

Daily update
(6 November 2026, 4.10pm)

Topics in this Core Brief:

- Looking after yourself and others session – Friday 20 November, 10.00am on MS Teams
- Funding available for green and outdoor spaces
- Remembrance: a time to pause and reflect
- M8 closure - Junctions 19 and 24

Looking after yourself and others session – Friday 20 November, 10.00am on MS Teams



There are many things in life and work that can leave us feeling stressed. Some of those pressures are outside our control, and this session isn't about trying to fix them. Instead it's about giving yourself the time and tools to support your own wellbeing and help your mind and body respond to life's challenges.

Our **Looking after yourself and others** session gives you 45-minutes to focus on you. You'll also have the opportunity to create a personalised wellbeing plan that reflects what matters most to you.

These sessions are open to all staff with over 6000 of your colleagues having attended previously.

Our next session:

Friday 20 November, 10.00am – 10.45am

Book here

Can’t make this date or time? That's okay there is one more date for 2026

available... future 2027 dates will be released soon:

- **Thursday 17 December at 1.00pm -** Book Here

You can also use the session and the wellbeing plan in future PDP discussions.



If online sessions don't suit you can also access it via LearnPro. Search for eLearning module **GGC 277** to complete (NHSGGC LearnPro)

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For any question or queries please contact peer.support@ggc.scot.nhs.uk or visit Peer Support Network - NHSGGC

Funding available for green and outdoor spaces

NHSGGC is committed to protecting and enhancing biodiversity, creating welcoming outdoor spaces, and improving the natural environment for patients, staff, and visitors. Access to nature and greenspace has well-recognised benefits for both physical and mental wellbeing and NHSGGC is keen to promote these benefits across its estate.

Annual Greater Glasgow and Clyde Healthcare Charity funding is available for projects that help make our green and outdoor spaces better for both people and the planet. Do you have an idea that could enhance your site during the next financial year?

Previous funded projects have included the creation of new garden areas at the QEUH, spring bulb planting at the RAH and the installation of benches and seating to provide outdoor respite areas for staff across a range of sites.

NHSGGC Greenspace Officer Fiona Roche is encouraging staff to submit outline proposals, she said: "Every project funded has the potential to make a real difference, whether that's enhancing biodiversity, improving wellbeing, creating new greenspaces, or a combination of all three. Sometimes even the smallest change can have a big impact. If you have an idea for a project, please fill out the form and let us know."

The project proposal form can be accessed here. Completed forms should be submitted by **Friday 27 November 2026**.

Projects selected for the next stage will be invited to develop their ideas into a formal endowments application for final review in April 2027.

For further information or support with developing a proposal, please contact fiona.roche2@nhs.scot.

Remembrance: a time to pause and reflect

This weekend, people across the country will mark Remembrance Sunday. It is a time to remember those who have served, those who continue to serve, and those who have lost their lives through conflict.

Within NHSGGC, this includes colleagues who are veterans, reservists or members of Forces families, as well as the patients, service users and communities we support.

Our Armed Forces Non-Executive Champion, Giovanni D'Alessio reflects: "For many of our colleagues, patients and communities, Remembrance carries deep personal meaning. As an organisation, we are proud to support the veterans, reservists and Forces family members within NHSGGC. Their dedication, resilience and service enrich our workforce, and Remembrance provides an important opportunity to acknowledge their contribution while remembering those who have sacrificed so much in the service of others."

Armistice Day falls on Wednesday 11 November. A two-minute silence will be observed at 11.00am. Please be mindful of colleagues and others who may wish to pause for quiet reflection at that time.

Thank you for helping to mark Remembrance with care and respect.

M8 closure - Junctions 19 and 24

Amey, on behalf of Transport Scotland, is undertaking essential refurbishments of the Cornwall Street and Kirkwood Street footbridges that span the M8 between junction 21 (Seaward Street) and junction 23 (Dumbreck), to the south-west of Glasgow City Centre. To allow the bridge spans to be safely lifted back into place, two extended overnight closures are required across the M8, in both directions, between junctions 19 (Anderston) and 24 (Helen Street).

Closures will be in place from:

- 18:00 on Saturday 7 November until 13:00 on Sunday 8 November 2026.

- 18:00 on Saturday 14 November until 13:00 on Sunday 15 November 2026.

Please consider alternative routes and allow additional time for your journey. More information is available from Amey.

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 the website