

Core brief

Daily update

(8 November 2023, 4.25pm)

Topics in this Core Brief:

- Message from Caroline Lamb, NHS Chief Executive, to all NHS Scotland staff

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At this difficult time, I wanted to write to you to share my deep concern for all those affected by the conflict in Israel and Gaza. I can't begin to imagine the pain and immense stress being felt by those who have family and cultural ties to the region.

With this in mind, I wanted to highlight the available wellbeing resources and support. These include the National Wellbeing Hub (<https://wellbeinghub.scot/>) which provides a range of advice and support, the National Wellbeing Helpline (0800 111 4191) which offers a 24/7 compassionate listening service and confidential mental health treatment available through the Workforce Specialist Service (<https://wellbeinghub.scot/the-workforce-specialist-service-wss/>).

Feelings will understandably run high among staff and many of the people they treat and care for. We appreciate your understanding and continued professionalism at such a challenging time.

These situations can also, unfortunately, lead to increases in harassment related to race, ethnicity or religious belief. Abuse, bullying or harassment are unacceptable and will not be tolerated. I would encourage staff to report any instances through their local reporting systems. Any reported instances will be taken seriously and fully investigated by your Board. Support for staff can be found here: [Employee Support | NHS Scotland \(nes.digital\)](#)

As always, confidential advice and support can be obtained from trade union representatives, line managers, HR and occupational health services. The latest Foreign, Commonwealth and Development Office guidance is available here: [Israel and the Occupied Palestinian Territories travel advice - GOV.UK \(www.gov.uk\)](#)

I know that all our staff, including those personally affected by the conflict, continue to provide a high standard of care and contribute invaluable to Scotland's health service. For this you have my sincere thanks.

If something isn't right, talk to...
Health, Wellbeing and Spiritual Support



Occupational Health	Peer Support	Chaplaincy Service
<p>If you are experiencing health and wellbeing issues, our occupational health team, including our clinical psychologists will support you when you need it most.</p> 	<p>Peer Supporters help staff by giving them the time and safe space to talk and by providing a friendly ear to listen. This can help make sense of recent experiences, can give a sense of control and help manage difficult situations.</p> 	<p>The spiritual care service provides compassionate, person-centred, spiritual care, bereavement, emotional and wellbeing support to staff and students from all backgrounds, beliefs, faiths and none.</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 [website](#)