

Wednesday 3 August 2022

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**Redesigning Urgent Care Pathways for ARI – stakeholder engagement sessions** As promised yesterday, we can now confirm the dates, times, and locations for the in-person staff engagement sessions for this new project:

- Monday 8 August, 2-3pm, Level 5 Teaching Room, Green Zone, ARI
- Tuesday 9 August, 12-1pm, Level 5 Teaching Room, Green Zone, ARI
- Wednesday 10 August, 5-6pm, Level 5 Teaching Room, Green Zone, ARI

As a reminder, there are also virtual sessions on offer, just follow the appropriate link below:

- Tomorrow (Thursday 4 August), 10-11am - [Click here to join the meeting](#)
- Friday 5th August, 2-3pm - [Click here to join the meeting](#)

Following your initial feedback, we want to underline that, although this work is focused on pathways involving ARI, we are encouraging everyone working in health & social care who wants to take part to do so. There is no requirement to attend more than one session, but you are welcome to do so if you wish. If you have any queries or would like to discuss any aspect of this work, please contact Michael Coulthard – [michael.coulthard@nhs.scot](mailto:michael.coulthard@nhs.scot).

**'I knew as soon as I hit send...'** There's a feature in O365 webmail which places a short delay on every email you send out. Once you hit 'send', an 'undo' button appears on your screen with a 10 sec countdown. Hitting undo will stop your email from going anywhere. This is helpful if you realise you've made a mistake, forgotten to include someone, attached the wrong document, or have addressed the message to the wrong person as it gives you the chance to stop the email and fix things. If you want to switch the feature on:

- Log into webmail;
- Click the 'Settings' gear wheel icon in the top right of your screen (in the bar that says 'Outlook' and has the search box);
- Scroll down the Settings menu that opens on the right and click on 'View all Outlook settings' at the bottom;
- In the new window that opens click on 'Compose and reply' (the second option in the list in the second column from the left);
- You'll see lots of options in the white part of the new window (on the right). The first one is 'Email signature'. If you scroll down a little you should find 'Undo send'. If you move the little slider under that heading all the way to the right, that will activate the 10 second delay;
- Close the settings window with cross in the top right.

That's it! The next time you send an email within webmail, you should see the little 'undo send' box pop up at the bottom of the browser window and you have a small window in which you can stop an email from going and double-check things.

**COVID update** Welcome news came from the ONS last week, as the recorded falling COVID-19 infections across Scotland. Trends are going in the right direction across the UK so there is confidence this current wave has peaked. However, reducing prevalence doesn't necessarily equal low prevalence. 1 in 19 people (5.2% of the Scottish population) were thought to have the virus in the 7 days to 20 July. Across Scotland in the last week, there was a 6% reduction in COVID-19 hospital occupancy, while here in Grampian, average daily occupancy reduced from 107 to 77. The burden the virus places on health & social care is at least reducing for now.

**Scottish Social Services Awards – Grampian finalists** Huge congratulations to the 8 Grampian finalists in the Scottish Social Services Awards 2022! We will find out who the winners are on 15 September so keep an eye out for updates on the winners here and in the local media, but for now your Grampian finalists are:

- The 'Felt Fine' project at Doocot View, Very Sheltered Housing, in partnership with Live Life Aberdeenshire in the Rural Ways of Working category – Aberdeenshire HSCP
- Aberdeenshire Shared Lives project also in the Rural Ways of Working category – Aberdeenshire HSCP
- Amanda Macrae, Care Home Manager at Edenholme Care Home in Stonehaven, in the Leadership Award category – Aberdeenshire HSCP
- Rosewell House in Showcasing an Integrated Workforce – Aberdeen City HSCP
- Aberdeen Justice Support Services, in the Excellence in Justice Services – Cyrenians
- Wernham House, Outstanding residential Care Service – Cyrenians
- Conor Morrison, Bright Spark in Social Care – Cyrenians
- Ruth Ogilvie, Outstanding Contribution to Social Services – Cyrenians

**We Care Wellbeing Wednesday** It's an exciting week for all of us in the We Care team as it is officially one year since we started in our posts. From peer support to mindfulness and wellbeing - it's been fantastic to see so many get involved and engage, whether that's through training or events. If you're interested in getting involved – check out the section below:

- **We Care What's On document now live** - Each month we pull together the dates of a variety of wellbeing sessions currently available to staff. It is featured in the We Care Bimonthly Newsletter and as a stand-alone document - you can find the What's On document attached to today's brief. The wellbeing sessions can be found under the [We Care section on Turas](#) and can be accessed by all colleagues by registering with [Turas here](#).
- **Cycle to Work day (4 August)** - Tomorrow is the tenth anniversary of the UK's largest cycle commute event. Even if you haven't cycled for a while and you're able then consider giving cycling to work a go! You can find out more about the event, including the fantastic prizes and community challenges on offer by [clicking this link](#). To access information on cycling resources available to NHS Grampian staff, you can access the following [internet](#) and [intranet](#) pages. If you get any good photos with your bike – be sure to tag @ActiveTravNHS on Twitter! There's also the [NHSG Cycling group](#) on Facebook which you can join and meet other riders, plus you can find out about upcoming events and activities relating to cycling at work!

**Aberdeen Sports Village Corporate Games** Congratulations to NHS Grampian's swimming team who came 3<sup>rd</sup> in their competition on Saturday at Aberdeen Aquatic Centre. Swimming was the final event of the 2022 Games. NHS Grampian came 2<sup>nd</sup> overall which is a brilliant result! A big thank you to everyone who took part, to Endowments for funding our participation, and the Sports Committee and Public Health for organising. We'll be back next year!



*Left to Right: Iain Rennie, Kenny Jones, Leona Tait, Annie Montgomery, Hannah Farquhar, Beth Rutledge, Susan Jensen*

**Tune of the day** Deborah Dyer, better known as Skin, lead singer of Skunk Anansie, celebrates her birthday today, which is all the reason I need to make [Twisted \(Everyday Hurts\)](#) our tune of the day. Best enjoyed loud, incidentally (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)