

Here is the brief for Thursday 20 May 2021.

## **Working at home – a personal reflection by James Anderson (Clinical Neuropsychologist)**

“I’m working at home” It seems like a quite innocuous statement. Though the implications can be enormous.

Something that I have come to realise during COVID is how much of ‘work’ is habit. Where I go, when I look at e-mail, my first (and third) cup of coffee, and what patients I see. It is these habits that form the architecture of my day, that facilitate the communication, sort and present the tasks, and form the web of support within teams. These habits, the rhythm of work and home, of coming and going, marked my life and let me shift between various roles.

COVID has knocked this profoundly. We have all had to tolerate endlessly shifting sands of how and where we work. For some people ‘Working at Home’ has been seamless and welcome, for others (me included) the experience has been mixed.

Flexibility and reduced travel time, but at the cost of losing some of the focus (and the demarcation) that comes from coming to an office or clinic. Even my idea of professionalism (of leaving one’s personal life at home, appropriate boundaries, and formality) has been challenged (as anyone who has seen my daughter’s stuffed unicorn appear in the background of meetings can attest).

While necessary, funny at times, and beneficial for many, for some colleagues it will have been far harder. Poor or cramped accommodation, social isolation or even risk at home. Some people will have wanted the benefits of working at home; but it was not possible due to their jobs.

Therefore, the decision to continue working at home, if people are able, cannot be a neutral one. The impact will be individual, and unlikely universally good or bad. It also should be borne in mind that there is no opposing choice of ‘Pre-COVID Normal’.

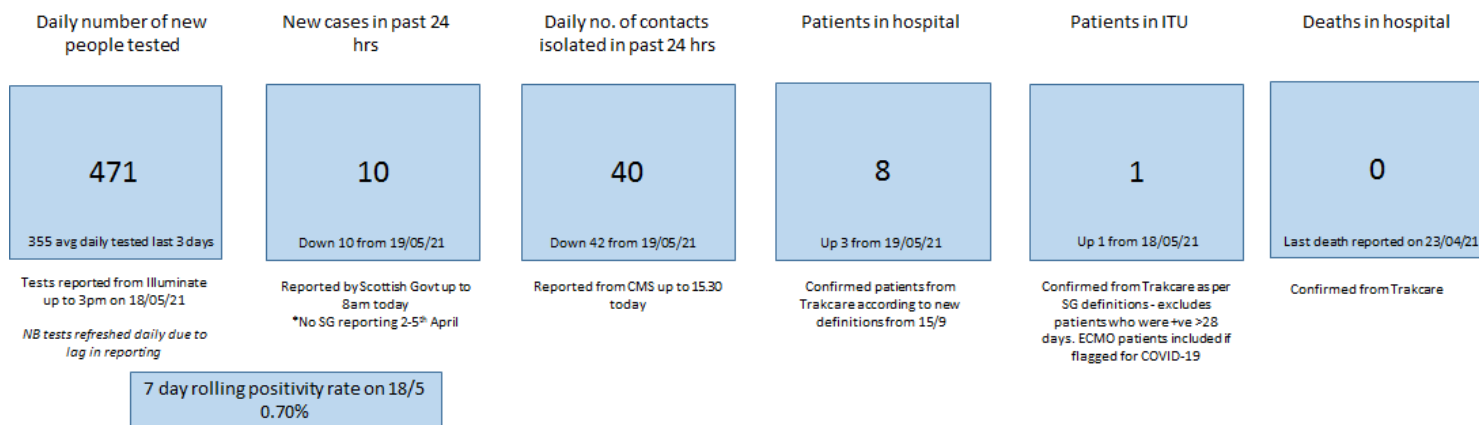
As a consequence of COVID our environments, and how we work, are not as they were. In that light, what we are likely all adjusting to is the long-term changes in how and where we work. Many of the questions posed are bigger than the Daily Brief, will take time to understand, and even bigger than the organisations who employ us. Making this adjustment will be a task for all of us.

As a final thought, the staff of the NHS and Social Care have continued to provide a service to Grampian. So, if we do get lost in the uncertainty or adjustment of change, it is worth remembering that, wherever you work, that work is being done and valued.

*We are interested in hearing your reflections on the changing face of the workplace. If you would like to share them, you can do so (anonymously) [here](#). This link will take you to a Microsoft Form, which can be completed anywhere, on any device.*

**COVID-19 vaccination – Aberdeen outreach clinics** As highlighted yesterday, a community vaccination clinic took place in Tillydrone. We’re delighted to say it was extremely busy and a total of 173 people received their first dose of COVID-19 vaccination. A clinic is ongoing today at the Gerrard Street Baptist Church and a further clinic will take place tomorrow at Seaton Community Church (School Road).

**Grampian data** The local figures for today 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.



The Public Health Scotland daily dashboard is available to view [here](#). You can use this to see what is happening in local authorities and at neighbourhood level.

**Marquee break space – Foresterhill Health Campus** The marquee positioned at the Rotunda entrance to ARI is available for all staff to use, day or night, with heating, distancing measures, signage and sanitation in place (please note there are no facilities for hot water or heating food). We listened to your feedback via forums and partnership groups – the marquee is a combined effort to give you improved and enhanced access to safe and plentiful rest space whilst on-site at Foresterhill. We encourage everyone to drop in and try the space – if it proves popular, we may be able to expand to other locations. We also welcome suggestions and feedback to guide us on how we can continue to improve the marquee experience; please click [here](#).

**Clean Air Day – we need your stories!** As part of Clean Air Day (taking place on 17 June) we are looking for positive stories on the following:

- Walking – perhaps you started commuting on foot over the last year to avoid public transport, or perhaps it helped you escape the tyranny of working at home?
- Cycling – again perhaps you dusted off the old steed to avoid the bus, or did you invest in an ebike to enjoy the hills on a welcome day off?
- Do you have a fully electric car? We would love to share your ownership experiences
- Do you have an air source or ground source heat pump in your home? If you do, tell us about it!

We are looking for short stories, perhaps 1 or 2 paragraphs (with photographs please). The aim is to publish them during the week of CAD. To submit stories or for more information please contact James Norman (Public Health Practitioner) [james.norman@nhs.scot](mailto:james.norman@nhs.scot)

**Tune of the day** We have been in a decidedly mellow mood for the last couple of days and that continues with the suggestion from Fiona McKenzie (retail catering manager). It's a classic from Rick Astley, but not the version that most of us will remember – [enjoy!](#)

**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](mailto:gram.communications@nhs.scot). Please also use that email address if you have items for consideration for future briefs.