

Core brief

Daily update
(28 April 2021, 5.40pm)

Topics in this Core Brief:

- Engaging Differently - Health Improvement Scotland case study
- Dancing doc keeping the nation fit and raising money for charity throughout pandemic
- Message from Health and Safety - Stay COVID Safe
- ScotRail industrial action

Engaging Differently - Health Improvement Scotland case study

The COVID-19 pandemic has created challenges for traditional ways of seeking the views and experiences of people who access health and care services. Therefore, as part of the COVID Remobilisation Plan the Patient Experience and Public Involvement (PEPI) Team utilised different methods to engage with people and communities to hear their experiences on new ways of models of care including the use of virtual consultations.

This included online surveys; semi structured interviews by telephone or video call; virtual focus groups; social media and encouraging people to use [Care Opinion](#). In total we heard from 739 people.

Our digital approach to engagement during the pandemic has recently been published as a case study by Healthcare Improvement Scotland (HIS) who continually seek to share engagement approaches, learning and best practice amongst health boards and other organisations.

[Click here to read the case study.](#)

If you would like more information on how to listen and involve people to shape and improve services, please contact the PEPI Team at: Public.Involvement@ggc.scot.nhs.uk

Dancing doc keeping the nation fit and raising money for charity throughout pandemic

QEUH Anaesthetic Consultant Swapna Gambhir has been helping keep communities fit throughout lockdown, thanks to a unique Bollywood Dance fitness class.

The classes, which run on Zoom, take inspiration from the Bollywood music scene, with Swapna leading and teaching the dance moves required to cover up to eleven routines per session, including a warm-up, cardio and toning tracks and a cool down. Participants are active for up to an hour, burning up to 800 calories, with a mixture of Bollywood and Western hits acting as a soundtrack to the classes.



As the only accredited Bombay Jam trainer in the UK, Swapna first launched the programme over three years ago to help get fit and to help others who might otherwise not have the time to keep up regular exercise. Initially taking place at Garscube sports studio and Williamwood High School, when the pandemic struck the classes went virtual.

While each session is completely free and the programme runs as a not-for-profit, participants are encouraged to make a donation and more than £5,000 has been raised for charities so far.

If you would like to sign up to the Bombay Jam for Charity, email Bombayjamfc@gmail.com The class times are updated on the official Facebook page here: <https://www.facebook.com/bombayjamfc/>.

[Click here to read more.](#)

Message from Health and Safety - Stay COVID Safe

Please do not congregate or participate in gatherings of any nature including leaving parties, retirements and birthday celebrations. Instead, please consider using alternative methods such as Teams calls.

For any staff unsure how to use Teams for a social gathering, please note the steps below:

- Teams is an app, so you can download to your personal computer, device or phone – search your app store for “MS Teams”. You might want to switch off the notifications so you don’t receive work alerts on your personal device
- You can create a channel or team for your personal meeting, or just meet in Chat
- To invite people who don’t have Teams accounts, use the “copy meeting link” and share via email or text, or use the “share invite” option
- You can use gifs and messages, chat, background effects, and quizzes and polls – similar functionality to what you find in Zoom and other social platforms
- MS Teams is a secure platform.

Further information to support you can be found here: <https://sway.office.com/Qtpwo3gxZMXiiGZB> (NHSGGC information and short videos on key features. Scroll down to “How do I use it”).

Information relation to Social Distancing can be found [here](#). If you have any ideas to improve Social Distancing practice, please share with your line manager and email here: SDCommsGroup@ggc.scot.nhs.uk

ScotRail industrial action

As a result of industrial action, Sunday services on a number of ScotRail routes will be significantly impacted with an emergency timetable in operation. Currently, these restrictions will be in place each Sunday from 2 May – 13 June. More information on this is available from [ScotRail](#). Please check the latest timetable before you travel.

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](#).

**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 [StaffNet](#)**