

Robert Wilson (NHS Greater Glasgow and Clyde)

From: NHS GGC, General Notification
Sent: 27 February 2026 14:57
Subject: North Sector Newsletter - February 2026



February 2026

Topics in this Newsletter:

- Volunteers at Lightburn Bring Joy and Connection to Older Patients
- International Women's Day – 8 March
- Medic Peer Support Hub – In-person training day
- Ready to Grow? Let's Talk Personal Development Planning & Review
- Let's Keep Learning: Time to Complete Your Stat & Mand
- GGC Medicines Update – GRI Drop in Event
- Get ready for our next in-person Copilot events at GRI and Stobhill
- North Sector Support & Information Services
- Upcoming March Dates
- Your stories and feedback

Volunteers at Lightburn Bring Joy and Connection to Older Patients



Two dedicated volunteers at Lightburn Hospital are encouraging others to join them in bringing comfort, conversation and companionship to patients on the wards.

Sophia Samuel (left) began volunteering in October 2024, while Mary Hirshall (right) has been part of NHSGGC's volunteering community since 2018. Both say the experience has been deeply rewarding, not just for patients, but for themselves too.

Sophia, who also works as a carer and support worker, was inspired to volunteer after seeing people in care settings missing social interaction from family and friends.

"Some of them don't have people to talk with, and you just go and fill in that gap," she said. "It's something irreplaceable. I love the smile that comes out of their face. They hope to see you next time."

Mary, who previously volunteered at Glasgow Royal Infirmary before moving to

Lightburn, says the role brings structure and meaning to her day.

“It gets me out of the house for a couple of hours. I love the patients,” she said. “A lot of them like a wee game of dominoes, and it really helps them through the day.”

From playing draughts to reminiscing with former Scots Guards and patients in their 90s, both volunteers say the stories they hear are remarkable.

“These people have history. They had lives,” Mary explained. “It’s lovely sitting with them and hearing what they did before they were admitted.”

Sophia agrees: “For me, it’s about sowing seeds. When I’m older, I hope people will also be there to comfort me. So I just give what I can now.”

Both volunteers describe Lightburn as a warm, welcoming hospital that values and supports volunteers.

“The atmosphere is great, and the staff are really helpful,” said Mary. “We could definitely be doing with more volunteers.”



Fiona Smith, AHP Director and NHSGGC's Strategic Lead for Volunteering, said: "Volunteers like Sophia and Mary play a vital role in supporting patients and staff at Lightburn Hospital.

"We are actively looking for people from all walks of life to volunteer, and even a few hours a week can make a huge difference."

Becoming a volunteer is a way to give back to the community while gaining new skills, confidence and friendships.

For more information on how to become a volunteer (open from 2nd March) — and to apply — visit:

<https://www.nhsggc.scot/staff-recruitment/volunteering/>.

International Women's Day – 8 March



International Women's Day (IWD) is a moment to celebrate the achievements of women across NHSGGC, past, present and future, and to reflect on how we can continue building a workplace where everyone has the opportunity to thrive.

Across our organisation, women play a vital role in shaping our services, leading innovation, supporting colleagues, and improving outcomes for the people and communities we serve. IWD is a chance to acknowledge that contribution while also recognising that equity in the workplace doesn't happen by accident; it happens through awareness, allyship, and everyday actions that make NHSGGC a fairer, more inclusive place to work.

This year, we're marking IWD by shining a spotlight on the women who inspire us. And we'd love your help.

Share Your Stories for Next Month's Edition

For our March newsletter, we're inviting colleagues to tell us about a woman who inspires you. It could be:

- A colleague who goes above and beyond
- A mentor whose support has shaped your career
- A leader whose example motivates you
- A teammate who embodies kindness, resilience or courage

These personal stories help amplify the voices and contributions of women across our services, reflect the spirit of IWD, and strengthen our culture of equity.

How to Take Part

Send a short note (150–200 words is perfect) telling us:

- Who inspires you
- What they've done that's had an impact
- A photo (if possible and agreed)

[Click here to submit](#)

We'll feature a selection of stories in the March edition, celebrating achievements, spotlighting role models, and showing the many ways women shape NHSGGC every day.

Let's make this International Women's Day a celebration of connection, inspiration and progress.

Ready to Grow? Let's Talk Personal Development Planning & Review



As we continue to support and invest in our incredible teams across NHS Greater Glasgow and Clyde, it's time to start planning your Personal Development Planning and Review (PDP&R) conversations.

