

Core brief

Daily update
(16 November 2020, 4.20pm)

Topics in this Core Brief:

- Staff Mental Health & Wellbeing Support
- Active Wards Receive Donation from Paths for All

DAILY REMINDER: Social Distancing is Everyone's Responsibility

Be mindful of COVID-19 transmission routes. Avoid touching your face including; your mouth, eyes, nose or biting your nails after touching surfaces or objects.

Staff Mental Health & Wellbeing Support

As we continue to respond to the COVID-19 pandemic it's important that we all take care of our own mental health and wellbeing, and support our colleagues to do the same.

Our Workforce Mental Health and Wellbeing Group created a credit-card sized booklet for staff which has a number of resources, including money worries and mental health support, to help you do this.

The booklet is available to order or download from [PHRD](#) and more information on mental health and wellbeing support is [available on our website](#).



Active Wards Receive Donation from Paths for All

The Physiotherapy and Occupational Therapy [Active Wards Special Interest Group](#) has received a donation from Paths for All to expand its work.

In addition to providing peer support, the group shares resources and ideas relating to increasing physical activity opportunities in a clinical setting. Their [Active Wards Toolbox](#) contains a number of Paths for All resources, which allows staff to tailor interventions to meet the need of their patient group.

As part of this work, the group recently piloted the [Paths for All 'Strength and Balance'](#) wall stickers in two wards with positive results from both patients and staff. The donation means that they are now able to expand this testing to 10 wards, including Older Peoples Services, Surgical and Stroke Wards.

For more information on Active Wards, visit their [StaffNet page](#).

Social distancing is everyone's responsibility

Don't encroach on your colleagues desk area,
maintain social distancing when talking



Do it, encourage it. Don't spread the virus at work or home

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](#)