

Here is the brief for Wednesday 27 April 2022.

Future of the COVID-19 Brief This brief was introduced as a direct reaction to the pandemic; to pull all the key information you needed into one place. Over the last two years it has evolved in response to your suggestions and feedback and many of you have got in touch with kind words and compliments. As we continue to transition (hopefully) into a more normal way of life we are thinking about the future of the brief. We believe it still has a useful role to play, and anecdotally we think it has much better engagement than pre-pandemic internal communications, but we want to hear from you. We have put together a short survey – with an opportunity to make your own suggestions – and would be incredibly grateful if you could each take 1-2 minutes to complete it. [The survey is available here](#) and will remain open until Tuesday 3 May.

International Workers Memorial Day This annual event, an International Day of Remembrance and action for workers killed, disabled, injured, or made unwell by their work, takes place tomorrow (28 April). A minute's silence will be held at 12 noon; all teams are supported to observe this if desired.

Mileage Rates Our apologies for the typo in the item on mileage rates last night. The temporary increase will initially be in place for **April-July 2022**. [Full details on this are available to read here](#).

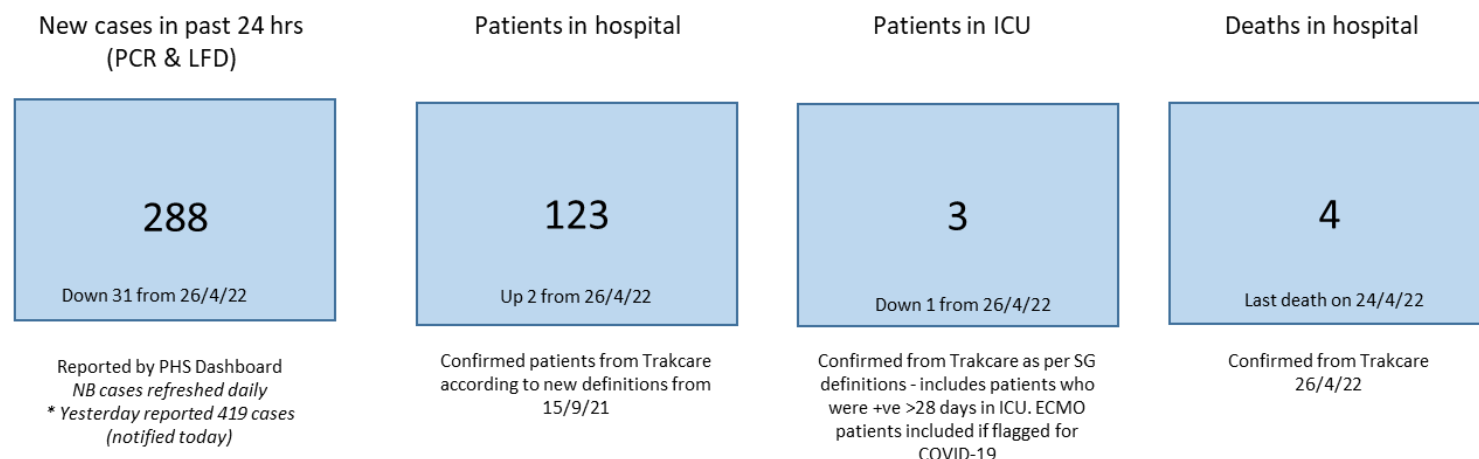
Distance Aware scheme As previously shared, physical distancing as an infection prevention & control measure has come to an end. The Distance Aware scheme is for those who still wish, for a range of reasons, to keep their distance from others and be given adequate space. Pin badges and lanyards are available to pick up, free of charge, at local libraries and branches of ASDA. This is not a scheme specifically for health & social care staff, however if you want to wear a lanyard or badge you are supported to do so. You should wear the pin badge in preference to the lanyard if you work in a clinical area. If you see anyone wearing one of these lanyards or badges, please respect their wishes and give them space.



Reminder – road access restrictions - ARI/RACH Emergency Departments The road entrance to the Emergency Departments at ARI and RACH will be closed from 9pm tomorrow (28 April) until 7am on Friday 29 April to allow construction of a link bridge between The Baird Family Hospital and ARI/RACH. Alternative access will be in place, with designated routes for the public and for emergency vehicles. Details on these alternative routes have been attached to the email used to send out this brief.

The RACH car park will be closed during works therefore staff should use Level 6 and above of the multi-storey car park instead.

Grampian data The local update is shown below; [the PHS daily dashboard can be viewed here](#).



Upsurge in cases of hepatitis among children You may have seen reports recently of an unusually high number of cases of severe hepatitis among young children, not only in Scotland but across the UK and globally. [The latest blog on the Public Health Scotland website](#) explores this further and may be of interest.

Adult Autism Assessment Team The Adult Autism Assessment Team (AAAT) began in January 2021 covering Aberdeen and Aberdeenshire HSCP areas. We are pleased to share that we will now be expanding the service to Moray. Please continue to use the same referral process whether you access this [on Hi-net](#) or via [the GP Portal](#). Referral forms can be emailed to the team on gram.adultautismteam@nhs.scot or posted to:

FAO Julia Fry, AAAT Project Support

Fulton Building (First Floor), Royal Cornhill Hospital

Aberdeen AB25 2ZH

On receipt of referral, we will make contact to offer a short triage appointment with a member of the team. The team meet on Tuesday afternoons and will accept referrals from any adult (18+) living in Aberdeen City, Aberdeenshire, or Moray. Please do not hesitate to contact the team on the above email if you have any queries. Many thanks in advance for your support while we expand this service and pathway.

National Cancer Strategy The current national cancer strategy runs until March 2023; consultation is now underway on a new strategy document. All the information you need on contributing to this is [available on the Scottish Government website](#). The consultation runs until 7 June 2022.

Administrative Professionals Day We want to take a moment to 'shout-out' all the administrative staff working across health & social care today and every day. From receptionists to medical secretaries, to PAs and everyone else in between, none of us could do the jobs we do without you and your invaluable support – thank you!

Grampian Pride 2022 NHS Grampian will once again be participating in the Grampian Pride Parade along Union Street in Aberdeen on Saturday 28 May. For more information – and if you would like to be part of #TeamNHS - [please complete this form](#).

Scotland's Census The final date for submission of Scotland's Census is this Sunday (1 May). An estimated 700,000 households have yet to complete their response. If you have not submitted your census, help and support is available on the website www.census.gov.scot, or via a free helpline: 0800 030 8308.

We Care Wellbeing Wednesday

April is Stress Awareness Month. Stress is the feeling of being overwhelmed or unable to cope with mental or emotional pressure. The stress we can experience is influenced by the duration and level of demands, measured against coping skills.

- How do you view your stress?
- What are your stressors?
- How do you build different coping strategies to deal with stress?
- What are your coping strategies?

[The Stress Management Society website](#) highlights a range of information, resources and workshops that can help you deal with stress.

My Healthy Workplace website has many self-help guides covering a range of topics including stress, sleep problems, anxiety and many others. The self-help guides are available in leaflet, video and audio format. [The guides can be accessed via this link](#).

[The National Wellbeing Hub has a Feel Good App which can be accessed here](#).

For information on mental health improvement training please contact:
gram.mentalhealthtraining@nhs.scot

Tune of the day Brenda Howitt, assistant HR manager on the Bank, leaves us today after nearly FIFTY years with the NHS. The whole HR team say Brenda is their 'one and only', so they've asked for [Chesney Hawkes and The One and Only](#). We wish Brenda a very enjoyable retirement – she has certainly earned it!

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