

Wednesday 27 December 2023

**Scotland's First Christmas Baby 2023** You may have seen on our own social media channels, or in local and national press, that AMH welcomed the country's first Christmas baby this year.

Eliza Shearer was born at 0018 at Aberdeen Maternity Hospital, much to the delight of parents Jason and Maja.

Weighing 7.5 pounds, the newborn had not been expected to arrive until today, but her mum went into labour early on Sunday.

Jason said: "It was touch and go whether it would be Christmas Day or not – it's been overwhelming.

"I'd just like to say a massive thanks to the midwives and staff, they've been absolutely amazing. It's been a really great experience, we can't knock it at all."



**Do you have experience of chronic pain at work?** Chronic pain can impact people at work in many ways. Researchers at the University of Aberdeen have developed a new questionnaire to measure these impacts and have asked us to help them test it. The questionnaire should take about 15 minutes to complete. If you have experience of working with chronic pain for any reason and are interested in completing the questionnaire, [you can access it here](#).

## We Care Wellbeing Wednesday

- **Staff Support – where can I get help?** Christmas and entering a new year can be a stressful and difficult time both at home and at work, particularly when system pressure builds. It is

important you know where to go to get help, if you feel you need it. Please see the attached document for an overview of some helpful resources and support your wellbeing, which you can access using the embedded links or QR code provided. This document is a condensed version of our [Supporting Staff in Distress & Crisis Information](#) sheet which is also linked and offers more options. Please have a look, share with others, or print out for circulation/wellbeing boards in your area. If you would prefer a paper copy or have any questions, please contact We Care via [gram.wecare@nhs.scot](mailto:gram.wecare@nhs.scot)

**Tune of the day** We hope you all had a Merry Christmas. Today's request comes from our colleagues at Sexual Health, who have asked for Marvin Gaye's [Let's Get It On...](#) possibly a shameless attempt to try and drum up business... But we're happy to oblige.

If you want to request a tune, follow up on items included in this brief, or suggest an item for sharing, drop us an email via [gram.communications@nhs.scot](mailto:gram.communications@nhs.scot)