

Monday 16 December 2023

Industrial Action update As you may have seen over the weekend, the RCN, RCM, and GMB issued statements late on Friday, following a further round of talks with the Scottish Government. The RCN have formally paused any announcement of strike dates, pending negotiations on the 2023/24 Agenda for Change pay deal. All three unions have underlined their commitment to engaging in good faith with Scottish Government, alongside all recognised trade unions and professional organisations, as these discussions get underway. As ever, we will bring you further updates as we have them.

Schools strike action The EIS union today launched 16 consecutive days of industrial action, with two local authority areas affected each day. The dates for action in Grampian are as follows:

- Moray – Thursday 19 January
- Aberdeenshire – Monday 30 January
- Aberdeen City – Wednesday 1 February

You will get more information direct from your school on how this action may affect them. Please remember, if you are unable to attend work because of these strikes, you should speak to your manager as soon as possible to make alternative arrangements.

Staff vaccination clinics A reminder there will be a staff vaccination clinic in RACH (1st floor, Dental Suite) this Wednesday (18 January), 9.30am - 4.30pm. If you work in health & social care and are eligible for 'flu and/or COVID-19 jabs, you are warmly invited to attend; appointments are not required.

Introduction to British Sign Language (BSL) This is an informal course for NHS Grampian staff to learn basic British Sign Language and Deaf Awareness. The course will run for 10 weeks, from Tuesday 31 January to Tuesday 4 April 4 (inclusive), 7 - 8.30pm in the Suttie Centre. The course is free, but limited spaces are available and on a first come, first served basis. If you are interested in joining the class, [please fill in this form](#) or send an email to roda.bird@nhs.scot

NoSCAR Seminar Series 2023: “Patient and Public Involvement in Research” Taking place this Thursday, between 1.30-2.30pm, this seminar will explore patient, public and wider stakeholder involvement and engagement in research. Patient and public involvement is increasingly important not only in research, but across health and care practice. No need to register, [you just need this Teams link](#).

Evaluation Clinics Grampian's Evaluation Network have released new Evaluation Clinic slots for January. If you are planning a service change or project and would appreciate advice on any aspect of planning, implementing, writing up or sharing an evaluation these clinics are for you. If you are interested in attending, [please book via this link](#).

We will be implementing a new booking system as of next month, so if you wish to book for our February clinic please contact calum.leask@nhs.scot / niki.couper2@phs.scot

Pause for Thought Courtesy of last week's Guided Journaling sessions, something for you to consider at the start of the week:

Many of us will have received something we didn't want. Perhaps the giver put significant thought into it, but we decided it wasn't for us. Yet, sometimes, we've held on to it, not quite ready to let it go. What have you held on to that you did not want or appreciate at the time, and how do you feel about it now?

Tune of the day Something completely, totally, different for us today, suggested by Clara Dumitru (part of the team in Clinic A/Clinic C at ARI); [Chopin's Nocturne in B flat minor, Op 9, no. 1](#). I hope you can give yourself the 5mins and 45 seconds needed to listen and breathe deeply. Don't buy into the Blue Monday hype today, remember what I said on Friday - it was all made up to sell holidays (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