

# Core brief

Friday, 31 May 2019

## Introduction

This issue brings you details of mindfulness training session and statutory mandatory training.

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## Now Available to Book - Mindfulness Taster Sessions for Staff

Mindfulness is a healthy sustainable way to manage stress. Paying attention can help us become aware of our stress responses and to take better care of ourselves in terms of:

- Managing anxiety
- Sharpening focus
- Increasing productivity
- Improving sleep
- Relieving pain
- Feeling a deeper sense of calm

We can reduce our own stress by practicing Mindfulness techniques, and this in turn has beneficial effects on patient care. Taster sessions are being provided free of charge as part of the NHSGGC Staff Health Strategy, followed by free 8 week courses.

Please visit our [website to register](#) for a one hour taster session, available at the following sites.

- New Victoria ACH
- Stobhill ACH
- Queen Elizabeth University Hospital
- Gartnavel General Hospital
- Glasgow Royal Infirmary
- Leverndale Hospital

Applications for the courses at these sites will become available after the taster sessions have run.

Those who have attended a taster session will be given priority for a place on the full course, though attendance at a taster does not guarantee a place.

It is required that an application form is completed for the full course (but not for the taster sessions).

## **Statutory Mandatory training**

### Manual Handling Theory

Staff are required to complete the manual handling theory module every 3 years.

Staff are potentially at risk of sustaining a musculo- skeletal injury while carrying out a manual handling activity at work and this module reinforces the underpinning knowledge necessary to reduce the risks caused by poor manual handling practice.

Whether you are directly involved with helping people to move or inanimate load handling practices this module will cover all the theoretical components associated with the national standards set out in the Scottish Manual Handling Passport Scheme.

Further information and guidance on manual handling activities can be accessed via the Moving and Handling pages on HR Connect ([Link](#)).

### Reducing Risks of Violence & Aggression

As part of our statutory mandatory training all staff are required to carry out the reducing risks of violence and aggression, LearnPro module. We are all at risk of being exposed to an incident of violence and aggression (V&A) in the course of carrying out our duties. This module is designed to inform employees of their rights and responsibilities in working towards reducing the risks of V&A. It advises staff on some general positive approaches they could take to either diffuse a potential incident or to help them withdraw from a situation. It also highlights key support measures offered for any staff affected by incidents of V&A.

A new policy for the Reduction of Violence, Aggression, Restrictive Interventions and Physical Restraint will be available on the [Health & Safety Violence Reduction](#) pages on HR Connect which will help you to accurately identify the level of training you will require for your job role.

Statutory Mandatory training modules can be accessed by logging on to LearnPro at:

<https://nhs.learnprouk.com>

**Are your contact details up-to-date? [Click here](#) to check**