

NHSGGC

Core Brief



Daily update
(9 October 2026, 2.30pm)

Topics in this Core Brief:

- [Let's talk about... Looking after your back \(Back Care Awareness Week: 5 - 10 October\)](#)
- [Care Home Collaborative – October newsletter](#)
- [The Green Brief](#)
- [Innovation event to connect Scotland's healthcare innovators with MHRA experts](#)

Let's talk about... Looking after your back
(Back Care Awareness Week: 5 - 10 October)

Thursday 29 October | 10.00am – 10.20am |
MS Teams



As part of Back Care Awareness Week, we're inviting staff to join us for a 20-minute Let's talk about... Staff Wellbeing Webinar focused on looking after your back at work and at home.

Back pain is one of the most common health problems affecting people of working age. Whether you're desk-based, working clinically, driving between sites or spending long periods on your feet, small changes can make a big difference to your comfort, wellbeing and long-term health. Back Care Awareness Week takes place from 5 - 10 October 2026 and aims to raise awareness of spinal health, posture, movement and the prevention of back pain.

During the session we'll cover:

- Why back health matters – understanding common causes of back pain at work and in everyday life
- Simple ways to protect your back – practical tips for sitting, standing, lifting and moving more comfortably
- Desk-based stretches and movement breaks – easy exercises you can build into your working day.

We're delighted to be joined by a physiotherapist from Occupational Health, who will share practical advice and demonstrate a range of simple desk-based stretches and exercises that staff can use throughout the working day.

How to book:

Thursday 29 October, 10.00am – 10.20am, MS Teams

[Book your space here!](#)

Find out more about Back Care Awareness Week:

[Back Care Awareness Week 2026](#)

[Back Care UK](#)

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

You can also sign up for upcoming webinars for the remainder of the year below:

- Wednesday 25 November, 1.00pm – 1.20pm- **Stressed at Work: Practical tools to help** - [Book Here](#)
- Monday 14 December 11.00am - **Coping with Bereavement and Loss-** [Book here](#)

Care Home Collaborative – October newsletter

The October edition of the Care Home Collaborative newsletter is out now.

In this issue we feature:

- Inverclyde - Going for Gold 2026
- Meaningful Activity Network - Inverclyde
- Care Home Falls Pathway - Michael's Journey
- Flu Vaccinations
- Scoping Care Home Diabetes Resources
- Diabetes Resource Highlight - Physical Activity
- Clinical Skills Opportunities for Care Home Staff
- Awareness of the Red Bag Pathway
- IDDSI Level 6 - Soft and Bite Sized
- Care Home RN Syringe Pump Training.

And much more!

Click [here](#) to view the newsletter.



The Green Brief

The latest edition of [The Green Brief](#) is now available, highlighting sustainability activity taking place across NHSGGC.

This issue celebrates Scottish Climate Week with a message from NHSGGC's Head of Sustainability, alongside an update on how the Sustainability Team took Climate Week on the road. You can also read about young interviewer Flora quizzing the NHSGGC Deputy Chief Executive on climate action, as well as the launch of the Green Awards and the screening of the National Emergency Briefing.

The latest issue also features the launch of the NHSGGC Freecycle Teams channel, information on funding available for green and outdoor spaces, and a look at how NHSGGC is building partnerships to support social value and biodiversity.

Innovation event to connect Scotland's healthcare innovators with MHRA experts

NHS Greater Glasgow and Clyde staff involved in research, innovation, clinical practice and service improvement are being encouraged to attend a national event exploring the latest developments in medicines, medical devices and artificial intelligence regulation.

The West of Scotland Innovation Hub, alongside Health Innovation South East Scotland and the North of Scotland Innovation Hub, is hosting From Evidence to Authorisation: Enabling Medicines, Medical Devices and AI Innovation in Scotland on Thursday 19 November 2026 at the Teaching and Learning Centre on the Queen Elizabeth University Hospital campus.

The event will bring together colleagues from across NHS Scotland, academia, industry and the wider innovation ecosystem for a unique opportunity to engage directly with representatives from the Medicines and Healthcare products Regulatory Agency (MHRA).



Attendees will hear about the evolving UK regulatory framework for medical devices, combined clinical trials of investigational medicinal products and clinical investigations of medical devices (CTIMP/CIMD studies), post-market surveillance and safety monitoring, and innovative regulatory pathways for medicines.

Places are open to NHS staff, researchers, academic partners and industry colleagues with an interest in healthcare innovation and regulation.

Event details:

- Date: Thursday 19 November 2026
- Time: 9am to 2pm
- Venue: Teaching and Learning Centre, Queen Elizabeth University Hospital, Glasgow

Staff can register at: [WoSIH Presents: From Evidence to Authorisation Tickets, Thursday 19 November • 11 AM - 4 PM | Eventbrite](#)

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 the [website](#)**