

Friday 12 December 2025

Mask usage 'Flu admissions to ARI continue to rise rapidly. From today, all staff in all clinical areas of the hospital must ensure they are wearing Type IIR fluid repellent masks. Visitors will be asked to do the same. Further information is being circulated directly to staff via the acute sector management.

For clarity, we are now asking for mask usage by all staff in all clinical areas of ARI and RACH. This reflects the significant number of respiratory illnesses being treated in both hospitals. Any member of staff – whether clinical or not – is expected to don a Type IIR mask if they are entering a clinical area in ARI or RACH. By clinical areas, we mean wards, clinics, etc. Cafes, offices, and the main thoroughfares of these hospitals are not clinical areas. We will continue to provide updates via this brief. If you work in ARI or RACH and have further questions, please speak to your line manager.

Infection prevention and control – winter advice sessions Starting today and running into next week, the infection prevention and control team are offering advice sessions on Teams, to discuss the management of patients, equipment, and the environment to halt the spread of winter illnesses. You do not need to book, simply come along, listen, and ask any questions. Today's sessions are linked to below, [the joining information for sessions next week are available on the intranet via this link](#). Some sessions run for 2 hours, others for 1 hour; the same information will be provided at all sessions.

10am-12pm – [join using this link](#)

1.30-2.30pm - [join using this link](#)

Public Health Scotland publishes evidence of 'flu vaccination effectiveness Public Health Scotland have shared the latest evidence of the effectiveness of the 'flu vaccine. So far this winter, vaccinated children are 78% less likely to be admitted to hospital with 'flu if vaccinated; adults over the age of 65 who are vaccinated are 37% less likely to be hospitalised. You can read the full update from PHS by [following this link](#). We cannot stress enough; it is not too late to get your jab. All NHS staff, and social care staff with direct client contact, are eligible for a free 'flu jab. Vaccination centres are open for drop-ins, and our teams are offering extra pop-up clinics and roving vaccinators. The latest information on this [is available on the intranet via this link](#).

Ordering update from Procurement The National Distribution Centre (NDC) Winter schedule changes will begin from next Wednesday. This means there will be changes to the usual ordering schedule. Please read and follow the instructions [listed on the Procurement intranet page](#). Procurement are also reminding all colleagues of the following:

- Return cages ASAP. This ensures all areas can get the deliveries they will need. Both our local logistics team and national procurement have noted a significant reduction in cage returns recently. Cages are not to be used for local storage.

- There is an increase in PPE orders due to the surge in flu cases, particularly the Type IIR Mask (259090). **There are no shortages of this product with the NDC.** Please plan ahead for PPE orders and keep in mind the changes of the ordering and delivery schedule starting next Wednesday.

Board report Our board met yesterday for last time in 2025. As is usual, the board chair, Alison Evison, has written a report highlighting the range of topics discussed. [You can read this report via this link.](#)

ICYMI - Christmas Day/Hogmanay lunch orders This is the last day for orders for a hot lunch on 25 December. [The full menu and ordering details are available via this link](#) (networked devices only); Hogmanay orders can be placed until Thursday 18 December.

Blog post – rehabilitation in dementia care Angela Pointon is a highly specialist occupational therapist in the Aberdeen City community older adult mental health team & joint AHP lead for dementia in NHS Grampian. Angela was recently asked to share her thoughts on ‘What does rehabilitation mean to me?’ for a blog in collaboration with Alzheimer’s Scotland and the National AHP Dementia Forum. [You can read it for yourself via this link;](#) in the piece, Angela promotes a rehabilitative approach when working with people with dementia and highlights the pro-active and valuable contribution of occupational therapists.

That was the week that was

Monday 8 – industrial action ballot, update on Planned Care, REACH award extended

Tuesday 9 – unscheduled care update, Band 5 nursing review – progress report

Wednesday 10 – Christmas/New Year pay and on-call arrangements, bin security in winter

Thursday 11 – update from Chief Executive Team, latest on ‘flu, WARP-IT Christmas countdown

All briefs are stored online, [just click this link](#) or visit Working with Us>HR Portal>NHSG Staff Daily Briefs on the NHS Grampian website.

STAR Award This week we give all the flowers to Sophia Cook, home enteral tube feeding lead dietitian, following her recent STAR Award presentation. Sophia has shown incredible leadership and resilience throughout a challenging year. Her efforts re-established the Scottish Home Enteral Feeding Network, fostering collaboration and shared excellence across Scotland. Sophia’s dedication to sustainable service delivery and her kind, approachable nature makes her an invaluable part of the team. Do you know a STAR? Making a nomination couldn’t be easier; [all you need to do is complete the short form available via this link.](#)

Tune of the day Farewells first; Rachel Park, a clinical scientist trainee specialising in nuclear medicine, departs today, to complete her training in Glasgow. She will be much missed by colleagues, who tell me she’s a big fan of the brief (er, who isn’t?) and Beyoncé (me too!) so here’s [YA YA](#) (it’s got a few swear words in it, for info).

Second up, the paediatric physiotherapy team at RACH have requested [God Only Knows](#) by The Beach Boys, dedicated to their admin colleagues in the outpatient department, because God only knows what they’d do without such a hardworking and super-efficient team!

Finally, congratulations to Stuart Douglas, functional commissioning manager with the Baird and ANCHOR team. He graduated with a BA (Hons) in Business Management earlier this week, all while

holding down a full-time job and welcoming a new baby earlier this year. The team are rightly proud of him and have asked for Green Day and [Good Riddance \(Time Of Your Life\)](#).

Ooft. What a week, eh? If you're out for your Christmas 'do' this weekend, have fun and don't do anything I wouldn't. Thank you, as always, for everything (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