

Core brief

Introduction

This issue brings you details of the UK General Election guidance and informs staff about mindfulness taster sessions.

Election Guidance

We have now received Scottish Government guidance on the conduct of business during the UK General Election. This came into effect on Wednesday 6 November 2019 and remains in place until the election on Thursday 12 December. It highlights that all public bodies should take special care during this period and that their conduct is above question. Please read and familiarise yourself with the guidance.

If staff have any questions regarding media queries or requests for visits during the campaign, contact the Interim Director of Communications, Sandra Bustillo at: sandra.bustillo@ggc.scot.nhs.uk

For all other queries please contact Deputy Head of Board Administration, Graeme Forrester at: Graeme.forrester@ggc.scot.nhs.uk.

[Click here to access the guidance](#)

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

Our staff can reduce their own stress by practicing Mindfulness techniques, and this in turn has beneficial effects on patient care. Taster sessions are being provided **free of charge** to promote staff wellbeing, as part of NHSGGC Staff Health Strategy. These will be **followed by free 8 week courses starting in January 2020**.

Please visit our [website](#) to register for a one hour taster session and view details of the 8-week courses, all available at the following sites.

- New Victoria ACH
- Stobhill ACH
- Queen Elizabeth University Hospital
- Gartnavel General Hospital
- Royal Alexandra Hospital
- Inverclyde Royal 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).

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