

Core brief

Daily update

(22 December 2021, 5.45pm)

Topics in this Core Brief:

- NHSGGC Peer Support Framework
- Battery disposal
- ScotRail emergency timetable
- The role we can all play to support NHSGGC Social Distancing Champions - See it, say it, stop it

NHSGGC Peer Support Framework

The NHSGGC Mental Health and Wellbeing Group chaired by Anne MacPherson, Director of Human Resources and Organisational Development, has produced a single Peer Support Framework for all staff working in health and social care across the Board and six health and social care partnerships. Development of the project has been led by Dr Susan Boyle Professional Lead for Acute Psychology, and is based on a set of core principles covered within the Psychological First Aid model. The framework is fully endorsed by the Corporate Management Team.

The Peer Support Framework is part of a wider strategy for staff wellbeing which incorporates a range of measures to promote wellbeing and resilience and to prevent work-related emotional distress from developing into more significant mental health problems. This includes the recent NHSGGC Mental Health Check In, which offered staff a self-assessment questionnaire linked to the NHSGGC Occupational Health Psychological Therapies Service for psychological guidance and support. Further wellbeing resources for staff can be found here: [NHSGGC Mental Health and Wellbeing Support and Resources](#).

Over the coming months we will share aspects of the Peer Support Framework covering ways in which you will be able to support and care for your own personal health and wellbeing during stressful events - such as managing your emotions and responses to stress, feeling safe and how to develop coping strategies and access support.

Through the framework we will introduce a peer support model which will provide a system for all staff to access peer support at different levels. The trained peer supporters can check in on how others are doing, provide reassurance that stress in extreme circumstances is normal, and consider basic ways that they can help colleagues, signposting routes to further support such as talking to their line manager or accessing Occupational Health for extra support. As part of the framework, the peer supporters will be trained by clinical psychologists and will be part of a formal network of psychological support for staff. The peer supporters will themselves have access to expert support and guidance from the Occupational Health Psychological Therapies Service.

Please look out for our Peer Support logo which will highlight communications and how NHSGGC Peer Support resources can help you and your colleagues. If you would like further information please contact: Moira Macdonald, Head of Learning and Education, moira.macdonald2@ggc.scot.nhs.uk.

Battery disposal

There have been a number of non-conformances related to battery waste disposal in clinical waste throughout NHS Scotland.

Please follow safe working practices and do not dispose of batteries in clinical waste streams. Items such as: household batteries, mobile phone batteries, defibrillator batteries and any other battery containing equipment should not enter the clinical waste stream at any point. These items are not suitable for the clinical waste treatment process and doing so creates a significant health and safety risk.

Remember to follow correct waste segregation procedures and the guidance provided in SHTN3, NHS Scotland Waste Management Guidance.

If you have any questions or require assistance in disposing of batteries or battery containing medical equipment then please contact your local facilities team.

ScotRail emergency timetable

Due to continuing staffing issues, ScotRail will be introducing an emergency timetable from 4 January. This timetable will be in operation until at least 28 January, but may be in place for longer. This change mainly withdraws additional services which operate at peak time, but some routes will see changes throughout the day. Early morning and late evening services are generally retained. The information will be posted on the [ScotRail](#) website and app in the coming days.

The role we can all play to support NHSGGC Social Distancing Champions See it, say it, stop it



Many thanks to all the Social Distancing Champions across NHSGGC. The purpose of having champions in place is to help promote good practice, and continue to raise awareness of physical distancing requirements and support staff members and where required to remind visitors/service users of the importance of adhering to current guidance while accessing our services.

It is important that all staff are aware that two metre physical distance still applies within our place of work and includes break areas and eating places.

We would like to take this opportunity to remind you all of NHS Greater Glasgow and Clyde's Core Values:

- ✓ Care and compassion
- ✓ Dignity and respect
- ✓ Openness, honesty and responsibility
- ✓ Quality and teamwork.

We ask all staff to be respectful towards our colleagues who are undertaking this role, they are there to help keep you safe. If a champion, or any member of staff approaches you to discuss physical distance practice, please welcome their advice and be mindful of the role they are undertaking.

It is important that we continue to maintain good physical distance practice throughout our working period.

If you would like to become a Social Distancing Champion, email: SDCommsGroup@ggc.scot.nhs.uk. For more information on Social Distancing, click [here](#).

Lateral Flow Tests - Available to all staff working on site

Speak to your line manager about where to collect your test kit, then:

		
Register your kit	Test twice per week	Record your results

Keep your colleagues and patients safe from COVID-19

Help stop the spread!

Visit: www.nhsggc.org.uk/lfd-stafftesting

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: HR.Support@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](#)**