

NHSGGC

Core Brief



Daily update
(6 March 2026, 8.50am)

Topics in this Core Brief include:

- [Supporting Staff Health and Wellbeing](#)
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Supporting Staff Health and Wellbeing

Sometimes the smallest changes in your daily routine can make a **big difference** to how you feel and think. This March The Occupational Health Promotion Group are highlighting two national awareness moments with practical steps you can try - no pressure, no big overhauls- just simple ways to support your health and wellbeing:

No Smoking Day (11 March)
Nutrition & Hydration Week (16–22 March)

You can also find recordings of our previous Let’s talk about...Wellbeing Webinars on SharePoint:

- [Let's talk about... Tips for quitting smoking.mp4](#)
- [Let's talk about - Nutrition, Health & Wellbeing.mp4](#)

No Smoking Day (11 March)

No Smoking Day supports people who want to make a change without pressure or judgement.

Supportive strategies:

- **Make a specific plan for cravings** – e.g. *“If I want a cigarette after coffee, I’ll have a mint instead.”*
- **Change your environment** – e.g. remove lighters or avoid usual smoking spots.
- **Tell someone your goal** – e.g. a colleague or friend can check in.

- **Focus on progress, not perfection** – If you have a setback, that's okay try again the next day.

Find out more about the campaign here: [No Smoking Day](#)

For more information about **Quit Your Way Services for staff** contact 0141 451 6112 or email ggc.quityourway.smokefreestaff@nhs.scot

Nutrition & Hydration Week (16–22 March)

What we eat and drink directly affects energy, mood and concentration. Even mild dehydration can lead to tiredness and reduced focus.

Small, repeatable habits make the biggest difference.

Supportive approaches:

- **Keep water visible and drink regularly** – e.g. a bottle on your desk or a glass at the start of meetings.
- **Pair habits** – could you eat a piece of fruit with your morning coffee or a glass of water at every break?
- **Eat regular meals** – make sure to eat regular planned meals
- Think about easy **swaps** – e.g. swap one snack for a healthier option rather than cutting everything out.
- **Make the healthy choice easy** – e.g. pre-cut vegetables in the fridge or fruit at the desk.

Small, realistic steps repeated daily add up to lasting change for health and wellbeing.

Staff can access further support, including **weight management** information and **Quit Your Way**, via the Staff Support & Wellbeing pages: <https://www.nhsggc.scot/staff-recruitment/staff-support-and-wellbeing/>

Supporting Patient Experience and Involvement: Resources for Staff

Listening to our patients, families and communities is central to improving services across NHS Greater Glasgow and Clyde.

Understanding what matters to people helps us recognise what works well and to support our improvements and changes.

The Patient Experience Public Involvement (PEPI) Team supports staff to plan and deliver meaningful feedback, engagement and involvement activity with patients, service users and the wider public.

The Tools and Resources webpage brings together practical guidance and learning materials to support staff at every stage. Resources include short videos on our Support Request Process, using tools such as Care Opinion and

approaches to engaging with patients, service users, alongside bitesize Lunchtime Learning sessions on topics such as MS Forms, focus groups, and the benefits of working with Public Partners. Additional bitesize sessions will be launched over the coming months.

These resources are designed to be flexible and accessible, helping teams involve people in service improvement, planning and change.

For advice or support, contact the PEPI Team at:
ggc.public.involvement@nhs.scot.

You can review the resources at: [Public Involvement Staff Resources - NHSGGC](#)

Patient Engagement and Public Involvement – Lunchtime Learning Sessions now LIVE!

The Patient Experience Public Involvement Team are running their next round of Lunchtime Learning Sessions. These 40 Minute bitesize drop-in sessions will give you tips and tricks on public engagement tools and methods. Watch this video or register to find out more:

<https://vimeo.com/1169900887/10166f7c3d?share=copy>



- **18 March** – Setting up patient and public focus groups
12:00–12:40pm | [Register here](#)
- **19 March** – Designing survey questions
12:00–12:40pm | [Register here](#)
- **24 March** – Microsoft Forms for making surveys
12:00–12:40pm | [Register here](#)
- **26 March** – Do's and Don'ts of Public Involvement
12:00–12:40pm | [Register here](#)

Unable to attend? [Visit our bitesize tools and resources on our webpages where](#)

[we will be launching new bitesize sessions over the coming months](#), or request a bespoke session for your team by emailing ggc.public.involvement@nhs.scot.

International Women’s Day 2026 – ‘Give To Gain’

On 8 March 2026, NHS Greater Glasgow and Clyde will celebrate International Women’s Day (IWD) with the theme ‘Give To Gain’.

Our primary call to action this year is to strengthen our commitment to the [Cut it Out and the Equally Safe at Work \(ESaW\) programmes](#). These initiatives are vital in ensuring our workplace is free from harassment, Violence Against Women (VAW) and Gender-Based Violence (GBV).

By giving our voices to challenge harassment, inappropriate behaviours and bias we are giving our backing to colleagues who need our support and protection, we will continue to have a workplace defined by safety, dignity, and respect.

Across our 42,000 staff, in which over 80% are female, supporting others doesn't mean you lose out; it means we all grow stronger together. ‘Give To Gain’ is about the power of support. When we give visibility to women’s achievements, we gain a more inclusive and effective NHSGGC.

How can you ‘Give to Gain’ today?

- Give Safety: Use the [Cut it Out/ESaW page](#) to access training to speak up against stereotypes or unfair treatment
- Give Support: Familiarise yourself with our [Cut it Out/ESaW resource hub](#) to help colleagues facing difficult situations
- Give Credit: Recognise and celebrate the hard work of the women in your team.

When we give our support to advance gender equality, we create a ripple effect that benefits every member of staff and every patient. When women thrive at NHSGGC, we all do.

[Support and advice are available to any member of staff who has experienced harassment, inappropriate behaviours, VAW or GBV:](#)

1.	Your Line Management	9.	NHSGGC Civility Saves Lives
2.	Confidential Contacts - NHSGGC	10.	The SARC Service - Turn to SARCS
3.	HR Support and Advice Unit - via the HR Self Service Portal or calling 0141 278 2700 (Option 2)	11.	Women’s Aid – Support and Advice

4.	Bullying and Harassment helpline on 0141 201 8545	12.	Scottish Domestic Abuse and Forced Marriage Helpline
5.	Speak Up! - NHSGGC	13.	Violence Reduction Service (Health & Safety)
6.	Spiritual Care Services	14.	Stalking and Harassment Risk Assessment
7.	Occupational Health Services	15.	Police Scotland - Disclosure Scheme for Domestic Abuse
8.	Peer Support Network - NHSGGC	16.	Trade Union and Professional Organisation

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 the website**