

Wednesday 8 March 2023

We're looking for a new non exec board member NHS Grampian is looking for a new member to join its board. If you are looking for a rewarding and worthwhile opportunity, we would like to hear from you. Applications are invited from a wide range of people who have an interest in public service and are committed to the NHS in Scotland. Please pass on details of this opportunity to anyone else you think may be interested.

Non-executive board members play a central role in guiding the strategies around health and social care priorities and care needs of the population and monitor the performance of the board in delivering these.

Applicants must be able to demonstrate an insight from their own experience of health inequalities and disadvantage, have an ability to communicate effectively, and an ability to contribute effectively to the decision making of the board.

You do not need to be an expert in health or have previous experience of being on a board. We are looking for people who have the capacity and commitment to develop their skills and to learn new skills they may require.

We value very highly the benefits of having different experience and points of view on our boards and we are keen that people from all walks of life apply.

For more details [click here](#)

International Women's Day Celebrating women's achievements and increasing visibility is an important part of working towards a world free of bias, stereotypes and discrimination. We'd like to share a little bit about just a few wonderful women, among many working for NHS Grampian today.

Lesley Macleod is the Advanced Nurse Practitioner (ANP) Lead as well as the Interim Lead for Professional Education at Dr Gray's Hospital. As ANPs, her team can assess, diagnose, manage, prescribe and care for patients within the scope of their individual competencies, and Lesley sees herself as their champion and facilitator. She is passionate about how much ANPs can do to improve the lives of both patients and colleagues, and sees huge potential for Dr Gray's as a training hub.

Lesley explained: "To work at our level and to have the dynamic we have, we absolutely have such a good bond. I'm really lucky. I see such potential here because there's so much more that we can do, and I'm facilitating that journey for my team so they can develop and progress in their practice. There's always training that we've got to do to allow us to have an additional skill as advanced practitioners – we'll have to go through theory course we'll have to pass, we'll have to have a clinical supervisor, we have to have a supervised competency package and then we'll always have to evidence that we're maintaining that skill. That clinical development is constantly evolving."

We also caught up with Jasmine Medhora, who is a doctor in emergency medicine and ITU at ARI, this week, who was kind enough to be filmed for a Skills Development Scotland clip to help inspire the next generation of health professionals. She was keen to underline the importance of people skills and share

with young people that there are lots of routes into medicine even if they don't get the grades they would like at school.

Jasmine said: "What I love most about being a doctor is working with people, not just patients but my team members as well, and that's because it's like having another family. We all come together, we work hard together and we look after each other, and I think that's a really nice feeling. The best part of the job for me is meeting a patient with their family and explaining to them what's going on. Sometimes it can be at the most difficult time in a patient's journey but I think if you are able to bring them together and talk freely about what is going on you can build trust with them but also make them feel better just by talking about it. I think that's a really powerful thing."

Two truly inspirational ladies – both also keen to highlight the teams around them. Thanks for all that you do, folks, and happy International Women's Day.

Return to Practice Has your NMC registration lapsed, and you want to return to work as a nurse or midwife? The return to practice course is for nurses, midwives, and those on the Specialist Community Public Health Nurse (SCPHN) register who have previously been registered with the NMC. The course includes all the fields of nursing: Adult, Child, Mental Health and Learning Disabilities nurses. If you want to find out more then come along to our information session which will be held over Microsoft teams on 14/04/23 at 4pm.

Contact gram.rtp@nhs.scot to be added to the link or get in touch if you have any further queries. We would be happy to help.

You can also contact d.banks@rgu.ac.uk or a.mcintosh4@rgu.ac.uk if you have any RGU related questions.

Could you lend a hand with CAMHS' new garden space? Our Child and Adolescent Mental Health Service (CAMHS) is developing a new garden space at its Links Unit base in Aberdeen, with the help of a local garden designer. The garden will provide a safe space for reflection, play and sensory enjoyment for patients and their families, as well as including a wellbeing space for staff.

The next step is to bring the designs to life and the CAMHS team is now looking for donations from local businesses as well as volunteers to assist with digging, planting and labouring. They're keen to welcome teams who could benefit from an alternative kind of team building opportunity, as well as individuals who would like to come forward to help. If you are interested in being involved in this project or would like more information, please email siobhan.cowie@nhs.scot

'Quit and Win' on No Smoking Day Health charity ASH Scotland's 'Quit and Win' campaign is highlighting that giving up smoking brings health benefits such as decreasing the risks of coronary heart disease and lung cancer, after one year and 10 years respectively, by about 50% compared to people who continue to smoke. New analysis released by the charity also suggests that an average Scottish household containing people who smoke could save £3,308 within 12 months of quitting smoking.

There is lots of support available to anyone who would like to quit smoking. Our local NHSG Healthline service is open Monday to Friday from 9am to 5pm. Call 08085202030, email gram.healthpoint@nhs.scot or use our online referral form: <https://www.hi-netgrampian.scot.nhs.uk/smoking-advice-service/> You can also visit your community pharmacist or contact the national Quit Your Way team by calling the free helpline on 0800 848484 or create a quit plan at www.quityourway.scot

Dr Bike at ARI Tyred n Cranky will be offering free bike safety check-ups, adjustments and quick repairs for NHS Grampian staff on the grass area above the staff entrance at ARI on Thursday 16th March from

10am to 3.30pm. Bring your bike or come along for a chat about the cycle2work scheme and other staff travel benefits, and grab some free active travel goodies! If you haven't got your bike out of the shed yet this year, here is your reason to do so and get your bike ready for Spring. The event is funded by Love to Ride – come and chat with our Love to Ride rep and learn all about the online community that supports you to ride more!

To book your 30-min appointment, staff can email Active Travel Officer Katrina at gram.activetravel@nhs.scot Drop-ins will also be welcome on the day if time allows but please request a slot to avoid disappointment.

Tune of the day Today's song request comes from, occupational therapy assistant, Michelle Leslie. She has asked for T Rex's [Life's a Gas](#) for her mum, Yvonne Ross, who is retiring later this week from her role at MRI, Woodend. Happy retirement, Yvonne!

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