

Core brief

Daily update
(8 March 2023, 2.55pm)

Topics in this Core Brief:

- No Smoking Day
- New Social Media support site
- GGC Medicines Update
- Better Workplace – ple-eESS update your eESS
- Our next Guided Health Walk is available to book now!

No Smoking Day

Today (Wednesday 8 March) is No Smoking Day and Ash Scotland's theme for this year's campaign is 'Quit and Win' which encourages people throughout Scotland to make attempts to quit smoking to benefit their health, wellbeing and personal finances. For example, new analysis released by the charity suggests that an average Scottish household containing people who smoke could save £3,308 within 12 months of quitting smoking.



If you would like to Quit and Win, we can help. The Quit Your Way (QYW) team have free 12-week licences available for the Smoke Free App available to NHSGGC employees. This app helps with stopping smoking, cravings, getting through difficult situations, being around smokers and recovering from lapse.

If you're interested in using the app, fill in the form below and the QYW team will get in touch on how to access the app along with details of the additional support available through QYW.

[Access to the Smoke Free App for NHSGGC Employees](#)

New Social Media support site

The new Social Media support site from Corporate Communications is now live.

Access guidance on how to publish news and information from your team through NHSGGC's social channels, how to request social media support and what options are available to you and your team to make the best use of social media.

For this and more, visit: [GGC Social Media Support - Home \(sharepoint.com\)](#)



GC Medicines Update is a series of blogs with important medicines related messages relevant to all healthcare professionals across NHSGGC. Please see below for new blogs and relevant updates.

New blogs

Click on the following links to access the recently published Medicines Update blogs.

- [Safe use of insulin for adults admitted to hospital - Medicines Reconciliation](#) *this is first in a series of blogs on the safe use of insulin for adults in hospital. Look out for the second in the series covering prescribing soon. Summary of blog series available [here](#)*
- [HEPMA Stop Date for Nitrofurantoin and Trimethoprim in the treatment of UTI/cystitis](#)
- [Adult Infection Management Hospital Guideline Changes Jan 2023](#)

Updates

- [MHRA Drug Safety Update February 2023](#)
- [Guideline News February 2023](#)

You can search for previously published blogs on the GGC Medicines [website](#).

If you would like to subscribe to receive Medicines Update directly via email, contact medicines.update@ggc.scot.nhs.uk. Follow us on Twitter [@NHSGGCMeds](#)

Better Workplace – ple-eESS update your eESS

Equality, Diversity and Inclusion continues to be a priority for all of us in NHS Greater Glasgow and Clyde.

As part of this, we collect data on all protected characteristics. This helps us to make the right provisions for our diverse workforce.

Up to date data helps us understand the demographics and diversity of our

workforce, enabling us to identify strengths and continuous improvement opportunities, and ensuring the right resources, facilities and support are available for you and your colleagues.

Please support by accessing and updating your personal data on eESS [here](#), select “Personal Information”, then click “Update” in the ‘Basic Details’ section and a screen will open with options to add your equalities data. Please remember your manager will NOT have access to these protected characteristics. All information provided is secured confidentially in adherence to General Data Protection Regulation (GDPR).

You can also update your personal contact details or emergency contacts in the same section of eESS, if these have changed since you last updated your information.

If you would like additional support to update your eESS please contact by email here eESS@ggc.scot.nhs.uk, or telephone 0141 278 2700 (Option 5), or view the guidance [here](#) which includes a short eLearning demo.

If you’re not sure of your login or password for eESS, click on Login Assistance underneath the Login button on the main [eESS page](#).

Your data will help us all build a Better Workplace together, thank you for your continued support.

Our next Guided Health Walk is available to book now!



On Saturday 25 March, we will walk to Tom na h-Airidh, Helensburgh/Rhu, (not to be confused with Ben Bowie) which is on the hills above Rhu.





This is mainly a forest walk through an ancient Birch and Oak woodland. At the top there are fantastic views looking down to the Clyde estuary over to Arran. To the north is Glen Fruin and the hills of Luss.

The walk will take in a height of 250 metres and between 4/5 hours. We will walk at an easy pace.

[Click here](#) to secure your space!

If something isn't right, talk to... Management and Peer Support



Managers and Leaders	Confidential Contacts	HR Support and Advice Unit	Report via Datix
<p>If you have an issue, your line manager is there to support you. Please speak to your immediate line manager or another member of the management team, who will be able to support you.</p> 	<p>Our team of confidential contacts will listen to your concerns and help you to determine the best course of action to resolve the issue and escalate your concerns.</p> 	<p>The unit is there to support all staff. Call 0141 278 2700 Monday to Friday from 9am - 5pm.</p> <p>You can also raise a query through the self-service portal at https://nhsnss.service-now.com/ggc_hr</p> 	<p>It is vital that we all play a role to report all incidents and near misses no matter how small we think they might be.</p> <p>Visit: http://datix.xggc.scot.nhs.uk/datix/live/index.php</p> 

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 [StaffNet](#)