

Daily Brief...



Monday 1 September 2025

Sharps bins - ensuring lids are secure Clinical colleagues are reminded it is essential lids are securely attached to sharps bins when they are first made up. It is a legal requirement that waste producers ensure waste is secure for transport. Loose lids put us and contractor staff in danger when the contents of the bins spill out. In July alone there were 31 occasions where lids were either loose or not secured at all on waste from NHS Grampian; more than all other Scottish boards combined. The Daniels website has instructional videos for users for all our bin types, including how to securely attach lids and use of temporary closures. Simply follow this link and select the 'Scotland' tab: [Videos - Daniels Healthcare](#) Please share this widely with your colleagues.

Staff 'flu clinics – new date added A reminder our staff 'flu clinics begin this week. You can see the complete list under 'Latest News' on the intranet, but we wanted to draw your attention to a new date added in Aberdeen; this coming Wednesday, Woodend Hospital (Ward 17), between 9.30am-4pm, by appointment or drop-in.

Windows 11 – automatic upgrades begin today As shared on Friday, devices compatible with Windows 11 which have not already been upgraded will be updated automatically from today. These upgrades will run in the background and applied at the next device reboot. More information about the move to Windows 11 is available on the intranet here: [Windows 11 Upgrade](#)

Confidential Waste stream guidance Our new Confidential waste contracts allow us to use these bags for segregation and disposal of any papers - not just confidential. Paper can still be disposed of in Mixed Recycling bins, but where it might be easier to place paper waste into the pink or white confidential waste bags, this is perfectly acceptable to do.

Non-paper confidential waste, such as printer ribbons or memory disks, can also be disposed of in our pink or white bags. **However, they must be disposed of separately and cannot be mixed in the same bags as paper waste.** The contractors need to be told in advance when non-paper confidential waste is being disposed of, so they know to look out for them and not mix with paper waste. Please contact our waste management officer, Neil Duncan via neil.duncan3@nhs.scot when you have any non-paper confidential items for disposal.

Research opportunities We're pleased to share two exciting research opportunities, as follows:

- Two part-time PhD studentships for nursing/midwifery/AHP colleagues, starting in February 2026. Funding covers tuition fees, students must be able to commit to a recommended 18 hours of study a week. Topic must link to current NHS Grampian priorities.
- STAR research internships for AHPs - two positions available this year, aimed at supporting Allied Health Professionals taking their first steps into research. Funding covers backfill of one day a

week (Band 7 salary at midpoint) for 12 months. Topic must link to current NHS Grampian priorities.

Closing date for applications is 21 November; [there's more information on the intranet here](#) (networked devices only). We want to express our thanks to the NHS Grampian Charity for their support of both these opportunities.

Introduction to Quality Improvement Methodology: This one-day course, aimed at senior staff, introduces QI methodology for those wishing to use it for improvement themselves and enable supervision of others who are using it. Led by Steve Stott, consultant in critical care, the course takes place on Tuesday 28 October, at the Suttie Centre, from 9am-4pm. To enquire about this course and to book, please contact gram.qiat@nhs.scot referencing 'Introduction to Quality Improvement Methodology'. Alternatively, you can book via Turas (log-in required): [Introduction to Quality Improvement Methodology | Turas | Learn](#)

National Wellbeing Week – your mental health To celebrate [National Wellbeing Week](#) we'll be sharing a selection of resources to support you in staying well at work each day. Today we're shining a spotlight on mental health, specifically the Occupational Health Service (OHS) Wellbeing Hub. This service provides a safe, non-judgemental, and confidential environment to staff self-reporting wellbeing difficulties impacting upon their workplace functioning. The criteria have recently changed to provide a more work-related focus. To self-refer to the hub, [you should complete this form](#). For any general queries you can also email OHS at gram.ohs@nhs.scot

A range of further resources to support you in maintaining good mental wellbeing are listed on the We Care website, including:

- [Top Tips for Looking After Your Mental Wellbeing](#)
- [Staff Self Help Resources](#)
- [Staff in Distress Sheet](#)
- [Values Based Reflective Practice](#)

Pause for thought My normal is not your normal, and yours isn't mine. Are there things that seem normal to you, but they're not for others; and what about things normal for others, but not for you? What learning could this bring?

Tune of the day A new month begins. It's a bitty dreich in Aberdeen this morning, so how about a slice of Barry White to lift the spirits? [September When I First Met You](#) fits the bill nicely (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