

Core brief

Daily update
(5 November 2020, 3.05pm)

Topics in this Core Brief:

- Social distancing in the workplace
- National Wellbeing Hub
- Give & Go

DAILY REMINDER: Don't Spread the Virus at Work or Home

Strict hygiene measures must be adhered to. Wash your hands regularly. Use warm water and soap and rub your hands for at least 20 seconds.

Use hand sanitiser when you cannot wash your hands properly. Rewash your hands several times a day, especially after touching anything, including your phone or laptop. Wash or sanitise your hands regularly, particularly when entering or exiting a room or building.

Social distancing in the workplace

It is essential that all staff adhere to the [social distancing guidance](#) at all times. We want to ensure that you, your colleagues and our patients are safe and protected during this pandemic.

Unfortunately, despite ongoing requests and reminders we are still seeing staff members congregating in public areas, canteens and break areas, within offices and wards and generally across all sites and breaching social distancing requirements.

Whilst the majority of people are following the rules, the impact of those not complying is significant. Businesses and the public are now required by law to follow necessary social distancing measures in order to slow the spread of the virus. As a result we have to advise that where staff members do not adhere to the social distancing requirements or hygiene measures then this may be investigated further.



National Wellbeing Hub
For people working in Health and Social Care

This is International Stress Awareness Week. The National Wellbeing Hub for health and social care staff, and unpaid carers has some good resources, advice and information to support your emotional and psychological wellbeing.

NHS staff are busy looking after other people, but are you looking after yourself? Self-care is not selfish and it's not a luxury. It's what enables us to keep going despite the stresses of work and home life, and it's never been more important.

The National Wellbeing Hub is a great resource providing all staff with a range of information from childcare and money advice to staying safe. Helping you make sense of how you're feeling.

[Click here to visit the Hub.](#)

Give & Go

Staff are reminded when promoting the Give & Go service to patients and relatives that this service is a week-day service, from 8.30am – 3.30pm at QEUH, RAH and the Beatson, and 12noon – 5pm at GRI.

This service is solely manned by volunteers, which is why we are limited to the times in which it can operate.

Staff should remind patients and relatives that when they are dropping off one small bag or collecting laundry only one person should attend the hospital to hand in belongings and they should always wear a face covering, unless they are exempt.

For more information on the Give & Go service, please visit: www.nhsggc.org.uk/covid19/giveandgo



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: 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](#)