

Wednesday 25 May 2022

Essential Baird Family Hospital link bridge works – starting tonight A programme of essential works to progress construction of the recently erected link bridge will be undertaken by GRAHAM Construction and their subcontractors tonight and tomorrow night (Wednesday 25 & Thursday 26 May). The works will take place between 9pm and 6.30am. During these works, traffic flows to and from Royal Aberdeen Children's Hospital (RACH) and the Emergency Departments at Aberdeen Royal Infirmary (ARI) and RACH will be maintained at all times. Staff will be in place to help manage pedestrian routes and traffic flow, which may be temporarily diverted from the normal flow, within the immediate vicinity of the link bridge. We hope that these works will not result in any significant disruption for patients, staff, or visitors. (Jackie Bremner, Project Director)

Single-use plastic ban As previously highlighted in this brief, a single-use plastic ban will come into effect across Scotland on 1 June. This means it will be an offence to manufacture and supply these items in our services.

The ban will apply to the following single-use items:

- Plastic cutlery (forks, knives, spoons, chopsticks)
- Plastic Plates
- Plastic straws (in non-medical settings)
- Plastic beverage stirrers
- Plastic balloon sticks
- Food containers made of expanded polystyrene
- Cups and other beverage containers made of expanded polystyrene (including their covers and lids).

****Note:** Plastic cups can still be used.

The table on the next page summarises the NDC stocked products that will be removed from our catalogue following the ban and the replacements which are now available from NDC. All other products ordered through Pecos which are affected, will be removed from Pecos. Please do not order any of the above products through the non-catalogue ordering process as your requisition will be returned to you. If you have any queries regarding ordering, please contact gram.logscustserv@nhs.scot.

If you currently have any of the listed items above in stock, please use them **before 1 June**. Otherwise, all plastic items can go into dry mixed recycling bins, and polystyrene items can go into general waste bins.

NHS SKU to be discontinued	Existing Item	NEW SKU Replacement	Replacement Product
179954	PLASTIC SPOON TEA WHITE	266180	140MM WOODEN STIRRERS x 1000
179947	PLASTIC SPOON DESSERT PLASTIC WHITE	266197	SUSTAIN 160MM WOODEN SPOON x 1000
181186	FORK PLASTIC DISPOSABLE	266203	SUSTAIN 160MM WOODEN FORK x 1000
181193	KNIFE TABLE PLASTIC DISPOSABLE	266210	SUSTAIN 160MM WOODEN KNIFE x 1000
181476	PLATE LAMINATED FOAM TS9 9INS	266227	9" WHITE PAPER PLATES x 1000
181506	FOAM BOWL WHITE EPS 8OZ	266234	CH401107 CHINET 8OZ BOWL
181452	STIRRER PLASTIC	266180	SUSTAIN 140MM WOODEN STIRRERS x 1000
199471	4OZ/ 118ML FOAM/ EPS CUP	266258	METRO CUP 8OZ RIPPLED CUP BROWN x 1000
		266265	METRO CUP 8/10/20OZ RIPPLED LID WHT x 1000
199464	7OZ/ 207ML FOAM/ EPS CUP	AS ABOVE	
199495	10OZ/ 296ML FOAM/ EPS CUP	266272	METRO CUP 12OZ RIPPLED CUP BROWN x 1000
		199488	METRO CUP 12/20OZ RIPPLED LID WHT x 1000
199501	14OZ/414ML FOAM/EPS CUP	As above	
National Procurement have taken the opportunity to rationalise the sizes to 8oz and 12oz – Replacement Products are Triple Walled Paper Cups and Lids.			

Active Travel - Call for video volunteers I would love to put together a video montage for Bike Week with lots of your lovely faces about why you enjoy cycling and what motivates you to cycle. If you would like to take part, please send a short 5-15 second video of you in portrait mode, in selfie mode or with someone else filming, of you answering **one** of the following questions:

1. What motivates you to cycle?
2. Why do you enjoy cycling?
3. Why do you cycle to work?

If you are able, please film with your helmet on or standing with your bike so people can instantly tell you are a cyclist! I'm sure everyone has seen some pictures of me by now so it would be wonderful to give staff some inspiration from their other peers! Please email the video to me at katrina.schofield@sustrans.org.uk or katrina.schofield@nhs.scot with your name and job role.

We Care Wellbeing Wednesday

- STILL A CHANCE TO BOOK: Focus on your Finances Wellbeing Session.

Affinity Connect specialise in supporting employee's financial wellbeing through education and training on Retirement, Redundancy and the Annual and Lifetime Allowances. This course is suited for those who wish to gain greater confidence in financial matters through increased financial knowledge covering the following areas: Personal Budgeting, Mortgages and Lending, Personal Taxation, Savings and Investment, The State Pension, Workplace Pension, Estate Planning.

We currently have two 1.5-hour sessions available which will be delivered via MS Teams:

10 June 2022 10-11.30am

5 August 2022 1-2.30pm

Please book on under the We Care section on Turas or follow the link - [Focus on your Finances | Turas | Learn \(nhs.scot\)](#)

- Updated - Mental Health and Wellbeing Policy

Have you seen the updated Mental Health and Wellbeing Policy? It can provide support to you and your teams. It can be accessed from our intranet. Please look under Departments, HR Policies and Lessons Learnt – then into the alphabetical list of policies. Please click the following link (intranet link, networked devices only):

[Mental Health and Wellbeing Policy V2.pdf \(scot.nhs.uk\)](#)

- Community Chaplaincy Listening (CCL) Ear - What matters to you?

Would you like to know about the Community Chaplaincy Listening (CCL) Ear? The Listening service provides a safe, confidential space, free from judgement, for you to speak to our trained volunteers about whatever is causing you anxiety, or just making you feel low, and generally getting in your way of both your health and wellbeing. The appointment time allocated is 50 minutes. CCL is available in a number of GP Practices and other sites. [A full list of CCL venues is available online here](#), along with details of how to book. CCL is open to all, and anyone can self-refer. Please see attached fliers for more information. For any queries, please email gram.listening@nhs.scot.

- Meno & Pause Co-lab Café Event on Thursday 16 June 2022, 10.30am-1.30pm – Building a future of menopause support.

This is the fourth such event organised by Aberdeen City Health & Social Care Partnership and Aberdeen Football Club Community Trust. This is a relaxed forum, open to all in the city, and this particular event will focus on menopause and nutrition. The event will be held in the Legends Lounge, Aberdeen Football Club at Pittodrie Street. [Click on this link to book your ticket today](#). Tickets cost £16.76 – this includes a specially designed lunch.

Look out for our future Meno & Pause events:

14 July: Symptoms and Therapy Methods

11 August: Fitness and Exercise

Ticket offer – Calendar Girls AOC Productions return to Aberdeen Arts Centre with this much-loved show by Gary Barlow and Tim Firth, from Wednesday 1 – Saturday 4 June. Performances are at 7.30pm each night, plus a Saturday matinee at 2.30pm. We are delighted to be able to offer a discounted price for NHS Staff. [Tickets can be purchased through the Aberdeen Arts Centre website](#), using the promotional code 'NHS22'. One of the people attending must be an employee of NHS Grampian and tickets are subject to availability on a first come first served basis. Please do not share the code externally.

Tune of the day Irish actor Cillian Murphy was born on this day in 1976. He's best known for playing the infamous Tommy Shelby in *Peaky Blinders*, so our tune of the day is [Red Right Hand](#) by Nick Cave and The Bad Seeds (EP)

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