

Wednesday 14 December 2022

Keeping in touch with loved ones in hospital during the festive season As we approach the festive season, we understand relatives and friends want to stay in touch with those who are in hospital. It's worth remembering we have several options open to the public:

- We have a person-centred approach to visiting which encourages a maximum of two bedside visitors at any given time for each patient
- You can continue to keep in contact using personal mobile phones to message or talk with your relative or friend
- 'Virtual Visiting' iPads are also available in each clinical area to support video calls

Lyn Pirie, Alzheimer's Scotland Nurse Consultant and our lead on person-centred visiting across Grampian, explained: "Our hospitals are extremely busy and as a result clinical activity will vary day to day. We understand your visiting needs may differ at this time of year and would ask you to please speak with the nurse or midwife in charge on your ward to discuss what can be supported and accommodated safely.

"When visiting our hospitals, please also remember we strongly encourage the wearing of fluid resistant masks and frequent hand hygiene. If you feel unwell, have cold or flu like symptoms (coughing, sneezing, sore throat, muscle aches) or a tummy upset (vomiting and/or diarrhoea) please do not visit in person. Instead, stay in contact using the other options available until you feel better."

"Thank you for your support."

The "Disability Confident" Scheme NHS Grampian has been a member of the "Disability Confident" Employment Scheme for over 5 years and has met the stringent selection criteria set for employers.

This is a UK-wide scheme designed to encourage employers to think differently about disability and take action to improve how they recruit, retain and develop disabled people. It was developed jointly by employers and disability organisations to make access to employment easier for people who have identified themselves as having a disability.

As part of our commitment as an employer, NHS Grampian guarantees to invite for interview any disabled applicant who meets the minimum qualifications or experience for the post for which they have applied.

In the last 12 months, more than 2,100 NHS Grampian staff attended Equality and Diversity training, at a level appropriate to their role within the organisation. Disability is covered in detail at every Seminar and appointing officers are reminded of their responsibilities in relation to the "Disability Confident" Scheme. Managers are also reminded of the importance to give disabled staff additional support and encouragement if required.

Staff sometimes develop a disability during their employment and NHS Grampian does everything possible to help them stay in employment if this is their wish. This is our legal duty, but it is also a sensible step to help retain staff with valuable skills.

If you would like more information, please contact the Equality and Diversity Manager at: nigel.firth@nhs.scot or for employment queries please contact the Recruitment Manager at: tracey.hicks2@nhs.scot

Near Me – where we are and why it remains an important option See a [snapshot](#) of Near Me usage across NHS Grampian in October 2022 in comparison with recent years. Many services relied on it heavily during the pandemic to enable them to continue to ‘see’ patients, however Near Me is much more than a tool for pandemic times and can support the three pillars of our *Plan for The Future*:

People

- Good for staff – supporting hybrid working models and flexible job plans
- Good for patients – what matters to them - time, cost, convenience, preference, equality of access.

Place

- Good for services – maximising clinical capacity by creating virtual clinic space – care in the right place

Pathways

- No compromise in care quality & access – “I can deliver the same level of service as I would in a Face to Face, but with all the benefits above” (quote from Consultant Vick Greig)

This winter, with bad weather, spiralling cost of living and fuel prices, climate change and sustainability in sharp focus, and clinical space for planned care under pressure, Near Me can help services maximise their virtual clinic space and the virtual reach of clinical expertise, while offering patients the choice to attend appointments virtually (where suitable). This is something we would encourage all services to explore. [More information and support if your service is new, rusty or returning to Near Me](#) or you can email gram.nearme@nhs.scot

2023 Winter Step Count Challenge You have been waiting for it.... The Step Count Challenge is happening again! It starts on Monday 16 January, running until Sunday 12 February (dates inclusive). As before taking part is free of charge. Every participant can claim a free water bottle and pedometers are also free for those who require one. There will be plenty of prizes to be won, and most of the prizes are not for walking the greatest distance, so don't worry if you feel your team won't be competitive, it is the taking part that counts. As before this challenge is for teams of 5 staff. Once you have your team decided the team captain emails gram.activetravel@nhs.scot for a link to set up their team and add the other members. [For more information please click here.](#)

We Care Wellbeing Wednesday The following wellbeing activities and sessions still have some spaces available. Please click on the relevant link for more information or to sign up.

Mindfulness Taster

Friday 16th December at 12.00 – 12.30pm

[Drop in sessions available via Microsoft Teams, please click here](#)

Alternatively, please email - gram.mindfulness@nhs.scot for a bespoke group or department taster session.

Guided Journaling - [We Care | Turas | Learn \(nhs.scot\)](#)

Thursday 15th December at 08.00am – 08.30am – please email Fiona.Soutar@nhs.scot

Tuesday 20th December at 5pm - 5.30pm

Thursday 22nd December at 08.00am – 08.30am

Thursday 29th December at 08.00am – 08.30am

Thursday 5th January at 08.00am – 08.30am

Tuesday 10th January at 5pm – 5.30pm

Understanding, Developing and Maintaining Personal Resilience - [We Care | Turas | Learn \(nhs.scot\)](#)

Tuesday 24th January at 13.00pm – 16.30pm

Thursday 2nd March at 09.00am – 12.30pm

Spaces for Listening – Please see attached poster

Thursday 15th December at 14.15pm – 15.15pm

Friday 16th December at 15.30pm – 16.30pm

Wednesday 21st December at 08.00am – 09.00am

Thursday 29th December at 09.00am – 10.00am

Psychological Safety - [We Care | Turas | Learn \(nhs.scot\)](#)

Thursday 15th December at 13.45pm – 16.00pm

Wednesday 25th January at 09.45am – 12.00 noon

Discounted tickets for Cinderella at Aberdeen Arts Centre There are £10 tickets available for the 1pm performance on Thursday 22nd December of Cinderella at Aberdeen Arts Centre. Visit <http://www.aberdeenartscentre.com/panto> and use the code NHSPANTO

Grampian Volunteer Transport Awards 2022 Presentations took place on December 9.

You can read about who won here: [Volunteer Transport Winners Celebrated | NESTRANS](#)

Tune of the day Myra McKinlay makes today's request, on behalf of the Haematology team at Labs. Myra says it's been a testing few months for them, but they have pulled together, so she is asking for [Team by Lorde](#) (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