45-minute online session designed to help staff pause, reflect on stress and support their wellbeing.



As many of us return to work after the festive period, colleagues tell us the session offers a helpful moment to reset. Many say they didn't realise how much they needed a short pause until they attended.

The session focuses on stress management, self-care and simple techniques such as breathing and relaxation. Most people leave with at least one technique they continue to use alongside a personalised wellbeing plan.

Sessions are delivered online via Teams, require no preparation and are open to all staff.

If you haven't attended yet, we encourage you to follow the lead of your colleagues and come along.

Our next session: Monday 19 January, 2.00pm on teams

[Book here](#)

Other dates and sessions are available and can be booked under the section Level 1: Looking after yourself and others on the [Peer Support webpage](#)

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

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](#)