

NHSGGC

Core Brief



Daily update
(9 July 2026, 9.25am)

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Let's Talk About... Move More, Feel Better: simple strategies for busy staff - Thursday 30 July



A Healthier Place to Work

Our Let's Talk About... Staff Wellbeing Webinar will focus on practical, realistic ways to move more during busy working days.

Movement doesn't have to mean the gym or a workout. Even small amounts of physical activity during the day can have a meaningful impact on both physical and mental wellbeing.

Evidence consistently shows that regular movement can:

- Improve mood and reduce symptoms of stress and anxiety
- Support better sleep quality
- Increase energy levels and reduce fatigue
- Lower long term risk of conditions such as heart disease and Type 2 diabetes

In this session you'll explore:

Why movement matters: How physical activity supports energy, mood, sleep, stress and long term health.

Simple ways to move more during work: Desk stretches, micro breaks.

Making it realistic: Ways to overcome barriers like fatigue, time or space. And information about our [Active Staff programme](#).

Small steps that stick: How to set simple goals, build habits and recognise progress without pressure or perfection.

Thursday 30 July, 11.00 – 11.20am, MS Teams

[Book your space here!](#)

Can't make it? Recordings and slides are available on the Wellbeing Webinars [webinars SharePoint](#).

Over 90% of participants say they would recommend these webinars, making them a

trusted and practical way to support wellbeing across our workforce.

You can also sign up for upcoming webinars:

- Thursday 26 August 2.00pm - 2.30pm- **Managing People, Managing Pressure: Wellbeing for managers-** [Book here](#)
- Monday 28 September 3.00pm - 3.20pm- **Suicide Prevention-** [Book Here](#)
- Thursday 29 October 10.00 – 10.20am- **Looking After Your Back: practical tips for everyday work-** [Book Here](#)

Transmission Based Precautions (TBPs) guidance is changing

What does it mean for IPC practice?

Category (example pathogens)	Placement Requirements	Mask Type
R1 (Bordetella pertussis, RSV, SARS-CoV-2, Endemic Influenza)	Single en suite room	FRSM*
R2 (Varicella zoster, Pulmonary Tuberculosis, Measles virus, some HCIDs)	NPIR (negative pressure isolation room) or PPVL or single en-suite room	RPE
R3 (some HCIDs, Novel respiratory virus)	NPIR (negative pressure isolation room) or PPVL in an Infectious Diseases Unit	RPE

This table outlines the corresponding patient placement requirements and mask requirements.

It should be noted that TBP guidance does not replace the HCID guidance laid out in the HCID addendum of the NIPCM.

MenB Vaccination Programme

A time-limited MenB vaccination programme starts this week following recent UK outbreaks.

Eligible groups include:

- 2025/26 S6 school leavers
- New university students under 25
- New college students under 25 living in shared accommodation

MenB disease can cause meningitis and septicaemia and can become serious very quickly. Two doses are needed for full protection.

A drop-in clinic is being held today (Thursday 9th July) from 8.45am to 7.15pm at the Piazza Shopping Centre, Unit 28/29, Central Way, Paisley PA1 1ELB. A mobile

vaccination unit for drop-ins is also at Notre Dame High School, Dunlop Street, Greenock, PA16 9BJ. No appointment is necessary for these.

Further drop-in clinics are to be held at Glasgow Caledonian University, the University of Glasgow and the University of Strathclyde in the coming weeks, and the Mobile Vaccination Unit will also visit West College Scotland's Clydebank campus, with additional locations to follow.

For the full schedule, students and parents are advised to check the NHSGGC website here: <https://www.nhsggc.scot/your-health/general-vaccinations/>

If you know an eligible school leaver or student starting further or higher education this year, please consider sharing this information with them.

Occupational Health is relocating

As part of NHS Greater Glasgow and Clyde's long-term plans, the Occupational Health service is relocating from the West Glasgow Ambulatory Care Hospital (Yorkhill) to Barr Street Community Health Hub on 16 June 2026.

The care received by anyone using the service will not change and they will continue to be seen by the same team, however, people are advised to familiarise themselves with the new location and create a plan of travel for face-to-face appointments.

Please check your appointment confirmation to confirm where you have to attend.

Further information about getting to the site is available on the <https://www.nhsggc.scot/hospitals-services/health-centres-and-clinics/barr-street-health-hub/>.

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](#)