

Core brief

Daily update
(17 August 2021, 10.30am)

Topics in this Core Brief:

- Mental Health Check in
- Life on the Frontline – Lauren Afzal, Family Nurse
- Excellence Awards – Closing date 20 August

Mental Health
Check In



Mental Health Check In

All staff are being asked to please complete the online questionnaire, even if you filled it in previously and even if you currently feel well. Sometimes people may be experiencing or about to experience mental well-being issues unexpectedly and early intervention may help to resolve any potential or emerging worries or anxieties before they become more difficult to work through.

More information is available on the [Mental Health Check In website](#) where you will also find a FAQ page. You can also scan the QR code above, which will take you direct to the online information.



Life on the Frontline – Lauren Afzal

In the spotlight today for [Life on the Frontline is Lauren Afzal](#), a Family Nurse working with Team E who are based in Johnstone Health Centre. Lauren's team is one of seven across NHSGGC, delivering an intensive home visiting programme for first time mums aged 19 and under.

Lauren tells us about how lucky she feels to be part of such an amazing team who have worked tirelessly during the pandemic to ensure the service can continue and the way in which they have supported each other has played a huge part in that success.

We hope that you are enjoying these personal accounts of life on the frontline, if you want to watch all of our videos on how our staff are adapting during the pandemic [click here](#). If you would like to feature in one of the videos and tell us about how you and colleagues have been affected, then please get in touch: staffnewsletter@ggc.scot.nhs.uk

It's time to nominate your hero!

The deadline for entries is fast approaching and you only have a few days left to recognise your hero!

Nominations need to be in by **Friday 20 August** – so show someone you care and nominate that colleague or friend who has gone above and beyond during these testing times.

We know all staff have risen to the challenges of dealing with COVID, showing great strength, dedication and flexibility in facing the challenges that the pandemic has brought.

Our Excellence Awards recognise those staff, teams, services or projects that have made an exceptional contribution to NHSGGC and an outstanding difference to the care and wellbeing of our patients, their carers and our staff.

We also want to recognise our band of volunteers who have selflessly given their time for the benefit of patients – so think of that Give and Go person who delivered personal bags to your patients bringing them a little piece of home with toiletries, snacks, mobile phones, iPads and books – the list is endless, or the R & R Hub support, where our Project Wingman staff served you all tirelessly - all these volunteers and so many more deserve your recognition!

There are seven award categories you can enter, they are:

- Better Care
- Better Health
- Better Value

- Better Workplace
- Global Citizenship
- Nursing
- Volunteer.

For more information on the categories and to send in your nomination, visit:

www.nhsggc.org.uk/excellenceawards

Please keep up-to-date with the latest guidance on our dedicated web pages at: www.nhsggc.org.uk/covid19.

If you have any questions about the current situation please check the [FAQs](#) first. If you have any further questions, please email: staff.covid19@ggc.scot.nhs.uk

Staff are reminded to make sure their [personal contact details are up to date on eESS](#).

Are your contact details up-to-date? [Click here](#) to check