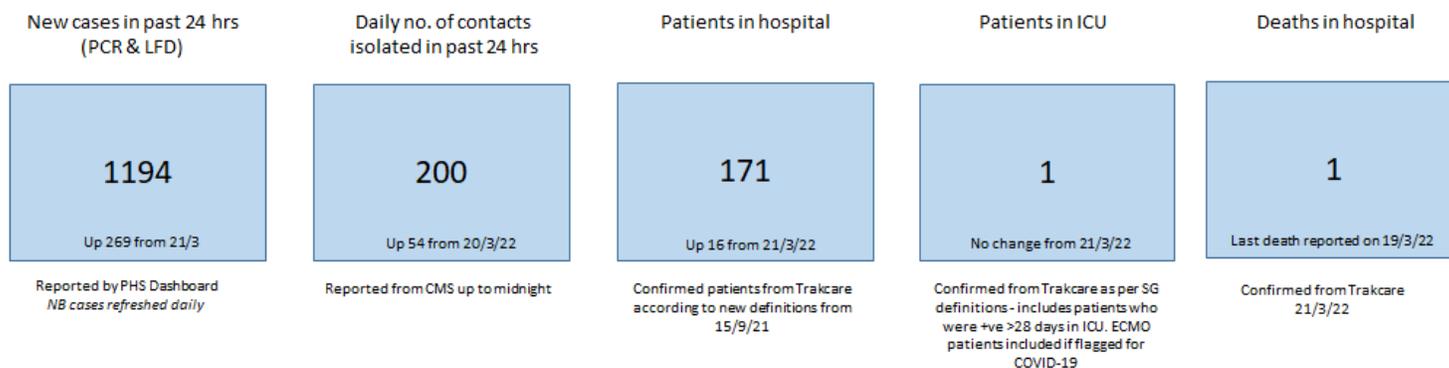


Here is the brief for Tuesday 22 March 2022.

National Day of Reflection Tomorrow (23 March) is the second anniversary of the first lockdown in the UK. It is also the second National Day of Reflection. This is an opportunity to pause and remember the family, friends, and colleagues we may have lost, either from COVID-19 or other causes. There will be a minute's silence at 12 noon. You are supported to observe this, wherever you are working, should you wish. While there will be no formal services, all hospital chapels are open to you (as they always are), should you wish to take a few moments to reflect. Healthcare chaplains generally work in and around the chapels and can be available if you need someone to talk to.

The National Day of Reflection is led by Marie Curie; [there is more information on their website](#).

Grampian data The local report is shown below. [The Public Health Scotland daily dashboard can be viewed here](#). As noted yesterday, changes in testing policy and your feedback mean we will no longer include the daily number of new people tested.



COVID-19's impact on people with disabilities There is evidence nationally that both COVID-19 and the associated lockdowns have had a more severe impact on people with disabilities, when compared to the general population. In Grampian, we want to understand the experience of people with disabilities locally; [a questionnaire has been prepared by the NHS Grampian Disability Group](#). We are encouraging anyone with a disability (or their carers, if appropriate) to complete the questionnaire. This questionnaire is also available in other formats and languages, upon request. Please contact 01224 551116 or 01224 552245 or email: gram.communications@nhs.scot

SAMH ransomware attack You may have seen news reports confirming the Scottish Association for Mental Health (SAMH) has been the victim of a significant ransomware attack. This has affected its IT systems, including email and some phone lines, as well as extracting a sizeable amount of sensitive information as part of the ransomware payload. This incident, along with previous attacks on the Irish Health & Safety Executive and SEPA highlights the risks posed to organisations of all sizes. Phishing emails have the potential to cripple IT systems. Every user of an NHS Grampian device is the first line of defence against such attacks. Be on your guard for potentially harmful emails. We'd encourage you to take [the phishing quiz](#) to understand what to look out for, while best practice & guidance can be found via the link below:

[Cyber Awareness - Please follow this link for useful advice on Staying Safe at Work and at Home](#)

Asymptomatic staff testing – ARI pick up point As a reminder, the ARI LFD test distribution point is now based in the Yellow Zone, on Level 4, just off stairwell B from the main corridor. Signage is displayed to help direct you and details are included in the invitations issued to registered staff reminding you how to collect kits.

Army Medical Services Reserve (Scotland) The reserve service is currently recruiting, with roles available for medical and nursing staff, Allied Health Professionals, and logistical support. A flyer with more information has been attached to the email used to send out this brief.

NHS Research Scotland HEART Patient event NHS Research Scotland are holding a patient engagement day for cardiovascular patients on 3 May 2022. The day will include interactive sessions aimed at supporting patient involvement in the research process. [More information is available here](#) (intranet link, networked devices only).

Tune of the day Huge thanks to Yvonne McHardy for today's suggestion – The Only Way Is Up (we can but hope!). Child of the 80s that I am, I instantly thought of [Yazz and the Plastic Population](#). However, did you know this was a cover version? [The original was released by Otis Clay in 1980](#); I present both to you today and you can make up your own mind. Thanks to Yvonne and all the support services team at Stephen Hospital.

If you want to request a song for tune of the day, follow up on items included in this brief, or suggest an item for sharing, drop us an email via gram.communications@nhs.scot