Whether you're a manager or a team member, PDP&R is more than just a tick-box exercise — it's a chance to reflect, connect, and grow. These

conversations are designed to be meaningful, helping staff understand expectations, explore development opportunities, and shape their career journey within NHSGGC.

Why it matters:

- Encourages open, honest dialogue
- Supports career aspirations
- Aligns development with the Staff Governance Standard
- Helps identify training and support needs

Top Tip for Managers or reviewers

Make time for regular check-ins — at least once a year — to review progress and offer feedback. It's a powerful way to show your team you're invested in their growth.

Need help getting started?

We've got you covered with a handy guide and resources to help you plan and prepare for a great conversation. Plus, everything you need to record outcomes effectively on TURAS Appraisal.

Let's make development a conversation worth having.

[Click here to find out more about PDP&R](#)

Let's Keep Learning: Time to Complete Your Stat & Mand



Thank you to everyone who has already taken time to complete your Statutory & Mandatory modules. Your effort genuinely helps keep our services safe, consistent, and focused on delivering the best possible care.

Protected Learning Time (PLT) continues to play an important role in this. It ensures we all have dedicated space during the working day to stay up to date with NHSGGC's core training. Your commitment so far is hugely appreciated, and keeping this going means we can all stay aligned with national requirements and maintain the highest standards across our teams.

Staying current with your training helps us protect patient safety, support colleagues, and respond confidently to risks and emergencies. As the People Manager Hub highlights, this learning keeps everyone equipped with the latest procedures and legislation — something that benefits all of us every day.

A few helpful reminders as we keep the momentum going:

- Training must be completed during work time — PLT is there to support you.
- If you've completed everything but are still receiving reminders, check that your LearnPro ID matches your current pay number in your LearnPro Profile.

- Recent completions may appear in next month's report, even though you're already compliant in the system.
- Long-term absences (28+ days) are managed automatically, but any training that expires during this period will show as non-compliant on your return.

Need a hand? For issues with LearnPro accounts or training records, the Learning & Education Support Team is your first point of contact. You can get in touch with them through the [HR Portal - NHS GGC HR \(service-now.com\)](https://service-now.com) or by phone 0141 278 2700 (Option 3).

Thanks again for all your hard work so far, let's keep building on it and continue making NHSGGC a safe, supportive, and confident place to work.

Medic Peer Support Hub – In-person training day



David Livingstone Room, Glasgow Royal Infirmary: 29 April 2026, 9.30am – 4.30pm

Medicine can be deeply rewarding and emotionally demanding. It can lead to many carrying experiences that don't end when a shift finishes: difficult decisions, challenging situations or moments that stay with us long after the day is over.

The Medic Peer Support Hub gives doctors across NHSGGC a space for confidential peer to peer conversations about work and life pressures helping build a culture where everyone feels seen and supported.

Our Medic Peer Supporter Training takes place during Stress Awareness Month, making April the perfect time to strengthen wellbeing and grow our Medic Peer Support network.

About the training:

We're offering a full day in person Medic Peer Supporter Training on 29 April 2026.

The training helps Doctors feel:

- More confident supporting colleagues through challenges at work or in their personal life
- Better equipped to help colleagues reflect, cope and find practical support
- Enhanced skills in listening, empowering and signposting safely

You'll also be connected into the wider NHSGGC Peer Support Network for ongoing support beyond the day.

Who is this for?

This training is for doctors who:

- Want to support colleagues through difficult times, at work or in life
- Value peer support within the medical workforce
- Are interested in contributing to a kinder more connected workplace

No previous experience is needed just a willingness to listen and support.

If you have any questions or want to get in touch to see if this is for you then please contact Dr Hazel Miller, Medical Wellbeing and Medic Hub Champion:

Hazel.Miller8@nhs.scot.

Book Your Place

Wednesday 29 April, 9.30am – 4.30pm

David Livingston Room, Glasgow Royal Infirmary

[Book Here](#)



Accessing Medical Peer Support

If you would like to access confidential medical peer support yourself:

Email: ggc.peer.support@nhs.scot with the subject **Medical Peer Support**.

Want to know more about our Peer Support Network visit [Peer Support Network - NHSGGC](#) or [Peer support in the workplace: putting theory into practice - National Wellbeing Hub](#) or contact the team at ggc.peer.support@nhs.scot.

GGC Medicines Update – GRI Drop in Event

Date: Tuesday 3 March 2026

Time: Drop in any time between 10.30am and 2.00pm

Location: Queen Elizabeth building entrance foyer, **Glasgow Royal Infirmary**

What is GGC Medicines Update?

