

Wednesday 3 January 2024

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**'Flu guidance – all clinical settings** The infection prevention & control team have put together a short guide on the steps to be taken when caring for someone with suspected or confirmed 'flu. This guidance applies in all settings – acute or community, inpatient or outpatient – and is attached to the email used to send this brief. Please share with colleagues.

**Feeling unwell? Don't risk it!** The continual pressures all teams are under means none of us want to be absent from work, and we may try to 'push on through' when unwell. Please remember if you have respiratory symptoms or are suffering from vomiting or diarrhoea, these can be highly infectious. Staying off work until your symptoms have cleared is best for you, your colleagues, and the people we care for.

**Shingles Vaccination Programme** Invitation letters are being issued for the shingles vaccination programme. The invites will be sent in the following order with appointments taking place in clinics throughout January:

- People aged 50 or over, with a severely weakened immune system.
- People who are aged 65 **or** 70 on 1 September 2023.
- People aged 71 - 79 who have not previously been vaccinated.

If you are eligible, you **will** receive a letter, please **do not contact your GP practice**. Anyone currently aged 66 to 69 years won't be eligible for the vaccine until they turn 70. [There is an eligibility calculator](#) online for anyone unsure of their eligibility.

**New Year's Honours** Our warmest congratulations to Professor James N'Dow (urological surgeon), Penny Gravill (specialist speech & language therapist), and Dr Donald Cruickshank (GP, Braemar), all named in the New Year's Honours list. James received an OBE, Penny and Donald were each awarded an MBE, all in recognition of their contribution to healthcare in the north-east.

**Step Count Challenge** Time is running out to get involved in the 2024 Step Count Challenge – the deadline for team sign ups is 5pm on Wednesday 10 January. It's free to take part, all you need to do is gather a team of 5 and email [gram.activetravel@nhs.scot](mailto:gram.activetravel@nhs.scot) for a link to join. This is a great way to get active in the new year, so step to it!

## **We Care Wellbeing Wednesday**

Happy New Year to all from the We Care team!

**Action for Happiness: Happier January** How can we start this New Year happier? Action for Happiness release a new wellbeing themed calendar every month, each with a different focus. To mark the beginning of January, and the New Year, [they have released Happier January](#) to encourage everyone to focus on small steps to try to boost happiness – for us and others around us – to spread kindness and hopefully inspire others to do the same. To view the calendar, just click the link above.

**Spaces for Listening** This is a simple and lightly structured process, creating a space for colleagues to come together and share their thoughts and feelings. It is confidential, with no hierarchy, we all participate as people. Each session lasts around 50 minutes and takes place over MS Teams, with up to 8 people taking part. [More information is available on Turas here \(requires log-in\)](#).

Upcoming dates and times include 11 Jan, 8.30-9.30am (contact [agnieszka.stephen@nhs.scot](mailto:agnieszka.stephen@nhs.scot)) 18 Jan, 4-5pm (contact [fiona.sharples@nhs.scot](mailto:fiona.sharples@nhs.scot)), 19 Jan, 1.30-2.30pm (contact [fiona.sharples@nhs.scot](mailto:fiona.sharples@nhs.scot)), and 25 Jan 9.30-10.30am (contact [richard.payne2@nhs.scot](mailto:richard.payne2@nhs.scot))

**Your Financial Wellbeing** Affinity Connect specialise in supporting employee's financial wellbeing through education and training on retirement, redundancy and the annual and lifetime allowances. This course is suited for those who wish to gain greater confidence in financial matters through increased financial knowledge in a variety of areas e.g., personal budgeting, mortgages and lending, savings and investment, pensions and more. Upcoming dates include 7 February (10-11.30am); 12 March (1-2.30pm); 11 April (10-11.30am). [There's more information on Turas via this link \(requires log-in\)](#).

**Tune of the day** It's January. It's 2024. New beginnings, or more of the same? [Let's Go Round Again](#) (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)