

Wednesday 8 February 2023

**Finance update – the cost of keeping the lights on** As part of our focus on finance this week, we thought it would be useful to get into detail on some of our major costs. First up, energy. We have all seen our bills go up at home, and the same is true in the NHS. During the 2023/23 financial year we expect a £5M increase in our gas and electricity costs, to a total of £24M. We are charged as an organisation in the same way as we are at home – by unit price. If we can reduce our energy usage, we will reduce our costs. Obviously, some of our energy usage is non-negotiable; we need to power to run lifesaving/life maintaining equipment. However, the Energy Saving Trust suggest a household could save £65 per year by switching equipment off, rather than leaving it on standby, and save a further £20 per year by switching off lights. If we translate those savings across to NHS Grampian’s energy bill, we could save around £720,000 every year. Something to think about if you are working on-site!

Remember, if you have any suggestions for savings or questions for the Finance team, please email [gram.communiciations@nhs.scot](mailto:gram.communiciations@nhs.scot) with the subject “Finance Questions”.

**New Specialty Doctor and Specialist (SAS) Doctor Contract (2002)** A great deal of work is currently underway to progress the implementation of the new national Specialty and Specialist (SAS) Doctor contract 2022. All doctors who are eligible to transfer have been contacted by the Project Team, with the deadline for completion of the transfer being 31 May 2023. Doctors who can opt to transfer are those currently on the 2008 National Terms and Conditions of Service (Staff Grades, CMOs, SCMOs, Hospital Practitioners and Clinical Assistants). Doctors who chose not to transfer will remain on their current terms and conditions.

Specialty doctors recruited after the introduction of the new contract will be on the new terms and conditions of service. Any queries should be directed to your Clinical Lead, Senior Manager for the Service Area, or [gram.sascontracts@nhs.scot](mailto:gram.sascontracts@nhs.scot) For further information please see our intranet page: [2022 SAS Contracts \(scot.nhs.uk\)](https://scot.nhs.uk) or [www.msg.scot.nhs.uk](http://www.msg.scot.nhs.uk)

**Project underway to deliver enhanced health services in Moray** A project team has been brought together to support the construction of an MRI facility and full refurbishment of Ward 4 at Dr Gray’s Hospital. They met for the first time last month, with a workshop planned for this month to focus on maintaining safe mental health service provision during the building works. This is being supported by the team at Royal Cornhill Hospital, drawing on their experience of ligature reduction work on wards there.

A report will be presented to Grampian NHS Board in the coming months and the aim is for it to be possible for work on the MRI construction to begin in May this year. As part of the work of the project team, a design and communications team will involve staff, partners, and members of the community in looking at how to make the most of the refurbishment of the mental health ward. People who are interested in participating in this group should contact [gram.dghMRIw4@nhs.scot](mailto:gram.dghMRIw4@nhs.scot)

**New uniforms – reminder** If you have requested new uniform for yourself, or for a member of your team, please check your email for information on collection. The sewing room team are holding around 400 sets of uniform, requiring urgent collection. They are unable to process new requests until this backlog is cleared and storage space freed up. The sewing room is open for collections Monday to

Thursday 8am-2.45pm and 8am-12pm on Fridays. Any items of uniform not collected by Friday 3 March will be redistributed.

**GMS contract/Primary Care Improvement Plans** It is now nearly 5 years since the introduction of the GMS contract for GPs in Scotland, along with associated Primary Care Improvement Plans (PCIPs). Many things have changed during that time, including the unprecedented COVID-19 challenges and more recently, huge pressures on Health & Social Care budgets.

It is therefore vital we review our local PCIPs to ensure that we can deliver the best outcomes for GP Practices and patients. To assist with this review, Public Health Scotland have helped to devise surveys to obtain views from staff working in Practice MDTs under PCIPs and wider GP Practice staff.

If you fall into these categories, we would welcome your views. Responses are completely anonymous, and we encourage honest answers as this will help us to shape our PCIPs going forward. The surveys will remain open until 5 March

[PCIP - GP Practice Team survey](#)

[PCIP MDT staff survey](#)

### **We Care Wellbeing Wednesday**

- **Staff Wellbeing Support** The Supporting Staff in Distress & Crisis Information Sheet is a compiled list of various support and wellbeing resources available to staff. You can see the sheet by scanning the QR code below [or by visiting the We Care website](#). Please feel free to share with others or print out for circulation/wellbeing boards. If you would prefer a paper copy, please contact We Care via [gram.wecare@nhs.scot](mailto:gram.wecare@nhs.scot).



- **Timeout for Wellbeing & Horseback UK sessions for Facilities & Estates Staff** As part of the Timeout for Wellbeing pilot, and in conjunction with the We Care programme, we are now able to offer a bespoke 4-week online course run by staff at Horseback UK. This is open to all staff in Facilities and Estates. There are 4 online sessions, each running for 1.5 hours. They will take place weekly, starting on Wednesday 22 February, from 1.15 - 2.45pm. Staff can take time to attend within their workday. The course aims to help people make sense of their experiences throughout the pandemic and the ongoing system pressures to develop coping strategies to help manage the impact on their day to day lives. [This video explains the programme in more detail](#); if you would like to discuss and / or apply to the Horseback UK wellbeing course, please contact Chantal Wood at [chantal.wood@nhs.scot](mailto:chantal.wood@nhs.scot), Lucy Murray at [lucy.murray3@nhs.scot](mailto:lucy.murray3@nhs.scot) or Emma Condon [emma.condon@nhs.scot](mailto:emma.condon@nhs.scot).

**Tune of the day** Our tune today is dedicated to Katy Gunn, UCAN specialist nurse and, I'm hearing, a whizz at securing Beyoncé tickets. I was given the choice of any song, [so have gone for XO](#) (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)