[GGC Medicines Update](#) is a series of blogs providing timely, evidence-based messages on medicines safety, effectiveness, and best practice. Designed to support the safe use of medicines, the blogs are relevant to all healthcare professionals across NHS Greater Glasgow & Clyde.

Come Along and Have a Chat!

Join us on the 3 March to learn more about GGC Medicines Update:

- See examples of published Medicines Update blogs
- Find out how to make the best use of Medicines Update blogs in your practice
- Ask questions about how you can get involved in writing future Medicines Update blogs
- Meet members of the Medicines Update team

**Get ready for our next in-person Copilot events at GRI
and Stobhill**



Following the success of the first Copilot event in February that saw over 750 staff gain new Copilot skills at the QEUH, we are extending training to GRI and Stobhill.

Join in-person training sessions and Ask the Expert drop-in sessions where you can learn new ways to use Copilot, ask questions, and get the most out of Copilot in your role.

In-Person Training Sessions

One-hour in-person training sessions for Copilot (Standard) will take place at the following venues and times.

Choose a time that suits you – [register here](#) or just turn up and grab your seat (first-come, first-served):

Date	Times	Location
Thursday 5 March 2026	10.00 – 11.00am and 2.00 – 3.00pm	Glasgow Royal Infirmary Lecture Theatre 1 Lister Building
Monday 9 March 2026	10.00 – 11.00am and 2.00 – 3.00pm	Glasgow Royal Infirmary Training Room Surgical Block
Thursday 19 March 2026	2.00 – 3.00pm	Stobhill Hospital Seminar Room 6

Ask The Expert: Drop-In Session

Have questions or want tailored advice? Our Ask the Expert drop-in sessions are open for all staff with Copilot (Standard) at the following venues and times:

Date	Times	Location
Thursday 5 March 2026	9.00am – 5.00pm	Glasgow Royal Infirmary Aroma Café Lomond Dining Room
Monday 9 March 2026	9.00am – 5.00pm	Glasgow Royal Infirmary Aroma Café Lomond Dining Room
Thursday 19 March 2026	9.00am – 5.00pm	Stobhill Hospital Aroma Café Main Atrium

Don't miss this chance to boost your Copilot skills, connect with experts, and get answers to your questions.

Licensed Users

All staff are welcome to join these events. If you have a Copilot licence, you can find additional specific training on the [Copilot Hub on Staffnet](#) that will help you get the most out of your licence.

North Sector Support & Information Services



The Glasgow Royal Infirmary Support & Information Service is based on the ground floor of the Queen Elizabeth Building in GRI.

This service is open Tuesday to Thursday 10am - 4pm, and Friday 10am - 3.45pm.

Stobhill Support & Information Service is based on the ground floor atrium.

This service is open Tuesday to Thursday, 10am - 4pm.

These services are here to support all patients, carers and staff who use our hospitals.

They can offer support in a variety of non-clinical matters, helping to signpost people to the most appropriate service that matters to them.

Some examples of services they can provide:

- Money Advice (Benefits, Income Maximisation Checks etc)
- Crisis Home Energy Services - support to anyone struggling with home energy matters
- Signposting to carers support services
- Two day Emergency foodbags for vulnerable patients going home
- Signposting to Community Support Services

These are just a few examples of ways they can support.

Everyone is welcome to drop in, say hello, and find out more about what they do.

You can also email them with any enquiries at ggc.sis@nhs.scot or call 0141 531 9127 (GRI) / 0141 355 1527(Stobhill).

Upcoming March Dates

- [March - Brain Tumour Awareness Month](#)
 - [March - Ovarian Cancer Awareness Month](#)
 - [8 March - International Women's Day](#)
 - 11 March - National No Smoking Day
 - [13 March - World Sleep Day](#)
 - [16 - 20 March: Neurodiversity Celebration Week](#)
 - [20 March - World Oral Health Day](#)
-

Your stories and feedback



We want to hear from you!

We want to highlight all the amazing and dedicated work going on throughout the North sector. No matter how small you think your success or your story might be, please let us know. It could be about you, your colleagues, your team, or anything within the North sector.

Either contact your line manager with your story, who can contact the

newsletter team on your behalf. Alternatively, [email us](#) and be sure to copy them in.

We also want your feedback. Is there something you want to see more in the newsletter? Or something you'd recommend we change? Big or small, send us your feedback by clicking the button below or [clicking here](#).

[Click here to submit your feedback](#)