

Wednesday 18 January 2023

## **Disruption to telephone services - Foresterhill Health Campus – Friday 20 & Saturday 21 January**

Essential work on the Foresterhill telephone systems will take place this Friday (between 10am-8pm) and Saturday (between 8am and 4pm). During these times there will be a rolling programme of work. Extensions on the Foresterhill site will lose service for a maximum of 75 minutes. Most telephones on site (90% of the extensions) will remain in service at any given time throughout this period. **Critical areas will always have telephone service on one of their handsets throughout the work period.**

Calls to **2222** (cardiac arrest), **666** (fire) and **747** (violent incident) will not be affected.

If you have difficulty contacting any person or department and it is urgent, please contact the switchboard on "0" which will be unaffected throughout. We apologise in advance for any inconvenience caused; if you have any queries, please email the Communications Team:

[gram.commscentre@nhs.scot](mailto:gram.commscentre@nhs.scot)

**Long Covid Professional Network** Do you have a professional interest in Long Covid? Would you like to increase your knowledge or share your experience/expertise with peers across our clinical community? Want to know more about pathways being developed in response to Long Covid? Following the work of the NHSG Long Covid short life working group, and confirmation of our allocation of funding from Scottish Government, as part of our response to Long Covid we are setting up new structures to drive forward this work. Our earlier work highlighted a need for greater communication, knowledge sharing, and learning across our clinical community. To enable this we are establishing a Long Covid professional network for staff across NHSG and our partners. The network will also act as a reference group for the Project Delivery Board and its various workstreams. The network will operate largely virtually, and we are hosting a Teams meeting on **Wednesday 25 January, 3.30 - 4.30pm** to share some of the existing work with those with Long Covid in NHSG as well as some of the plans moving forward.

To join the network, NHS staff should click on '**Join or create a team**' at the bottom left of your Teams screen and enter code **nhj6tol** in the '**Join a team with a code**' box. You can then start or join a conversation, share an article, or ask a question! If you work externally – for example in social care – please contact Rebekah Middleton, Project Manager, to request access: [rebekah.middleton@nhs.scot](mailto:rebekah.middleton@nhs.scot) We are also working on how we engage with system wide stakeholder groups; if there's a group you think we need to include in our communications, or if you would like us to attend with an update, please get in touch.

**Hospital Specialist Palliative Care Team (HSPCT) - move to e-referrals** The HSPCT is moving to an electronic referral system on Trakcare. This will be an inpatient consultation request, like those already used by Renal and GI. This will replace the old system of scanning/emailing referrals. The old system will be gradually phased out, but it will continue whilst we get the new system up and running. We aim to see all referrals within 24 hours. Please complete the referral as early in the day as possible to allow us to give advice promptly. If urgent palliative care advice is needed, please contact 59791 (Mon-Fri 8am-5pm) or 57057 (OOH/weekends). Look out for our new electronic referral form, coming soon!

**Are you an RN thinking of a career in Critical Care?** If you are not sure what we actually do in Critical Care or if you would like to see what a typical day looks like before applying – why don't you come and spend a ½ day with us, shadowing one of our experienced RN's and see for yourself. Contact us on [gram.icu@nhs.scot](mailto:gram.icu@nhs.scot) with some availability and we will get back to you to arrange a date; if you are on the bank – we will book these hours for you, so you are paid for your time. We look forward to seeing you soon!

### **We Care Wellbeing Wednesday**

- **CAKE Facilitator Training** CAKE is the result of a collaborative project between Listen Up Storytelling, Community Nurses and Queen Margaret University Edinburgh. It is an interactive resource designed to support self-care, and individual and team well-being in the workplace. Applications are welcomed from teams across the system. For More information and to download the application form [please click here](#) Please note the closing date for applications is **Monday 6 February**.
- **Mindfulness Based Stress Reduction Course- New Dates available** The next round of the Mindfulness Based Stress Reduction (MBSR) course launches on Tuesday 7 March and will run for 8 weeks. The sessions, taking place on Tuesdays between 6.45-9pm, will be delivered online by facilitators from NHS Grampian & Highland Mindfulness Groups. For more information or to book your spot, email [gram.mindfulness@nhs.scot](mailto:gram.mindfulness@nhs.scot). This course is supported by We Care, the Endowment Fund, and Aberdeenshire, Moray, and Aberdeen City Health & Social Care Partnerships.

**Tune of the day** We're seeing out Wednesday with a request from Kendra Hadden. She's dedicating The Bangles and [Walk Like an Egyptian](#) to her teammates in the step count challenge, collectively known as the Banff Blister Sisters. The best of luck to them and all the other steppers! (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](mailto:gram.communications@nhs.scot)