

Monday 12 December 2022

Strep A There has been a great deal of coverage of Group A Streptococcus over the past week. We know, as health & social care staff, many of you will be asked by friends or family for advice or further information. The NHS Inform website has been updated to feature a dedicated Strep A page: [Streptococcus A \(Strep A\) | NHS inform](#). The Royal College of Paediatrics & Child Health have also produced a useful guide, available here: [Strep A and scarlet fever :: Healthier Together \(what0-18.nhs.uk\)](#) Please share these links widely with colleagues, family, and friends.

Winter vaccinations – staff clinic There will be another staff drop-in clinic in ARI this Thursday – 15 December – between 9.30am and 4pm, Level 3, Yellow Zone. Please use the stairs, opposite M&S on the concourse, leaving the lifts free for Eye Clinic patients.

All Grampian vaccination centres are now open for drop-ins by eligible adults. If you're not sure which vaccinations you are eligible for, or you want to check the location of vaccination clinics, just head to www.grampianvax.com and click on 'Flu & COVID-19'.

We also have several community pop-up clinics this week, as follows:

- Tomorrow (13 December) - Masjid Alhikmah & Community Centre, 41 Nelson Street, Aberdeen. 9-11.30am and 1.30-3pm.
- Wednesday 14 December – Tillydrone Community Campus, Aberdeen. 9.30am-4pm
- Wednesday 14 December – Ellon Community Campus, 9am-4pm
- Thursday 15 December – Trinity Church, Westhill. 9am-4pm
- Thursday 15 December – Simpsons, Happy Plant Garden Centre, Mintlaw, 9am-4pm

All clinics are open for drop-ins by adults eligible for a 'flu or COVID-19 jab. Parents/carers of children eligible for a 'flu jab are asked to make appointments, rather than drop-in, to ensure the right vaccines are available

Network Rail industrial action There will be walkouts at Network Rail tomorrow, Wednesday, Friday and Saturday of this week. Scotrail are only able to run an extremely limited service as a result and there will be no trains into or out of Aberdeen, travelling either north or south, on those days.

Return to Practice Has your NMC registration lapsed, and you want to return to work as a nurse or midwife? Applicants are now invited to apply for this fantastic, supported and fully funded, opportunity. We are working jointly with RGU to welcome nurses and midwives whose registration has lapsed to return to practice by providing a short course which is fully funded when candidates successfully join this collaborative employment model. You will be paid at Band 2 during your theory, placement, and whilst you wait for your NMC registration. On successful completion of the course and re-joining the NMC register, employment in a Band 5 role with NHS Grampian is guaranteed. We are now welcoming applications from 13 -19 December 2022. If you have any queries, please do not hesitate to contact gram.rtp@nhs.scot or k.goodhand@rgu.ac.uk and we will be happy to help.

Updating the 'Pink Communication Boxes' The Pink Box holds a range of communication tools to ease communication with anyone who has a communication impairment. This includes people with a learning disability, following a stroke, dementia and other neurological conditions, as well as people who have English as a second language.

The boxes were given to each adult ward within NHS Grampian and some outpatient clinics many years ago. Some of the boxes have been updated recently and this work is currently ongoing.

Under the Equality Act 2010 we must make reasonable adjustments. Providing accessible information is an example of a reasonable adjustment. This ensures that people are supported to understand information about treatments, procedures and appointments. Additionally, it can support people to be actively involved in shared decision making about their care and treatment.

There are many useful materials to use within the acute setting such as the easy read leaflets which help explain to someone what will happen when they go for a CT scan, MRI, X-ray or ultrasound. Please take time to look through the communication box in each area and contact myself - Jackie Stewart, Acute Learning Disability Nurse Advisor – with queries on ext 57140 or by email:

gram.acuteldnurse@nhs.scot

New staff rest space at ARI The former boardroom at ARI (along the corridor from the general office) has been revamped into a staff rest space. You can take breaks there, charge phones and other devices, and hold informal meetings. Please note, the room cannot be booked; it is there for everyone to use and benefit from. While it will be added to the domestic schedule, we are all expected to play our part in keeping it clean. The current plan is to leave the room open at all times, to suit staff shift patterns.



NoSCAR Research seminar – tomorrow The North of Scotland Centre for Applied Nursing Midwifery and Allied Health Professions Research hold another of their seminar series tomorrow (Tuesday 13 December), entitled 'Evidence Based Practice – finding the evidence'. This will take place on Teams, [you can join the meeting by clicking here](#).

Bringing conferences to Aberdeen Are you interested in bringing a conference to Aberdeen? Or find out more about events in Aberdeen? Meet with VisitAberdeenshire, the University of Aberdeen CPD & Events team, and the P&J Live team on Wednesday 14 December (12noon-1pm) to hear about how to win academic conferences to Aberdeen followed by a time of Q&A. A FREE lunch along with refreshments will be provided for a chance to network with others. You can also use the opportunity to showcase your research with fellow academics from across the globe. The event takes place in the IMS building at Foresterhill, you can sign up for free here: [Steps to winning a successful conference Tickets, Wed 14 Dec 2022 at 12:00 | Eventbrite](#)

Pause for thought Taken from last week's Guided Journaling sessions, here is something for you to reflect on:

Sometimes, we're tempted to settle once we've crossed a threshold - we're relieved and can relax. But the purpose of getting over the line wasn't to stop - it was to walk on; to find out why we're in this new place or phase. Otherwise, the draw of going back might become too alluring. What might be there if you take a few more steps?

Tune of the day Last month we told you about Simon Winstanley's epic challenge, taking on the World's Toughest Mudder endurance race in Alabama. Simon finished in the top 150 (out of nearly 1000 competitors) and is back home in one piece. He has requested – what else? - but Lynyrd Skynryd's fabulous [Sweet Home Alabama](#) (EP).

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