

Core brief

Daily update

(10 February 2021, 3.30pm)

Topics in this Core Brief:

- Remember to Social Distance outside of work too
- Mental Health Check In
- Hiring Managers - statutory and mandatory training (LearnPro)
- New guide for people recovering from COVID-19
- Appraisal Activity

Remember to Social Distance outside of work too

Social Distancing applies when arriving at work, in car park areas and when leaving work. Don't let someone encroach your two metres!

Mental Health Check In

The mental health and wellbeing of all our staff is very important to us and we appreciate that many of you may have lived experience though the COVID pandemic or are currently living with experiences that may be affecting your personal health and wellbeing.

Mental Health
Check In



We are working hard to reach out to staff who need our help and want to make sure all staff have access to the correct levels of support. One of the ways in which we are trying to ensure this happens is via the [Mental Health Check-In](#).

The check in is open for the month of February and we really hope that you will take part, even if you took part in the first wave last September, and if you are feeling okay.

The check-in will ask you some questions about your mental health and psychological wellbeing, in order that we can work with you to ensure that, should you need it, you can be provided with additional support. Any information you provide is strictly confidential and will not be shared.

It is important to remember "It's okay not to feel okay", and that we do want to reach out and offer support.

Hiring Managers - statutory and mandatory training (LearnPro)

We are now enabling new employees to complete core statutory and mandatory training prior to commencement. Hiring Managers have a vital role in supporting compliance by completing the new LearnPro Account Creation Form.

You should now do this at the same time as you submit the proforma template issued by recruitment, which triggers the offer letter. A LearnPro account will then be created for your new staff

member. Further information on Hiring Manager responsibilities (including a link to the new Account Creation Form) can be found [here](#).

New guide for people recovering from COVID-19

It's a long road to recovery for many who have contracted COVID-19 and to help anyone who is recovering from the virus our Physiotherapy and Occupational Therapy teams have created a new online resource, having distilled what they have learned from helping people recover both at home and in hospital.

The new self-management resource is available to the public and is aimed at anyone managing the many types of symptoms associated with COVID-19. It also notes the pace of recovery may be slower than expected.

Common symptoms can include: fatigue, breathlessness, reduced exercise tolerance and lack of physical strength. The resource offers advice on recovering from the virus, managing breathlessness, general wellbeing, managing fatigue, exercise programmes and more.

Advice for relatives, carers and loved ones of people who are recovering, who may be facing their own physical and mental health challenges, is also available.

[Click here to visit the online resource.](#)

Appraisal Activity

Please note further clarity in relation to postponement of appraisal activity outlined in the [Core Brief - 22 January 2021](#).

We know that appraisal can provide individuals with a much-needed source of support during the pandemic, offering an opportunity to focus on wellbeing and reflect on their experiences and would, therefore, encourage where this is possible to undertake an annual appraisal.

Specifically for doctors there is further information on medical appraisal and revalidation during the pandemic at our website: <https://www.nhsggc.org.uk/working-with-us/hr-connect/policies-and-staff-governance/medical-and-dental-policies/medical-revalidation-and-appraisal/appraisal-revalidation-during-covid/>.

If you have any concerns or questions about the appraisal process please contact the HR Medical Staffing Team, email: medical.revalidation@ggc.scot.nhs.uk.

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](#)**