

NHSGGC

# Core Brief



**Daily update**  
**(8 May 2026, 11.30am)**

Topics in this Core Brief:

- [Looking After Yourself and Others Session - Friday 15 May at 1.00pm](#)
- [Listening to our patients](#)
- [Staff Parking Reminder – Bus stops and bus lanes](#)

## **Looking After Yourself and Others Session - Friday 15 May at 1.00pm**

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 part of **Mental Health Awareness Week 2026 (11–17 May)**, this year's theme encourages us to take action for ourselves, for someone else, and for all of us. Sometimes that action can be as simple as taking a short pause in the working day, checking in with ourselves, or making time to connect with others.

Colleagues often tell us the session gives them a helpful opportunity to stop and reset, particularly during busy or demanding periods. 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 afterwards, 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:  
Friday 15 May 1.00pm 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](mailto:peer.support@ggc.scot.nhs.uk) or visit [Peer Support Network - NHSGGC](#)

---

## Listening to our patients

Listening to patients, families, and carers, and understanding their experiences of care is central to what we do at NHS Greater Glasgow and Clyde.

Care Opinion is one of the ways we gather feedback to help us achieve this. It is an independent website where patients, families, and carers can share their healthcare experiences: <https://www.careopinion.org.uk>. The feedback we receive through this platform gives us valuable insight into what is working well and where we can improve.

Here are some highlights from April 2026. 'Staff' was the most frequently used tag to describe what people valued about our services. The themes shown in the word cloud highlight kindness, professionalism, and helpfulness.

- **274** patients, relatives and carers shared their feedback via Care Opinion.
- **73%** of these stories were from patients or service users.
- **77%** of feedback was positive.
- These stories have been viewed **17,178 times** on Care Opinion.

What was good about the care you received?



We offer a 60-minute Care Opinion Responder Training session for staff within Acute Services, delivered via Microsoft Teams. The next session is scheduled for **Wednesday 17 June 2026 at 1.30 pm**. If you would like to become a responder on Care Opinion and have approval from your Senior Management Team, you can register here: [Care Opinion Responder Training June 2026](#)

If you would like further information, please contact the Patient Experience Public Involvement Team: [gqc.patientexperience@nhs.scot](mailto:gqc.patientexperience@nhs.scot)

## Staff Parking Reminder – Bus stops and bus lanes

Parking at all our sites can be challenging and finding a space in time for the start of a shift can be frustrating. We would like to thank all our staff for their patience and consideration.

However, we would like to remind people that our sites are working healthcare environments, with emergency vehicles, pedestrians and public transport requiring access round the clock, and ask them to think twice before parking.

Public transport can be a quick and easy way to avoid issues with parking, and buses are used by thousands of people every day to get to our sites.

However, parking in dedicated bus lanes or at bus stops can significantly impact services and prevent passengers getting on and off the bus, which can be a particular issue for wheelchair users, people who have challenges with mobility, the elderly and parents with buggies.

As well as affecting services and inconveniencing passengers, parking at bus stops and in bus lanes increases the risk of road traffic collisions, so we would ask that people consider the impact of parking at, or near, bus stops before

leaving their cars.

We encourage staff to car share where practical and possible. Car sharing can help you reduce your daily travel costs while helping to reduce CO2 emissions at the same time. More information on car sharing is available from [Staff Parking at NHSGGC - NHSGGC](#)

More information on the different initiatives available to make it cheaper, easier and more environmentally sustainable to travel to and from work, and between sites, is available from the [Travel Plan Office](#).

**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**

**NHS**  
Greater Glasgow and Clyde

**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](http://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](#)