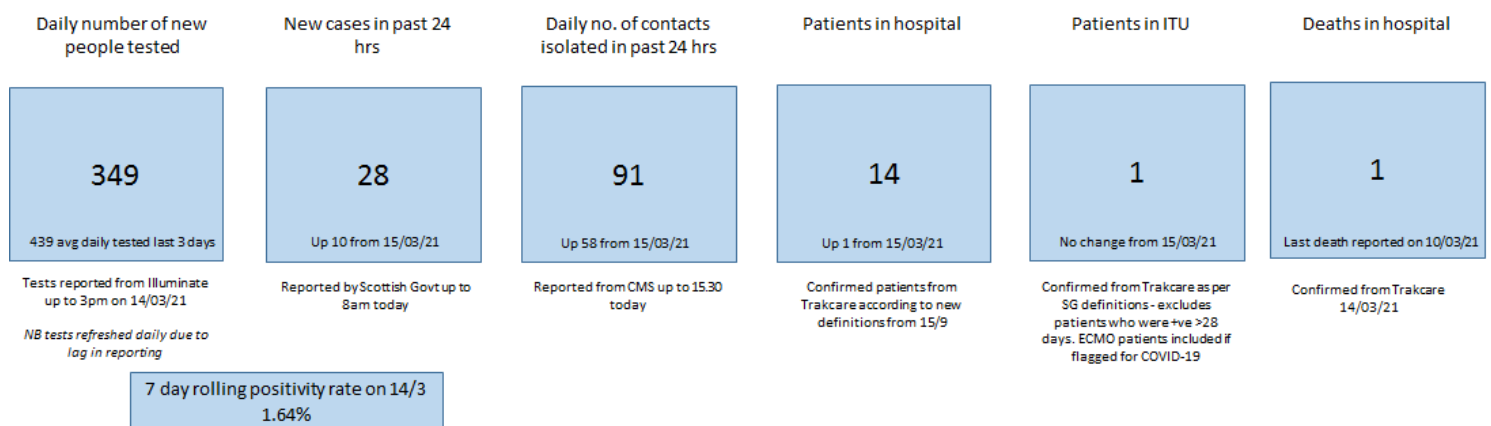


Here is the brief for Tuesday 16 March 2021.

Grampian data The local figures for today (and over the weekend) and the 7 day rolling positivity rate are shown below. As a reminder, this rate is arrived at by dividing the number of positive tests in the past 7 days by the number of tests carried out in the past 7 days. Repeat tests are included in both categories, whereas the figures we show here only record new tests. If you want to see more detailed information, including cases at neighbourhood level, click [here](#) for the Public Health Scotland daily dashboard.



Changes to restrictions The main thrust of today's announcement were the steps back to easing lockdown. While she said this was the "most hopeful" she had felt about the situation for some time, the first minister urged us not to be complacent.

From April 5 garden centres and hairdressers will reopen, with the "Stay at Home" message to be replaced with "Stay Local" on April 2. The parliament heard this will likely remain in place for around three weeks and will see people asked to remain within their council area, unless for essential purposes. All shops, gyms and tourist accommodation will also reopen on April 26, as well as some indoor hospitality. Schools are expected to return full-time from April 12.

Nicola Sturgeon added that with the vaccine programme's progress, it was likely that from April 26 restrictions would be eased "much more significantly".

For the latest advice and restriction from the Scottish Government on Covid-19 [click here](#)

Over 70s patients' vaccinations As you know the vaccination programme is up and running at pace and the on-site vaccinations for our staff and patient population is no exception. To raise awareness of the process in place for over 70 in-patients, please find a helpful three minute brief [here](#). You're welcome!

Scottish Government CMO Annual report The report is being launched at an online event tomorrow between 2-4pm. The event is designed for health & care professionals. It provides an opportunity to hear from Dr Gregor Smith, Chief Medical Officer for Scotland, first-hand about his reflections over the last year, and the role that Realistic Medicine continues to play in the recovery and remobilisation of services. This year's report will reflect on how our people and the services they provide, have adapted and evolved throughout the COVID-19 pandemic, often at considerable pace, in an attempt to ensure people receive the advice, care and support they need, when they need it. To register [click here](#)

Focus on Wellbeing - A Webinar Programme for Health and Social Care staff Following the success and positive feedback and engagement of the last two Focus on Wellbeing webinar programmes, a third webinar programme has now been arranged for the benefit of all health and social care staff and unpaid carers. The information is also being circulated, by request, for the first time to students of the health and social care/social work professions in Scotland.

The programme complements and supports the resources available on the National Wellbeing Hub www.nationalwellbeinghub.scot and the various sessions are intended to support and empower everyone working in health and social services to enhance personal resilience during these challenging times.

For more information contact scot.hall@gov.scot

Pre-election period We are now officially in the pre-election period (formerly known as purdah). This means no publicity on matters which are politically controversial or arranging of proactive media or events involving candidates: no photographs which include candidates holding bonny bairns outside a health centre or no socially distanced Mexican waves with our physios. For more information please see [here](#)

Pension news - contribution tiers The Scottish Public Pensions Agency (SPPA) has issued a notification to NHS Scotland Employers advising of the pensionable earnings bands and employee contribution rates which are effective from 1 April 2021. Details can be found [here](#)

Thought for the day A year and a day after we launched the Daily Brief and week short of the anniversary of the first lockdown, the First Minister today laid out how Scotland will return to some sort of normality in the coming weeks and months.

That will probably be a very strange thing at first, but hopefully in another 12 months the pandemic will all seem like a strange, horrible, memory. It is one none of us will ever forget, we'll all remember what we have all gone through individually, but very much together.

A little over a week ago, two of our intensive care nurses, Claire McAvoy and Rachael Ironside, spoke with the Evening Express. They said they will never forget the Covid-19 patients they have treated.

"In a few years' time, we will look back and remember the patients we saved and the patients we lost," Claire said.

"There were a lot of patients that we got to know because they were in with us for a long time, and because they can't see their families you take on some of that role.

"It was really tough and we won't forget any of them.

"The ones who have recovered, we are pleased to hear updates from them and it means a lot when people get back in touch."

We'll all look back and remember people we encountered, how tough certain times were, the good and the bad. But, for now, look forward, the end looks closer than ever - but remember what we have achieved and remember what we have lost and those who didn't make it, let's get over the last hurdles together and ensure we don't go backwards. At the end of it all remember to stand tall and forever be #ProudToBeNHSG

Questions to ask? Information to share? If you have particular questions – or are aware of questions coming from friends and family – please share them with us. We may not be able to answer every question and it may take us time to get a proper answer, but we will endeavour to respond and share the answers. You can get in touch with us via gram.communications@nhs.scot. Please also use that email address if you have items for consideration for future briefs.