

Core brief

Daily update
(7 July 2025, 11.40am)

Topics in this Core Brief include:

- Staff Health Strategy update

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 19 June.



Women's Health – Menopause Support

As part of the Staff Wellbeing Strategy, we have been running virtual group consultations for staff with symptoms of menopause. Prior to the first group consultation, we ran a virtual engagement event with 456 staff registering to attend. Following this, we offered a monthly virtual group consultation and in 2024, we saw 87 staff.

Group consultations involve a clinician and facilitator, with 10-15 people attending for a 60-90 minute consultation. Some will receive information only, but treatment is prescribed for some. Feedback from staff participating has been excellent.

Benefits include improved clinical efficiency, improved patient satisfaction, and reduced clinician burden, as well as peer support. Self-reported sickness absence has reduced. Challenges include access to the remote consultations, as some staff report still not knowing about them, as well as follow up requests.

The Virtual Group Consultations are proving to be very beneficial to staff that attend. They are continuing monthly in 2025 and if you wish to attend, please book an appointment by emailing: ggc.occupational.health@nhs.scot

Menopause Peer Support Hub

The Menopause Peer Support Hub held their second group peer support drop in event on 28 May. Twenty people attended the group, supported by six Peer Supporters. Feedback was very positive:

“I enjoyed discussing menopause with other woman who have had the same or similar experiences and sharing tips we found helped us.”

“I enjoyed the chance to chat briefly with others going through the same issues.”

“Feel like I am not alone.”

If you are interested in having a confidential, supportive conversation with a Peer Supporter about the menopause, please email the Peer Support mailbox at: peer.support@ggc.scot.nhs.uk and put 'Menopause Hub' in the subject line.

Bereavement Peer Support Hub

We now have 86 Peer Supporters in the Bereavement Peer Support Hub who have received training from CRUSE Scotland on providing peer support around bereavement. Feedback from the training evaluation indicated that Peer Supporters feel that the training improved their knowledge and understanding about talking about bereavement and their confidence in providing bereavement Peer Support.

If you would like to receive Peer Support from one of our Bereavement Hub Peer Supporters, please email the Peer Support mailbox at: peer.support@ggc.scot.nhs.uk and put 'Bereavement Hub' in the subject line.

Peer Support Training

If you are interested in becoming a Peer Supporter, please have a look at the Peer Support webpage: [Peer Support Network](#), and discuss attending training with your manager. We hold training days every two weeks, and booking links are available on the webpage.

Fair Work

The [Fair Work Framework](#) is based on research relating to good practice that can create positive outcomes for workers, employers and for society. In early 2022, we developed a robust self-assessment framework to evaluate NHS Greater Glasgow and Clyde practices, against the Fair Work principles. Using national tools and working in partnership with colleagues from across the Board, we identified actions to embed these principles, many of which linked with our existing strategies such as the Staff Health Strategy and Workforce Equality. Linking activity with existing programmes helped embed the Fair Work principles in the work we do, rather this is being standalone.

From 2022 to 2024, 50 targeted actions have been taken forward across key areas including recruitment, wellbeing, procurement and inclusion. Progress includes our EDI learning events, better workforce data collection, improved support across staff equality forums and networks, our Collaborative Conversations programme and the successful achievement of 'Established' status in the Carer Positive programme, to

name just a few. This collaborative approach is key to embedding Fair Work across NHSGGC.

Further information on Fair Work can be found at:

<https://www.fairworkconvention.scot/the-fair-work-framework/>

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](#)