

Wednesday 28 February 2024

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**Ask Adam** Thanks for all the questions already submitted for our next Chief Executive video Q&A. If you have a question to put to Adam Coldwells, please send it to [gram.communications@nhs.scot](mailto:gram.communications@nhs.scot), mark your email Ask Adam, and remember to let us know if you want to be anonymous.

**Shared Learning Events 2024** We are excited to introduce the first Shared Learning Event of 2024 will take place virtually on Wednesday 6 March, 12-1pm. The theme is Violence and Aggression, and we are very lucky to welcome Julia Duguid, Adverse Event Advisor and Emma Stephen, Health and Safety Advisor to talk to us about this important topic.

Everyone is welcome to attend the Shared Learning Event, a forum to share knowledge and learning across our system. Typical topics for discussion include clinical and adverse events, complaints, Ombudsman cases and quality improvement projects and audits. Meetings are recorded and links to previous events are [on the Quality Improvement and Assurance Team intranet page](#) (networked devices only) or on our MS Team channel.

If you would like to join the group or attend this session, please contact [gram.qiat@nhs.scot](mailto:gram.qiat@nhs.scot). If you would like to discuss presentation at a future event, please get in touch with [aileen.cameron1@nhs.scot](mailto:aileen.cameron1@nhs.scot) or [carol.fraser8@nhs.scot](mailto:carol.fraser8@nhs.scot) We hope to see you there!

**Self-management of long-term conditions training** The Long Covid service is issuing an open invite to attend a free training session on self-management, hosted by The Alliance. This training is for anyone who support individuals with Long Covid or other long-term health conditions to self-manage. It will take place on Thursday 14 March 9.30am-12.30pm at Woodend Hospital. Please email [gram.adultslongcovid@nhs.scot](mailto:gram.adultslongcovid@nhs.scot) to book your place.

**Culture Survey 2024** The survey period has been extended, meaning the survey will be open for responses until Wednesday 13 March. This will allow colleagues within Combined Child Health (including Neonatal) and Facilities and Estate (not including eHealth) more time to access and complete the survey. Please contact [gram.culturematters@nhs.scot](mailto:gram.culturematters@nhs.scot) for further information.

**British Sign Language (BSL) consultation** We are currently consulting on our BSL plan 2024-2030. For full background information and to take part, please visit [Consultation for NHS Grampian BSL Plan 2024-2030](#). The consultation will close this coming Monday (4 March) so don't miss out.

**Grampian Respiratory MCN Evening Roadshow** Registration is open for our first Respiratory Education and Networking roadshow event of 2024. This event will take place on Tuesday 12 March at the Alexander Graham Bell Centre in Elgin, 6.30-8.45pm. Presentations will include Breathlessness Assessment and MABs in severe asthma and refreshments will be provided. You can register by [completing this form](#); for any queries about the event please contact [gram.mcn@nhs.scot](mailto:gram.mcn@nhs.scot)

**Save on the things which matter most with the Lifestyle Savings employee benefit** We would like to remind all NHS Grampian employees about the Lifestyle Savings staff benefit scheme, which offers a wide range of discounts across the UK's major retailers including supermarkets, technology, fashion, travel and much more! Registration and membership to this scheme is free of charge. Details about this scheme, the full range of benefits available and a limited time prize draw, are available at the [Lifestyle Savings intranet page](#) (networked devices only)

### **We Care Wellbeing Wednesday**

- **Spaces for Listening** This is a simple and lightly structured process which creates a space for colleagues to come together and share their thoughts. It is confidential, there is no hierarchy, and we all participate as people. Interested? There are three sessions scheduled for next month: Thursday 7 March, 8.30-9.30am (contact [agnieszka.stephen@nhs.scot](mailto:agnieszka.stephen@nhs.scot) to book); Thursday 14 March, 3-4pm (contact [fiona.sharples@nhs.scot](mailto:fiona.sharples@nhs.scot) to book); and Wednesday 27 March, 1-2pm (contact [annsmith1@aberdeencity.gov.uk](mailto:annsmith1@aberdeencity.gov.uk) to book).
- **Menopause Tea and Talk** These sessions aim to provide a dedicated space to encourage colleagues who are experiencing menopausal symptoms to feel well informed and supported through a range of activities and educational opportunities which will run on a bi-monthly basis. The next Tea and Talk session will take place on Monday (4 March) at 1:05pm, with a focus on Self-Compassion and Mindfulness from one of our fantastic Clinical Psychologists in Acute, Dr Olumurewa Akintola. This session is an introduction to Self-Compassion approaches and how they can be used to support your wellbeing, individually and within teams. There is growing evidence to show that focused development and practice of compassion can provide a useful way of helping healthcare staff to manage stress, be less reactive to threats and reduce the impact of self-criticism, anxiety and depression (Lucre & Taylor, 2020; Allen & Leary, 2010; Arch et al.) To register and book onto the session, please email [gram.wecare@nhs.scot](mailto:gram.wecare@nhs.scot)

**P&J Live ticket offer** Fast Love – a tribute to George Michael will take place at P&J Live this Friday (doors at 6pm). [Discounted tickets are available via this link](#). As always, please read the terms & conditions carefully. NHS Grampian is not responsible for – and does not benefit from – these offers.

**Tune of the day** Today's request goes out to Elaine Neil, lead pharmacist for Aberdeenshire HSCP. Elaine has racked up a very impressive 37+ years' service to the NHS and is now retiring. However, as is often the case (and because the team think she'll have separation issues) Elaine will be returning in a new role. Susan and colleagues have asked for [Michael Bubl  and Feeling Good](#) (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)