

# Core brief

**Daily update**  
**(3 August 2021, 12.45pm)**

Topics in this Core Brief:

- It's time to celebrate by nominating your colleagues for an Excellence Award
- Cycle to Work Day – 5 August
- Scotland's Covid Memorial workshops



**Why iMatter?**  
Because your voice matters

If you work in the Chief Executive's Office, Acute SMT, HR & OD, Corporate Communications and Public Engagement, Public Health, Specialist Children's Services, Oral Health or East Dunbartonshire HSCP - the survey officially opens in...

**7 days**

The survey will be open for three weeks to allow everyone an opportunity to take part.  
For further information, visit HR Connect or email us at: [imatter@ggc.scot.nhs.uk](mailto:imatter@ggc.scot.nhs.uk)

The graphic features several stylized avatars of diverse people in healthcare attire, arranged around the text.

## It's time to celebrate by nominating your colleagues for an Excellence Award

We know all staff have risen to the challenges of dealing with the COVID pandemic, you have shown great strength, dedication and flexibility in the changes that have had to be made to deal with the challenges and now we want you to tell us just how special your colleagues have been and who you think deserves to be recognised.



Our Excellence Awards recognise individual 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 or our staff.

We also want to celebrate our dedicated band of volunteers who selflessly give their time for the benefit of patients and in particular in these past 18 months they too have risked their own health and wellbeing to support our staff and patients.

The seven categories are:

- Better Care
- Better Health
- Better Value
- Better Workplace

- Global Citizenship
- Nursing
- Volunteer.

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

[www.nhsggc.org.uk/excellenceawards](http://www.nhsggc.org.uk/excellenceawards)

## **Cycle to Work Day – 5 August**

This Thursday is Cycle to Work Day and over the course of the next three days, we will be sharing some information on the benefits of cycling and some of the ways in which you can get more involved and, hopefully, inspire some of you to get on your bikes yourselves!

As well as being able to increase your levels of physical activity, once you have your bike, choosing to cycle rather than drive or take public transport can save you money as well as help the environment.

With all the benefits of outdoors physical activity, regular cycling can reduce the risk of a number of serious illnesses such as heart disease, type 2 diabetes and stroke. It can also boost your mood, improving the symptoms of some mental health conditions such as depression and anxiety. Cycling can also help you maintain a healthy weight.

Cycling is a low-impact exercise, meaning it's easier on your joints compared to high-impact aerobic activities like running.

The Travel Plan Office is the main point of contact for information on cycling. They can provide information on the NHSGGC Cycle to Work scheme (which helps spread the cost of a new bike and with savings between 25-39%), information and guidance on bike security and access to walking and cycling maps [NHSGGC: Travel](#).

On 5 August, there are a number of things to help you on your cycling journey:

- To support Cycle to Work Day, Travel Plan Office staff will be at the secure cycle shelters at Castle Street entrance to GRI on Thursday 5 August from 0730-0930 to provide a free bike safety check and information and guidance on the Cycle to Work scheme. We are restricted in the number of bikes that can be checked, so bike maintenance will be limited to a first come, first serve basis
- Glasgow Children's Hospital Charity event being launched at QEUH on Thursday 5 August – [Road to RHC - Virtual Cycling Challenge for Glasgow Children's Hospital Charity \(glasgowchildrenshospitalcharity.org\)](#)
- Limited time offer from ScotRail for discounted membership for Nextbike in Glasgow and Stirling [Nextbike | ScotRail](#).

## **Scotland's Covid Memorial workshops**

All staff are invited to attend workshops to help with the design process of Scotland's Covid Memorial to create a wide-ranging portrait of the pandemic.

The memorial will be designed by Alec Finlay with Lucy Richards and sited in Pollok Country Park, Glasgow, with 'satellites' located across Scotland. Alec is working with the themes of 'I remember' and 'support'.

More details at the website <http://www.i-remember.uk/>

The workshops for NHS staff will take place on Thursday 12 and Tuesday 17 August from 10.30-12.00, at the links below:

August 12, 10.30-12.00

<https://www.eventbrite.co.uk/e/161889213997>

August 17, 10.30-12.00

<https://www.eventbrite.co.uk/e/162640781957>

There are only 15 places available, and places will be allocated on a first come first serve basis.

If you are unable to attend the workshop, you can still take part in the project by submitting one or more 'I remember' sentences. See [here](#) for details.

If you have any questions regarding the workshop please email: [info@alecfinlay.com](mailto:info@alecfinlay.com)

## Social distancing is everyone's responsibility

Stick to the allowed occupancy when using lifts -  
check the information displayed beside the lift.



Please keep up-to-date with the latest guidance on our dedicated web pages at:

[www.nhsggc.org.uk/covid19](http://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](mailto: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](#)