

Daily update
(9 November 2026, 4.10pm)

Topics in this Core Brief:

- Let's talk about… Stressed at work: Practical tools to help
- It's time to put your plans into action and celebrate World Kindness Day!
- Advanced Practice Week 2026
- A tribute to service and dedication

Let's talk about… Stressed at work: Practical tools to help

A Healthier Place to Work

As we move into our winter months, many of us can find ourselves juggling increasing pressures both inside and outside of work. Shorter days, busy services, family commitments, financial pressures and day to day challenges can all take their toll.

This 20-minute 'Let's talk about... Staff Wellbeing Webinar' forms part of National Self-Care Week (16-22 November), a UK-wide campaign promoting practical ways to support our physical and mental wellbeing. This year's theme is **Mind & Body**, recognising the connection between our physical health, mental health and overall wellbeing. Find out more about the campaign at: National Self-Care Week - Self-Care Forum

This session isn't about suggesting that managing stress is solely on you or that wellbeing can be solved by a few simple tips. We know that many of the pressures staff experience are linked to wider workplace, team and system factors. However, there can also be value in understanding what stress looks like for us personally and having a few practical tools to help when things feel challenging.

During the session we'll cover:

- **Understanding stress** – recognising how stress can show up physically, emotionally and behaviourally
- **Spotting your early warning signs** – becoming more aware of when pressure may be starting to build
- **Practical strategies that can help** – simple, realistic techniques that may support wellbeing during busy periods
- **Looking after yourself while supporting others** – particularly relevant for those working in caring and helping roles.

The session will be delivered by a member of the Occupational Health Psychology and Wellbeing Team, who will share practical, down to earth approaches grounded in psychology and everyday experience.

How to book:

Wednesday 25 November, 1.00pm – 1.20pm, MS Teams

Book your space here!

Can't make it? Recordings and slides are available on the Wellbeing Webinars SharePoint.

You can also sign up for upcoming webinars for the remainder of the year below:
Monday 14 December 11.00am - **Coping with bereavement and loss** - Book here



It's time to put your plans into action and celebrate World Kindness Day!

For the final week of the challenge, we want you to bring together everything you've planned over the past few weeks and celebrate kindness with your team.

Whether you're hosting an event, sharing thank you notes, bringing in treats, taking five minutes to check in with colleagues, or doing something completely different, this is your chance to make kindness visible in your workplace.

Wherever and whenever you decide to celebrate, we hope you have an amazing World Kindness Day 2026!



Make sure to take photos and share them with the comms team. Let us know what you've been up to, and we'll share your stories on Staffnet and in the Core Brief: World Kindness Day 2026: Team Celebrations – Fill in form

Want to share your story and photos but can't access the form? Email them to caragh.cheesman@nhs.scot

Advanced Practice Week 2026: 8 – 14 November

Advanced practice staff from nursing, midwifery, allied health professions provide expert clinical care, professional leadership, education, research and service improvement. Through their expertise, compassion and innovation, they support timely access to care, improve patient outcomes and enhance the experience of those who use our services.

This year also marks continued progress in the implementation of Scottish Government Transforming Roles Advanced Practice papers and preparation for the NMC's additional regulation for Nursing and Midwifery Advanced Practice, which is strengthening governance, supporting consistent educational and capability standards, informing

workforce planning and enabling advanced practice staff to work to their full potential. The framework provides a robust foundation for safe, effective and sustainable advanced practice, ensuring the delivery of high-quality, person-centred care.

We extend our sincere thanks to all advanced practice staff across NHSGGC for their dedication, leadership and commitment to improving health and care services. Your contribution is central to service transformation and to delivering better outcomes for the people of Greater Glasgow and Clyde.

For the latest information on what's happening in the Advanced Practice world join NMAHP Consultant's Drs Mhairi Brandon and Mark Cooper for a lunch-time update on Thursday 12 November 12.30pm - 1.00pm on Teams: https://teams.microsoft.com/meet/3208826671213189?p=373677776726637696

A tribute to service and dedication



NHS Greater Glasgow and Clyde nurses joined dignitaries and RAF Air Cadets for the Lamp of Remembrance Service at Glasgow City Chambers yesterday (Sunday 8 November).

As part of events to mark Remembrance Day, nursing colleagues from across NHSGGC attended the City Chambers for the annual Lamp of Remembrance Ceremony. Located in the domed entranceway to the Chambers, the Lamp is a permanent reminder of the sacrifice of ex-service nurses who lost their lives in World War 1 and World War 2. Flanked by our nurses, the Lord Provost, Jacqueline McLaren, laid a ceremonial wreath in acknowledgement that the memory of colleagues passed lives on and burns brightly.

Special recognition must go to Patricia Myers, Associate Chief Nurse (GRI), whose dedication, commitment and outstanding support have been instrumental in sustaining the Lamp of Remembrance Service over many years. Patricia has been a driving force behind this important annual event, and her continued efforts to ensure that the contribution and sacrifice of our nursing colleagues are remembered and honoured.

Vice Chair of the Board, David Gould, said: “It was both an honour and a humbling experience to be able to attend the Ceremony with nursing colleagues, some of whom have served in the Armed Forces. Taking the time to remember and honour the sacrifice of those who have gone before us is why Remembrance matters. I was grateful for being given the opportunity to attend and also to meet with nursing colleagues after the formal ceremony and express our thanks as a Board for the incredible difference they make, each and every day of their working lives, to the patients and families we care for.”

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