

Core brief

Daily update

(27 January 2021, 6.10pm)

Topics in this Core Brief:

- Staff COVID-19 testing
- Mental Health Check In
- Public Transport update

Staff COVID-19 testing

All staff are reminded that they can be seen quickly for a COVID-19 test through our own testing centre at West Glasgow ACH.

Both symptomatic health and social care **staff** (including care home staff, GPs, dentists and community pharmacists) and symptomatic **household** contacts can now arrange to have a test using [the e-referral form](#). Anyone who is **asymptomatic** should **not** apply for a test.

Referral will be by appointment which are available seven days a week.

If you have a lateral flow positive test, you should fill in the above e-referral form to arrange a test at West Glasgow ACH.

Mental Health Check In

The mental health and wellbeing of all our staff is very important to us and we appreciate that dealing with COVID-19 may have impacted your own health and wellbeing with not only the impact in the workplace but at home.

To enable us to ensure you have access to the right level of support the Mental Health Check In we undertook last year, is back for four weeks from 31 January 2021. We really hope that you will take part, even if you took part in the first wave last September, and if you are feeling okay.

The check-in will ask you some questions about your mental health and psychological wellbeing, so that we can work with you to ensure that, should you need it, we can provide the correct level of support for you.

Taking part is voluntary, and we urge you to take part even if you are feeling well. Any information you provide is strictly confidential and will not be shared with your manager or teams.

More information is available on the [mental health check in website](#) where you will also find a FAQ page for further information.

Mental Health
Check In



Please also remember that we have a range of support available to help you cope with day to day pressures and prevent short-term feelings of distress from becoming something more serious, e.g. the local Staff Support Helpline (0141 303 8968) and Heads Up website (www.headsup.scot) and the National Wellbeing Hub (www.promis.scot).

Remember, “It’s okay not to feel okay”, but many people find it helpful if someone reaches out and offers them support.

Public Transport update

Public Transport providers continue to review and amend their services to meet current demand. From 1 February, ScotRail will be operating a revised timetable on a number of routes. More information is available from [ScotRail](#). For the latest information on public transport please visit [Traveline Scotland](#) or [Transport](#) page on StaffNet.



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](#)**