# NHS Greater Glasgow and Clyde
# Core brief

**Introduction**                                                                   Friday 6 May 2016

This issue brings you information on Hate Crime and exercising during pregnancy.

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**Hate Crime**

NHSGGC prides itself on the diversity of its workforce. It brings people together to offer the best possible skill mix to meet the growing demands of patient-centred care and creates a richness of experience that benefits everyone in the workplace. It's a resource that needs to be protected and we all have a role to play.

We ask that every member of staff remains vigilant and reports any incident that seeks to undermine the cohesion of our workforce and the safety of our colleagues because of their faith, race, sexual orientation, disability or gender identity.

NHSGGC has a comprehensive workforce policy framework designed to protect against bullying and harassment and uphold dignity and respect and the Hate Crime Protocol and Guidance offers support for people who perceive they have been victims or have witnessed a Hate Incident. These tools need to be used and observed incident must be reported to a manager and a Datix report completed.

There's no room for complacency. If you see it or hear it, please report it, and help make NHSGGC a better place to work for everyone.

**Exercise during pregnancy**

The UK's Chief Medical officers (Scotland, England, Wales and Northern Ireland) have released new advice on physical activity for expectant mothers - believed to be the first of its kind in the world.

The new recommendations aim to reduce issues such as obesity, diabetes and other health concerns during pregnancy. The latest evidence suggests pregnant women should carry out around 150 minutes of 'moderate intensity' activity every week – described as 'activity that makes you breathe faster', while still being able to hold a conversation.

This new advice is being issued in the form of an infographic, aimed at giving health professionals, as well as the leisure sector, the best advice to pass on to pregnant women.  Click here to read more.

**Are your contact details up-to-date? Click here to check**

**Produced by NHS Greater Glasgow and Clyde Communications**