

Friday 28 October 2022

Further extension of suspended pension scheme abatement rules Some rules around pension scheme members returning to work after retirement from the 1995 section of the scheme – sometimes known as ‘the 16-hour rule’ - were suspended by the Coronavirus Act. This suspension was due to end on 31 October 2022 (this coming Monday). **The suspension of this rule has been extended to 31 March 2025.** The Pension Scheme Advisory Board will further consider this rule being removed permanently. The suspension of other rules around draw down for 2008 and 2015 scheme members who took partial retirement are also extended. [Click here for more information.](#)

Annual Leave – have you booked yours? As we come to the end of the October holidays for another year, your thoughts may already be turning to your next break. We encourage everyone to use all their leave, and to get it booked in as soon as you can. It gives you something to look forward to, and it allows your colleagues and managers to make the plans they need to cover absence. We’ll have more updates on annual leave in the brief next week.

STAR Award Congratulations to Teams 1 & 5 in Critical Care, the most recent winners of a STAR Award. We don’t normally include the full nomination, but this piece stopped me in my tracks, and I wanted to share it with you all:

“As I consider the past few years I was fortunate enough to work with you all, I am repeatedly in awe of the commitment and compassion you have all shown in the face of an unrelenting workload. You have done everything that was asked of you, and you have done it with grit and determination, with a kindness of heart and an unwavering duty of care for your patients, and crucially, one another. The ability to look after the sickest patients in the hospital is, to an extent, a career choice and what we all chose to do. To look after each other so well during a pandemic that lasted longer than it should have, in the very worst of circumstances, took huge courage and strength. To do both these things at the same time is quite literally the stuff of legend. Every day you showed up, when I am certain you would rather have been literally anywhere else. Wrapped in plastic for countless hours and what seemed like endless months, you tended the infirm and the unvaccinated, the strong and the unlucky. All of them alone and no one to hold their hand – except you. All day, what seemed like every day, and yet you still managed to find a smile behind your mask for each other and especially for those of us having a rough day. And we all had those days for they were many, frequent and dark. So, although it has been said before, it does not weaken the sentiment to say it again – thank you. Thank you for all that you did and continue to do. It has been a massive privilege to have worked with you these last few years and you all made my job much easier than it should have been. Thank you for standing up for our patients and each other when there was barely ever time to sit down. The Intensive Care Unit was never just a place – it is people. It is you.”

You can nominate a colleague or team for a STAR award [by completing the online form](#), or by emailing the details to gram.staffthanksandrecognition@nhs.scot

That was the week that was Missed a brief? Never fear, [they are all available online](#), here's a quick run through of what we covered this week:

Monday 24 – [‘It’s OK to talk about race’ short film](#), dates for PPE donning & doffing refreshers.

Tuesday 25 – Baird & ANCHOR one way system, neuro-rehabilitation pathway review.

Wednesday 26 – Moray Maternity Plan update, referrals to specialist labs during postal strikes.

Thursday 27 – Wound formulary launch & training event, update on Orange Zone café opening hours.

Ticket offer Our friends at Aberdeen Arts Centre have a weekend of Halloween Cinema coming up - and they're offering NHS staff half price tickets. Use the code NHSHALLOWEEN to claim your discount for either (or both) of the following:

Saturday 29 October – Rocky Horror Picture Show (15). Doors open 7pm, film starts at 7.30pm, fancy dress a must!

Sunday 30 October – Bedknobs & Broomsticks (U). Doors open 2pm, film starts at 2.30pm.

Please note the discount code will not work on Family Tickets. For more information and to book your seats, [visit the Arts Centre website](#).

Tune of the day The clocks go back this weekend, and I am nothing if not obvious, so we round off the week with Cher and [If I Could Turn Back Time](#). I hope you have a good weekend, and if you are out guising, have a spooky (but safe) time. The brief will be back on Monday (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