

NHSG Cyber Week Update As of 4pm today, NHS Grampian will move to a new password policy. This means your password will require changed less frequently and it should be easier to remember. When you are next prompted to change your password, the following policy will apply:

- Your password must be no less than 12 characters long.
- Capitals, special characters or numbers won't be enforced, but if you can include them, great! It is good practice.
- Your password should consist of three unique random words.
- The above criteria means you will only have to change your password once a year.

More information about this can be found in the [Cyber Security Week newsletter](#). Please share this information with your colleagues.

NHS Grampian Endowment Fund Applications Please note that due to work taking place around the financial year end, the Endowment Fund will be pausing the processing of new applications from 25th March for three weeks. Applications received on or before Friday 24th March will be processed as normal. Applications received between 25th March and 16th April will be processed after 17th April. If you have any questions regarding timescales or would like to discuss an application, please contact gram.charities@nhs.scot Thank you for your support and understanding.



Great work, team! Congratulations to Dr Mahendran Chetty and the Pleural Team for completing their 10th Medical Thoracoscopy case this week. A big thank you to Mr Mohammed Khalil and the cardiothoracic theatre team for all their support.

We Care Wellbeing Wednesday Developed with the Welfare Cell, We Care have created a new shortened staff support sheet – an easy-access, 1-page summary covering some of the support and wellbeing resources available for staff. It also links you to our previous ‘Supporting Staff in Distress & Crisis Information Sheet’ via the QR code at the top. Please have a look at the attachments shared with the brief, share with others, or print out for circulation/wellbeing boards. Email gram.wecare@nhs.scot to request paper copies or for more info.

We Care also have a huge list of training opportunities, webinars and events in March and April so have a look by searching [‘We Care’ on Turas](#), and get involved if you can.

Free recipes and workouts NHS staff Joe Wicks, The Body Coach, is currently offering three months' free access to his app for NHS workers. The app offers healthy recipes and workouts, and you can sign up using your NHS email address. More info at: [The Body Coach app: free access for NHS Workers / The Body Coach](#)

Tune of the day Today's request is from Felicity Szekely who works at Dr Gray's Hospital who would like to give a shout out to her mum who works in Huntly. Her mum has had an incredible amount going on recently and is a true super woman. [This Life by Vampire Weekend](#) is for you, super woman (and everyone who is welling up at this request). Tune! (KJ).

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