

Team Talk

Better Health • Better Care • Better Value • Better Workplace

August 2026

Better Health

Good sleep supports physical health, emotional wellbeing, and learning and development.

As families prepare for the new school term, we are sharing practical tips to help children and young people get a better night's sleep.

Whether you're a parent, carer or supporting families in your role, please take a look at the practical sleep advice available on the [NHSGGC KIDS website](#) and share it with patients, families and colleagues who may benefit.



John O'Dowd
Interim Director of
Public Health



Better Care

The NHSGGC Quality Community launched in July, with attendees exploring practical tools from the [Scottish Approach to Change](#).

At your next team meeting, identify one small improvement opportunity and a tool to help move it forward. The Quality Community is **open to everyone** - join by emailing ggc.qualitystrategy@nhs.scot.

We'd love to hear your improvement ideas, big or small, and share learning from changes that are making a difference across NHSGGC. Look out for our SharePoint site coming soon.



Professor Angela Wallace
Executive Director
of Nursing



Better Workplace

As we transform our services together, your voices are vital to making this a success.

I want to hear about the innovative and patient-centred care you deliver every day, and the challenges and obstacles that are getting in your way.

If you want to share any feedback or have a question for me, you can submit this using [our dedicated online form](#) and my team and I will get back to you.



Professor Jann Gardner
Chief Executive, NHSGGC



In our recent Civility Survey, we asked you for one small thing that would make our workplace kinder. Key themes included respectful communication and manners, empathetic leadership, addressing rude behaviours, and recognition and appreciation.

Discuss with your team, **what one small thing could you do to spread kindness in your department?**

Look out for inspiration in the **Core Brief** over the coming months, as we share your ideas from the survey.



Liam Spence
Head of Staff Experience &
Interim Head of OD



Please discuss this briefing with your team.

Questions to discuss with your manager

- How does this affect me?
- Where can I find more information?
- How can I get involved?

Do you have a suggestion for Team Talk?

Email: ggc.teamtalk@ggc.scot.nhs.uk