

Daily Brief...



Wednesday 10 September 2025

Today is World Suicide Prevention Day. If you are concerned about a colleague, friend, or family member and don't know how to start a conversation with them, the Samaritans have put together this helpful guide: [How to interrupt someone's suicidal thoughts | Samaritans](#). If you need someone to talk to, the Samaritans are available, 24 hours a day, 7 days a week, on 116 123.

Availability of 2025 Annual Benefit Statements and Annual Benefit Statements combined with a Remediable Service Statements [SPPA have published this circular](#) to advise Annual Benefit Statements (ABS) and Annual Benefit Statements, combined with a Remediable Service Statements (for active members who are eligible for the 2015 Remedy), are available on the SPPA's online member portal. This is the second year Annual Benefit Statements combined with a Remediable Service Statements have been provided offering members who are eligible for the 2015 Remedy with estimates in the final salary (legacy) scheme and reformed (CARE) scheme. Statements are available on the SPPA's newly launched member portal, Engage. Members are receiving emails or letters directly to tell them how they can register on the new portal and view their statement. The information on the SPPA website about Annual Benefit Statements and Annual Benefit Statements combined with a Remediable Service Statements has been updated, see links below:

[NHS Remedy: I'm paying into a pension | SPPA](#)

[Keep track of your pension | SPPA](#)

Linen services update Please be advised linen service are currently experiencing issues with machinery, causing delays in the processing of linen. Please support the team by using linen for patient care only and ensuring scrub suits are only used by designated services. Your assistance is greatly appreciated and will help the team to meet orders as effectively as possible.

Scottish Learning Disability Week – meet our acute learning disability nurse advisor, Jackie Low
“My role involves communicating and liaising with services when adults who have a learning disability are admitted into the acute sector for an outpatient appointment with an acute illness, procedure or investigation. This may be planned or as an emergency. I can assist with advice on communication and have a vast selection of accessible information available. This includes directing colleagues to the Pink Communication box, booklets, and assisting with the Admission to Hospital document. I can support and advise on issues such as Consent and Capacity and provide direct advice to the team who are caring for that person. Supporting with planned admissions to ensure positive outcomes from the admission are achieved is a key part of my role. I help ensure discharges are carefully planned and make referrals to the community learning disability team if needed.”

To contact Jackie, telephone 01224 557140 or 557130 or 07979653827

ICYMI - New graduate nurses and midwives – evaluation We're seeking feedback from new graduate nurses and midwives who joined the organisation during 2024/25. This form: [End of 12-month New Graduate Post \[2024-2025\]](#) should take between 5-10 minutes to complete and provides us with valuable information. The form will be open until 22 September.

RCN Scotland Nurse of the Year Awards 2026 Nominations are now open for the annual RCN Scotland Nurse of the Year Awards. The categories cover the breadth of nursing disciplines from care home to learning disability and everything in between. We've got a great record at this event, with seven finalists and five overall winners; a reflection of the fantastic nurses we have in Grampian. Nominations can be made here: [Scotland Nurse Of The Year Awards 2026 | Royal College of Nursing Scotland | Royal College of Nursing](#) and must be received by 31 October.

Wellbeing, Culture, and Development Wednesday

- **Turas Appraisal 1 Hour Bitesize Refresher Course** Spaces remain available for the next session on Monday 15th September 4-5pm. In this 60-minute online session for managers and reviewees, participants will learn how to effectively conduct appraisals to get the most from the process without being burdensome and time consuming. There will also be a technical demonstration of how to use the Turas platform for Personal Development Planning and reviews. Booking is via Turas (log-in required) here: [Turas Appraisal 1- hour Bitesize Refresher](#)
- **Upcoming Financial Sessions** Spaces remain available for both the 'Partial Retirement' session this Friday (12 September) 1-2pm session and the 'Taking Control of your Finance's course on Wednesday 17 September 1-2.30pm. Perfect for those looking to gain a better understanding of your personal taxation and take-home pay, budgeting and reviewing financial outgoings, creating saving strategies and help you plan for retirement as well as other pension flexibilities for 1995 scheme members. To book, please follow the relevant link: [Partial Retirement](#) or [Taking Control of Your Finances](#)

For more information or to raise any queries, please contact the team via gram.wcd@nhs.scot

NHS Grampian choir The staff choir will start rehearsals for their annual December concert later this month and they are keen to recruit new members. If you would be interested in joining, get in touch via gram.carolchoir@nhs.scot to discuss further. Rehearsals will start on Monday 29 September, 5.30pm, in the Suttie Centre, and take place every Monday thereafter.

Tune of the day A very simple message for today: [Don't Give Up](#) (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